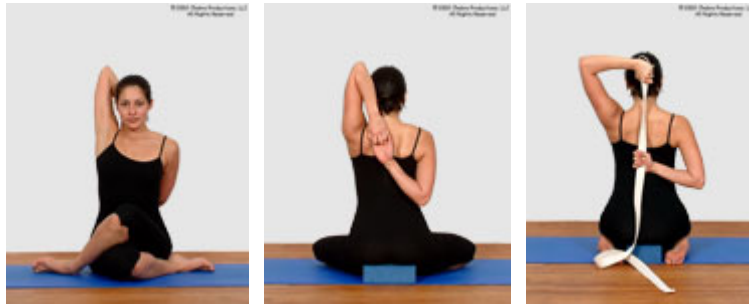


# Pose of the Week | 1-8-08

## Cow Face



### Gomukhasana

*(go-moo-KAHS-anna)*

*go* = cow (Sanskrit *go* is a distant relative of the English word "cow")

*mukha* = face

Cow face pose opens the hips and shoulders simultaneously. There are many variations which will allow those with tight shoulders and/or hips to come to the benefits of this pose in their own way. For the shoulders, you can hold a strap in the top hand, and catch it with the bottom hand. I have straps in my bag at all times, help yourself! Another shoulder variation is to bend one arm down the back and use the other arm to gently increase the stretch. For the hips – we are working toward stacking one knee over the other, but if that is not possible, it is far more important to get both hips to the floor for a sense of grounding. Adjust the leg position to one that works for you.

- Opens shoulders
- Stretches hips

**Primary Muscles** –Triceps, Deltoids, Rhomboids, Lats, Chest and Hips

### Tips –

- Settle hips to the earth
- Whichever leg is on top, the opposite arm is the top arm
- Keep the spine (including neck) long
- You can add a forward bend if your hips are more flexible

*It is OK to be exactly who I am.*



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