

Pose of the Week 10-4-08

Fish



Matsyasana

(*mot-see-AHS-anna*)

matsya = fish

Fish pose is traditionally used as a conterpose following shoulderstand. In shoulderstand, the chin and chest are compressed, so fish pose allows the chin and chest to get a nice stretch after that compression. Fish pose gives the same benefits of other backbends – uplifting the spirit, opening the lungs, and stretching the front body.

- Stretches the front body, especially the neck and chest
- Uplifts the spirit as it opens the heart and lungs

Primary Muscles –Neck, Rectus Abdominis, Intercostals, Psoas

Variations – There are variations with the feet/legs, such as soles of the feet together, legs in lotus, legs off the floor at a 45 degree angle for additional abdominal challenge.

Tips –

- Sit on the hands, lifting to tuck forearms under the back
- Let your heart be the highest point on the body
- Head moves toward the floor, for some, to the floor
- To exit safely, bring the chin back first for a safe neck position, then lower to the floor

My spirit soars.



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