

Pawanmuktasana - Part I

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Concept:

The concept of asanas in Yoga system commences with Pawanmuktasana series. The main idea behind these asanas is to provide suppleness in the areas of body joints. We cannot practice these asanas properly without allowing suitable suppleness in the joints. Pawanmuktasana offers right practice for making the joints supple. This asana is quite important for those people who aspire to do something great in the field of higher stages Yoga. You cannot go for higher stages asanas without proper practice of this asana. The proper practice of this asana provides flexibility in the joints and removes the hardness of the muscles. You cannot forego this asana as the subtle effect of this easy and natural practice affects the entire body and mind.

Etymologically this word - pawanmuktasana signifies three aspects which are pawana namely air, wind or the vital breath, mukta is free and asana means the sitting posture; thus this is a yoga posture through which the stagnant air of the body joints is expelled. These stagnant airs are the reason behind arthritis. The practice of this asana has a positive and subtle impact even regarding the heart ailments and high blood pressure. The best part is that one can perform this regardless of any age consideration. Wherefore, these days this is being applied as naturopathy and has become a popular part of modern medicine.

As most of the diseases are psychological, Yoga is a method through which we can get into the hidden facts of mind. Yoga provides agility and vigour and sets one stress free in just a few moments. This helps in restraining the mind and in the development of consciousness through which one can realize the main reason behind the stress. Further depending upon the skill, knowledge and personality one can also get the solution. Yoga raises the level of consciousness and establishes a better understanding between the mind and the body. This removes every dilemma and physical afflictions. The initial part of Pawanmuktasana is quite successful in the amelioration of joints related problems.

General rules for Asanas:

- Follow the fixed hours for the practice of asanas
- Keep the exercise room clean and airy
- Spread a blanket or carpet on an even floor
- Use comfortable and seasonable clothing
- Avoid tight clothing like bra, langota etc.
- Never apply pressure on any particular limb
- Only regular exercises are beneficial
- Always practice after the toilet
- No practice during their menses for females
- Avoid practice during the sickness
- Always perform the exercise in a particular series
- Practice the complimentary Asanas also
- Inhale and exhale always through the nose
- If possible, keep your eyes closed
- Remain fully conscious
- Never hurry during the practice
- Always perform exercises in a rhythm
- Follow pauses and use Shavasana
- Avoid blocking the nasal passage
- If possible take the help of a qualified Yoga instructor
- Practice the higher stages asanas only after becoming thoroughly aware of the pros and cons
- Practice according to your capacity and not just for the heck of it
- Keep proper track of the breathing pattern in the final stages of asanas
- Stretch or strain your muscle according to your physical capacities
- One gets the feeling of happiness and a new vigour in the body; if you are not feeling then you must be erring somewhere
- Adhere thoroughly the basic postures or primary positions

Following is the primary position of Pawanmuktasana:

- Sit outstretched keeping both the knees together and the heel on floor
- Keep the spine and the neck in the same line
- Put the palms of the hands on the floor or on the blanket along with the waist, keeping the fingers outstretched
- Apply pressure on the palm to maintain the balance of the trunk while the neck should lean backwards
- Now closing your eyes get conscious towards the breathing
- Mentally prepare yourself for the practice
- Begin the exercise with open eyes
- Always maintain a proper balance of the breathing pattern
- Finally get back to the primary position
- Get conscious of the affected limbs and the changes taking place there

The various poses in **Pawanmuktasana - Part I** series are listed below. You can learn about the asana by reading the texts below each heading.

* [Toe Bending](#)

* [Ankle Bending](#)

* [Ankle Rotation](#)

* [Ankle Crank](#)

* [Kneecap Contraction](#)

* [Knee Bending](#)

* [Knee Crank](#)

* [Half Butterfly pose](#)

* [Hip Rotation](#)

* [Full Butterfly Pose](#)

* [Hand clenching](#)

* [Wrist Bending](#)

* [Wrist Joint Rotation](#)

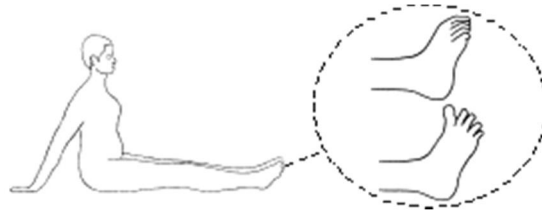
* [Elbow Bending](#)

