

Course Name: Bachelor of Physical Education

Year - IInd (Part-1)

Paper Name - Yoga

Topic Name – Yoga Asana

Topic No. – Section A (2)

Paper No. - V

Lecture No. – 14

Lecture Title

Yoga Asanas Part - 4

FAQ's

Q1. What is the position in Makarasana

Ans- Lie with the chest on the ground and the legs spread out and hold the head in the arms. This asana, which activates fire of the body, is called makarasana.

Q2. What is Ushtrasana?

Ans- Ushtrasana is commonly known as camel pose. In this asana sit in vajrasana.

Stand on the knees with the arm at the sides. The shins remain on the floor. The knees and feet may be together or separated if this is more comfortable. Lean backward, slowly reaching for the right heel with the right hand, and then the left heel with the left hand.

The thighs should be as straight as possible. The body is kept straight from the knees to the waist and the body above the waist arches backward. To assume this posture correctly the hips are pushed forward and the head and back are tilted backward as far as is comfortable. Relax the whole body, particularly the spine and back muscles. The weight of the body should be evenly supported by the arms and legs. The arms support the shoulders to maintain the arch of the back. Remain in the final position for as long as is comfortable. Return to the starting position by slowly releasing the hands from the heels one at a time and placing the on the lower back for support before straightening the body, neck and head. While practising ushtrasana the body assumes the shape of a camel's hump.

Q3. What is the breathing system in shalabhasana?

Ans- Inhale deeply in the starting position, Retain the breath inside while raising the legs and holding the final position, Exhale while lowering the legs, Beginners may find it helpful to inhale while raising the legs, Focus the mind on swadhisthana or vishuddhi chakra while performing the asana.

Q4. How is shalabhasana performed?

Ans- Lie flat with the face towards the ground. Both arms are placed by the sides of the chest. The palms should be placed firmly on the ground. The legs are raised in this position. Munis have called it Shalabhasana.

Q5. What are the benefits of performing shalabhasana?

Ans- This asana strengthens the lower back and pelvic organs, and tones the sciatic nerves, providing relief from backache, mild sciatica and slipped disc

It tones and balances the functioning of the liver, stomach, bowels and other abdominal organs, and stimulates the appetite.

Shalabhasana stimulates the whole autonomic nervous system, especially the parasympathetic outflow.