

# genallocx

your nutritional x-factor

Ustrasna also known as the Camel Pose

This simple back arch makes the shoulders mobile and opens the chest and heart centre. A pose which is useful in tuning into the very pulse of life. It works on the anahatra chakra which in turn when balanced, helps with matters of emotional connection and the manifestation of joy and love. Perfect for Valentines Day!

Kneel with legs hip width apart, place the hands on the hips, squeeze the buttocks and stretch the hips and trunk up.

Move the thighs and hips forwards, exhale, and arch back. Take the collar bones back and extend the neck without straining it.

Stretch the arms and hands down and hold the heels with the palms on the soles and the fingers pointing to the toes. Take the head back and look back.

Alternatively, sit down on your heels, cup hands on the floor behind you and raise your hips.

In each case hold for 10 seconds breathing steadily. When coming out of the pose, use the buttock muscles to lift the pelvis and inhale.