* [Shoulder Socket Rotation](#)

* [Neck Movement](#)

Toe Bending (Padangulin Naman)

Padangulin Naman is an Indian translation for Toe Bending pose. You can learn this asana as below:



[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

Related Products

Routine:

- Set yourself in the primary position.
- Set apart the legs maintaining some distance.
- Concentrate on toes.
- Inhale deeply and move the toes backward with ease.
- Exhale when moving the toes forward.
- Be conscious about the toes movement. Don't move your ankle.
- Keep your eyes close while practicing.
- Initially repeat this exercise for 10 times.
- Open your eyes after the practice.

Breathing Pattern:

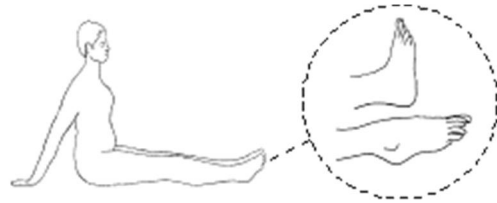
- Inhale deeply while moving the toes backward.
- Exhale while moving the toes forward.

Consciousness:

- On the breathing.
- Mental counting.

Ankle Bending (Gulf Naman)

Gulf Naman is an Indian translation for Ankle Bending pose. You can learn this asana as below:



[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

Routine:

- Get into the base position.
- Set apart the legs maintaining some distance.
- Concentrate on your ankles.
- Let the heel be in touch with floor.
- Inhale deeply while moving the feet backward.
- Exhale when moving the feet forward.
- Stretch your toes outward.
- Close your eyes during the exercise.
- Concentrate on the movement of the ankles.
- If possible pause for a while bending the ankles backward and forward.
- Repeat this exercise for ten times.

Note : Don't lift up the leg above floor. Do it keeping in touch with the floor.

Breathing Pattern:

- Inhale while moving the feet backward.
- Exhale while moving the feet forward.

Consciousness:

- On the breathing.
- Mental counting.
- The stretched part of the foot, ankle, calf and leg muscles or joint.

Ankle Rotation (Gulf Chakra)

Gulf Chakra is an Indian translation for Ankle Rotation pose. You can learn this asana as below:



[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

Routine:

- Get yourself in the primary position.
- Set the legs little apart and straight.
- Rotate your feet clockwise and anti-clockwise, with the heels touching the floor.
- Concentrate on your ankle movement whether they are moving in a correct direction or not.
- Rotate your foot simultaneously or alternatively if you are not able to do it simultaneously.
- Remain attentive of the ankles.
- Breath easy and natural.
- Practice this for ten times thereafter place the legs together.
- Rotate both your ankles ten times . first clockwise and then anti-clockwise.
- Keep the toes together.
- Do not allow the knees to be stirred.
- Keep your body straight and erect.
- Perform this also with closed eyes.
- Remain attentive of your breathing pattern.
- Open your eyes and get ready for the next set of practice.

Breathing Pattern:

- Inhale on the upward movement.
- Exhale on the downward movement.

Consciousness:

- On the breathing.
- Mental counting.
- The rotation.

Ankle Crank (Gulf Ghurnan)

Gulf Ghurnan is an Indian translation for Ankle Crank pose. You can learn this asana as below:



[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

[Benefits](#)

Routine:

- No change in the primary position.
- Keep the spinal chord and the neck in the same line.
- Open your eyes with natural ease.
- Bend the right knee and put the sole on the left thigh.
- The ankle should protrude outward.
- Hold the right ankle joint with the right hand.
- Grasp the toes of the right foot with the left hand.
- With the help of the left hand, slowly rotate the right foot ten times both clockwise and anti-clockwise.
- Repeat this exercise with the left leg placed on the right thigh.
- Remain attentive of the ankle joints.
- Breath rhythmically with the rotation.
- With closed eyes feel the stretching sensation of the ankle joint.
- Get back to the primary position after the completion of exercise.
- Keep your eyes closed and savor the experience.
- Open your eyes and get ready for the next set of practices.

Breathing Pattern:

- Inhale during the upward movement.
- Exhale during the downward movement.

