

CAMEL POSE BB01

DIRECTIONS:

Face away from the anchor. Stand tall on the knees in Camel Pose. With the rope draped around the neck allow the rope to pull you back into a comfortable BACK BEND. Relax a few seconds. Next turn your head to the left side and look at your left heel for 30 seconds and breathe. Reverse and look at your right heel for 30 seconds and breathe.

NOTE

Normally in Camel Pose one reaches back and attempts to touch or hold the heels. With the yoga rope, one just LOOKS at the heel.

BENEFITS:

The idea of performing BACK BENDS is to open up the front of our bodies. Back bends reverse the effects of a FOREVER FORWARD life.

BACK BENDS stretch and strengthen the front part of the torso, the shoulders, the pelvic girdle and the legs.

CAMEL POSE is the first of 6 BACK BENDS in this 8 pack series.