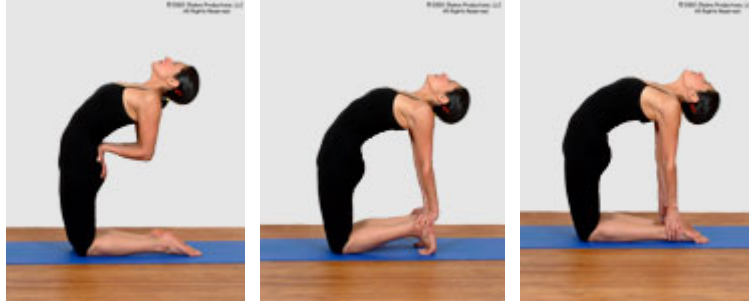


# Pose of the Week 9-27-08

## Camel



### Ustrasana

(*oosh-TRAHS-anna*)

*ustra* = camel

Camel is a backbending pose. Backbends stretch the front of the body and strengthen the back body. As we open our heart to the sky, we release negative energy and allow feelings of love, kindness and joy to enter. Camel, and other backbends, stimulate the kidneys and adrenal glands in the mid back, which gives us a feeling of euphoria, exhilaration and uplift our spirit – a shot of adrenaline. Neutralize this backbend with a forward bend like child's pose.

- Stretches the front body
- Strengthens the back
- Uplifts the spirit

**Primary Muscles** –Stretches deltoid, pectoralis, neck, rectus abdominus, hip flexors, quads. Strengthens hamstrings, glutes, back.

### Tips –

- Knees hip width apart or a little wider, toes curled under
- Press the sacrum forward
- Float the ribs high to lengthen the back before the backbend – keep lifting
- Lift heart to sky, then navel
- Distribute the backbend throughout your back
- Hips stay over the ankles

*/open my heart to joy.*



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