Consciousness:

- On the breathing .
- Mental counting.
- Rotation.

Benefits:

- Help in returning the stagnant lymph and venous blood.
- Relieve the tiredness and cramp.
- Prevent venous thrombosis especially in bedridden, post-operative patients.

Kneecap Contraction (Januphalak Akarshan)

Januphalak Akarshan is an Indian translation for Kneecap Contraction pose. You can learn this asana as below:

[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

Routine:

- Remain in the primary position.
- Contract the muscle surrounding the right knee, drawing the kneecap back towards the thigh.
- Maintain the contraction for 3 to 5 seconds.
- Release the contraction and let the kneecap return to its normal position.
- Practice this five times.
- Repeat this with left kneecap for five times also.
- Then perform it with both the kneecaps together.

Breathing Pattern:

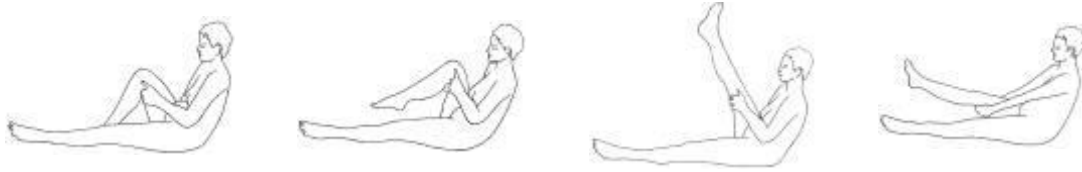
- Inhale while contraction and then hold the breath.
- Relax the knee muscles while exhaling.

Consciousness:

- On the breathing pattern.
- Mental counting.
- The contraction.

Knee Bending (Janu Naman)

Janu Naman is an Indian translation for Knee Bending pose. You can learn this asana as below:



[Routine](#)

[Contraindications](#)

Routine:

- Balance the body in the primary position.
- Bend the right knee and lift the sole above the floor.
- Interlocking the fingers below the thighs.
- Hold the thighs up to the chest level and keep the heel near the thighs.
- Keep your arm as straight as possible while bending your elbow.
- Keep your spinal chord and neck straight.
- Inhale deeply and slow while straightening your legs.
- Do not allow the heel or toes to touch the floor.
- The thighs should get back to the chest level when you exhale out.
- Keep the left leg straight.
- Practice this ten times with both the legs alternately.
- Remain attentive of your breathing pattern and the thighs.
- Apply more thigh pressure on your abdomen when you exhale out and carry your thighs close to the chest.
- Set both the legs back in the basic position after the completion of exercise.

Contraindications:

- High blood pressure.
- Heart patients.

Knee Crank (Janu Chakra)

Janu Chakra is an Indian translation for Knee Crank pose. You can learn this asana as below:

[Routine](#)

[Benefits](#)

[Breathing Pattern](#)

[Consciousness](#)

Routine:

- Remain in the primary position.
- Bend the right leg from the knee.
- The left leg should remain straight during the entire practice.
- Bend the elbows, interlock the fingers of both hands
- Now place the interlocked palms below the thighs.
- If possible encircle the thighs closely at the chest level.
- Now concentrating on the right toe, carry the lower knee part at the face level.
- Then rotate the lower knee part in circular motion while breathing rhythmically.
- Maintain the spinal chord and the neck in straight line during the entire exercise.
- Initially set a small level circle, which should be gradually increased.
- Keep your attention on the right big toe so that you could watch while rotating it.
- At first rotate clockwise and then anti-clockwise.
- Repeat this ten times alternately with left leg also.
- Never apply any pressure on the knee.

Breathing Pattern:

- Inhale during the upward movement.
- Exhale during the downward movement.

Consciousness:

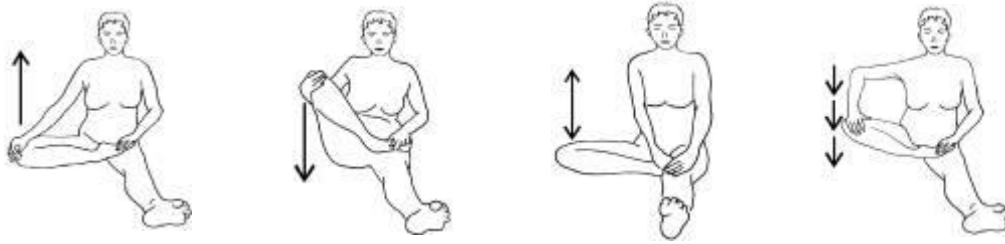
- On the breathing.
- Mental counting.
- Movement.
- The perfection of circular rotation.

