

# Bow Pose

## Dhanurasana



### Benefits

Stretches entire front of the body, strengthens back muscles and improves posture.

1

Begin on your belly, with your hands by your body, palms up.

2

Exhale and bend your knees. Reach back with your hands and take hold of your ankles.

3

Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.

4

Gaze forward. Hold this position, and release as you exhale.