



Plough pose *Halasana*

Type of pose – inverted

In Halasana make sure that you keep the following in mind.

1. You press your hands on to your back ribs to lift your trunk upwards.
2. Your lumbar spine is fully stretched.
3. The soles of your feet are vertical and your toes pressed into the floor.
4. Your thighs are lifted.

This pose is contraindicated for: ischaemia; cervical spondylosis; high blood pressure; diarrhoea; during pregnancy and menstruation; eye and ear problems; headaches; migraine; breathing difficulties and asthma. If you normally wear hard contact lenses, you should remove them in this pose.