Benefits:

- Strengthens the quadriceps muscles and the ligaments around the knee joint.
- Rejuvenates the joint by activating the healing energies.
- Removes all knee related ailments.

Half Butterfly Pose (Ardh Titali Asana)

Ardh Titali Asana is an Indian translation for Half Butterfly Pose. You can learn this asana as below:



[Routine](#)
[Consciousness](#)

[Benefits](#)
[Contraindications](#)

Routine:

- Remain in the primary position.
- Bending the right knee put the right leg on the left thigh as far as possible.
- Allow the right heel to touch the waist.
- Put the right palm on the thigh.
- Grasp firmly the right toe with the left hand.
- Keep the spinal chord and the neck straight.
- Hold the left leg straight with the heel touching the floor.
- Inhaling deep, effortlessly press the knee floor ward.
- Now exhaling deep but slow, raise the knee up to the breast.
- Avoid forward bending.
- This is the first cycle of the practice.
- Repeat 20 times each with alternate legs.
- You may also perform this exercise with rhythmic breathing.

Consciousness:

- On the movement of hip joint.
- Mental counting.
- Relaxation of inner thigh muscles.

Benefits:

- Helps one to sit in the meditative pose comfortably.

Contraindications:

- 2nd or 3rd trimester of pregnancy.

Hip Rotation (Shroni Chakra)

Shroni Chakra is an Indian translation for Hip Rotation pose. You can learn this asana as below:



[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

[Benefits](#)

[Contraindications](#)

Routine:

- Get the body in the primary position.
- Bending the right knee put the heel on the left thigh.
- Hold the right knee with right hand.
- Keep the left leg straight on the floor.
- Grasp firmly the right toe with the left hand and place the heel near the waist line.
- Keep the spinal chord and the neck straight.
- Keep your eyes open.
- Breathe slow and rhythmic.
- Rotate the hip joint in circular motion with the help of right hand.
- Touch the floor with the knees while rotating them, if possible.
- Remain focused on the knees to know whether you are able to rotate them properly or not.
- Never allow the back or the neck to fall forward.
- Perform this ten times with alternate legs, first clockwise and then anti-clockwise.
- Get back to the primary position.
- Concentrate on your waist position with closed eyes.
- Remain conscious of any pressure or pain.

Breathing Pattern:

- Inhale during the upward movement.
- Exhale during the downward movement.

Consciousness:

- On the breathing.
- Mental counting.
- The rotation of hip joints.

Benefits:

- Flexibility to the joint.
- Removes the muscle strain.

Contraindications:

- Sciatica patients.

Full Butterfly Pose (Purna Titali Asana)

Purna Titali Asana is an Indian translation for Full Butterfly Pose. You can learn this asana as below:



[Routine](#)

[Consciousness](#)

[Benefits](#)

[Contraindications](#)

Routine:

- Remain in the primary pose.
- Keep the spinal chord and the neck straight.
- Breathe natural and easy.
- Bend both the knees.
- Bring the soles of the feet together and place them up to the crotch area.
- Grasp firmly both the paws with your hands.
- Do not allow the heel to be raised.
- Keep the torso above waist including the neck straight.
- Place the elbows on the thighs.
- Inhale deep and press both the thighs downward with the elbows effortlessly.
- Remove your hands from thighs and try to raise the knees without any support; exhale breath.
- Practice this in the beginning with rhythmic and natural breathing, if possible.
- Initially attempt this for 20-30 times.
- Get back to the primary position after the practice.
- Closing your eyes remain focused on the hip joints and the waist zone.
- Open your eyes after a while.
- Get ready for the next set of exercise.

Consciousness:

- Upward and downward movement of the knees.
- Mental counting.
- The relaxation of inner thigh muscles.

Benefits:

- Prepare the legs for [Padmasana](#) and other meditative [asanas](#).
- Relieve the inner thigh muscles tension.
- Removes tiredness from long hours of [standing and walking](#).

