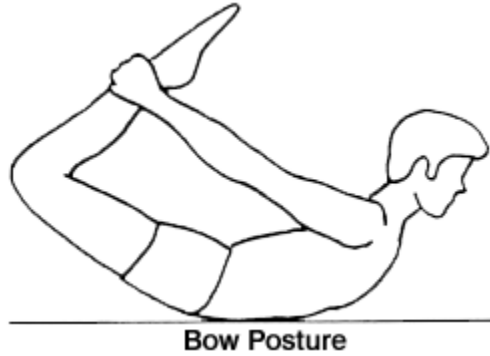


## ***Dhanurasana (Bow Pose)***



**Cure for:** Dhanurasana provides good exercise for the arms, shoulders, legs, ankles, back and neck. It also strengthens the spine. It relieves flatulence and constipation and improves the functioning of the pancreas and the intestines.

### ***Method***

1. Lie on your stomach with your chin resting on the ground, arms extended alongside the body with the legs straight.
2. Bend your legs back towards the hips, bring them forward and grasp your ankles. Inhale and raise your thighs, chest and head at the same time.
3. Keep your hands straight.
4. The weight of the body should rest mainly on the navel region. Therefore, arch your spine as much as possible.
5. Exhale and return slowly to the starting position, by reversing the procedure.

**Note:** It should not be done by those with a weak heart, high blood pressure and ulcers of the stomach and bowels.