Contraindications:

- Sciatica patients.

Hand Clenching (Mushtika Bandhana)

Mushtika Bandhana is an Indian translation for Hand Clenching. You can learn this asana as below:

[Routine](#)

[Benefits](#)

[Breathing Pattern](#)

[Consciousness](#)

Routine:

- Sit in [Sukhasana](#) or comfortable cross-legged pose.
- Keep your spinal chord and neck straight.
- Keeping your eyes open.
- Stretch both the hands forward at shoulder level..
- Keep the elbows straight.
- Now stretch out the fingers wide apart.
- Inhale deep and form a clenched fist with the thumb inside.
- Exhale and stretch out the fingers.
- This is the first cycle of practice.
- Repeat this ten times with both hands.
- Perform this with closed eyes.
- Remain fully focused on the fingers of your hand.
- Put the hands back on the thigh when the exercise is over.

Breathing Pattern:

- Inhale while closing the hands.
- Exhale when opening the hands.

Consciousness:

- On the breathing.
- Mental counting.
- Stretching sensation.
- The movement.

Benefits:

- Helps in developing a firm grip.
- Quite helpful whose hands tremble while writing.
- Immensely useful for Tennis, Cricket and Badminton players.
- Also helpful for computer operators.

Wrist Bending (Manibandha Naman)

Manibandha Naman is an Indian translation for Wrist Bending pose. You can learn this asana as below:



[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

Routine:

- Remain in the [Sukhasana](#) or comfortable cross-legged pose.
- Get conscious of your entire body.
- Keep your spinal chord and the neck Straight.
- Keep your eyes open.
- Out stretch your hands to the shoulder level.
- We have to move the hand from wrist joint upward and downward.
- Inhale deep and raise your hand upward from the wrist joint with fingers sticking together.
- Bend the wrist in such a way that all the fingers point to the ceiling while the palm back remains visible.
- Exhale when moving the palm downward from the wrist joint.
- The fingers should remain erect and straight.
- Repeat this exercise ten times with alternate hands.
- After the exercise is over, relax and place both the hands back on the knees.
- Keep your eyes closed and concentrate on the wrist joints.
- Feel the stretching sensation of forearm muscles.
- Open your eyes after a while and get ready for the next set of exercise.

Breathing Pattern:

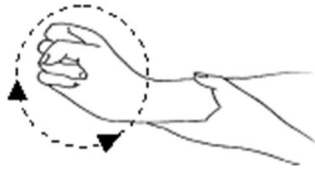
- Inhale during the upward movement
- Exhale during the downward movement

Consciousness:

- On the breathing.
- Mental counting.
- The wrist joint movement.
- The stretching of forearm muscles.

Wrist Joint Rotation (Manibandha Chakra)

Manibandha Chakra is an Indian translation for Wrist Joint Rotation pose. You can learn this asana as below:



[Routine](#)

[Benefits](#)

Routine:

- Remain in the [Sukhasana](#) or comfortable cross-legged pose.
- Mentally get ready for the exercise.
- Keep the spinal chord and neck straight.
- Stretch forward both the hands to your shoulder level.
- Keep the elbow straight and erect.
- Now form a clenched fist with the right hand, placing the thumb inside.
- Grasp firmly the wrist joint of right hand with the left palm.
- Keep the left thumb on the upper part and the rest four fingers on the lower part.
- Now rotate the clenched fist clockwise and then anti clockwise.
- Repeat this ten times with alternate hands.
- Later simultaneously rotate both the hands in circular motion without any grip.
- Do not allow the elbows to bend.
- Repeat this also ten times.
- Finally get back in the [Sukhasana](#) pose when the exercise is over.
- Keep your eyes closed and concentrate on the breathing pattern.
- Relax and place the palms on your knees.
- Breath normally.

Benefits:

- Quite beneficial for gout or arthritis patients.
- Relieve the tension of prolonged writing or typing.
- Useful for a badminton player or a computer worker.

Elbow Bending (Kohani Naman)

Kohani Naman is an Indian translation for Elbow Bending pose. There are two variations to this asana. You can learn this asana as below:

[Variation I](#)

[Variation II](#)

Variation I:

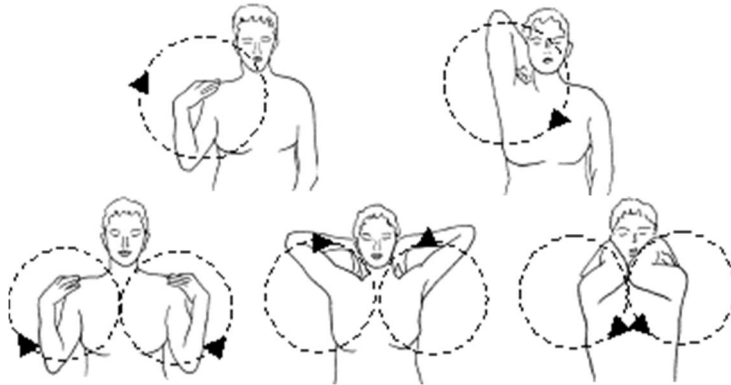
- Remain in [Sukhasana](#) or comfortable cross legged pose.
- Keep the spinal chord and the neck straight.
- Keep your eyes open.
- Breathe slow and rhythmic.
- Stretch forward your arms to shoulder level.
- Keep the arms stretched straight, palms open towards the ceiling and straight fingers.
- Bend both the hands to touch the shoulder with your palms.
- At this time your palms should be towards the face. Hold your hands in same position for some time.
- Bring back the hands in straight position.
- This is the first cycle of practice.
- Repeat this ten times.

Variation II:

- Remain in [Sukhasana](#) pose.
- Out stretch your both hands sideways at shoulder level keeping the palm-ceiling ward.
- Bend your elbows and touch the shoulder with your fingers.
- Then bring your hands back in the original position.
- Repeat this ten times.
- Inhale and stretch your arms then exhale and bend your elbows.
- Focus on the arms and elbows.
- Now get back in the primary position.

Shoulder Socket Rotation (Skandh Chakra)

Skandh Chakra is an Indian translation for Shoulder Socket Rotation pose. This asana has two variations. You can learn this asana as below:



[Variation I](#)

[Breathing Pattern](#)
[Consciousness](#)

[Variation II](#)

[Benefits](#)

Variation I:

- Remain in Sukhasana or comfortable cross legged pose.
- Keep spinal chord and the neck straight.
- Keep your eyes open.
- Breathe slow and rhythmic.
- Stretch forward your arms to shoulder level.
- Keep the palms straight and open towards the ceiling with straight fingers.
- Bend both the elbows and stretch the palms face ward.
- Try to touch the shoulder with your palms.
- At this hour the palm should be shoulder ward.
- Keeping the fingers on your shoulder rotate the hand in clockwise and anti-clockwise direction.
- Do this exercise ten times.
- Now straighten your hand at the elbow.
- Repeat this ten times.
- Bring back the hands in original position.

Variation II:

- Remain in Sukhasana pose.
- Out stretch your both hands sideways at shoulder level keeping the palm-ceiling ward.
- Bend your elbows and touch the shoulder with your fingers.
- Keeping the fingers on the shoulder rotate both the hands in circular and anti-circular motion.
- Then place your hands back in the original position.
- Repeat this ten times.
- Inhale and stretch your arms then exhale and bend your elbows.
- Focus on the arms and elbows.
- Now get back in the primary position.

Breathing Pattern:

- Inhale during the upward movement.
- Exhale during the downward movement.

Consciousness:

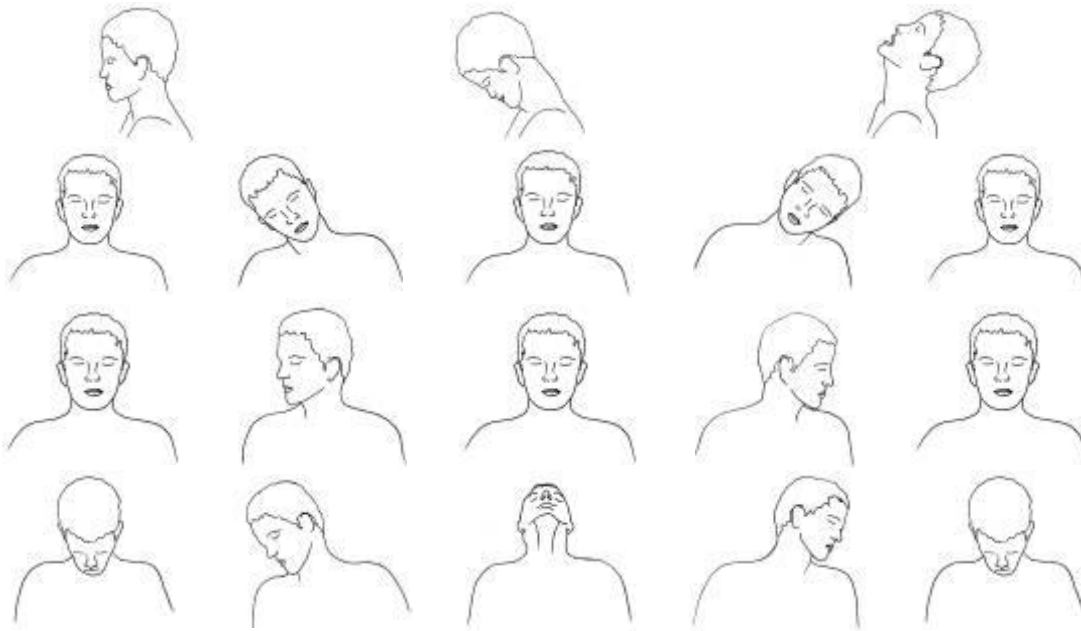
- On the breathing.
- Mental counting.
- The rotation of hip joints.

Benefits:

- Flexibility to the joint.
- Removes the muscle strain.

Neck Movement (Griva Sanchalana)

Griva Sanchalana is an Indian translation for Neck Movement asana. This asana has four variations. You can learn this asana as below:



[Variation I](#)

[Variation II](#)

[Variation III](#)

[Variation IV](#)

Variation I:

[Routine](#)

[Contraindications](#)

[Breathing Pattern](#)

[Benefits](#)

Routine:

- Keep your spinal chord and neck straight.
- Close your eyes and keep both the palms on your knees.
- Concentrate on your neck.
- Now inhale deep and move your neck backward as much as you can but do not strain.
- Remain in the same position for 2-3 seconds and feel the tensioning in the muscle.
- Now move the neck downward and try to touch the collarbone with your chin.
- Exhale completely while bringing the neck downward.
- This is the first cycle of the exercise.
- Repeat this exercise for 10-15 times.

Breathing Pattern:

- Inhale while moving the neck backward.
- Exhale while moving the neck downward.

Consciousness:

- On tensioning of neck muscle.
- Breathing

Contraindications:

- Migraine.
- Spondylitis.

Variation II:

[Routine](#)

[Breathing Pattern](#)

[Consciousness](#)

[Benefits](#)

Routine:

- Remain in the same pose.
- Relax and keep your eyes closed.
- Place both the palms at your knees.
- Now concentrate on your neck.
- Exhaling out bend your neck towards the left shoulder.
- Inhaling get back in the original position.
- Exhaling out bend your neck towards the right shoulder.
- Try to touch the right or left shoulders with the ears without raising the shoulders, only if possible.
- This is the first cycle.
- Repeat this exercise ten times.

Breathing Pattern:

- Inhale while coming to the center.
- Exhale while bending the neck in left and right direction.

Consciousness:

- On the breathing.
- Mental counting.
- The stretching sensation of the side neck muscles.

Variation III:

[Routine](#)

[Breathing Pattern](#)

[Benefits](#)

Routine:

- Remain in the [Sukhasana](#) pose.
- Relax and focus at your shoulder and the neck.
- Place both the hands at your knees.
- Keep your eyes closed and inhale easy.
- Exhale and gently turn the head to the right so that the chin is in line with the shoulder.
- Inhale and get back in the original position.
- Feel the tension release in the neck muscles and the loosening of the neck joints.
- Exhale and slowly turn the head to the left as far as possible.
- Inhale and get back in the original position.
- This is the first cycle.
- Repeat this ten times on each side.
- Never exert any pressure at your neck.

Breathing Pattern:

- Inhale while turning to the front.
 - Exhale while turning to the side.
-

Variation IV:

[Routine](#)
[Breathing Pattern](#)

[Contraindications](#)
[Benefits](#)

Routine:

- Remain in the [Sukhasana](#) pose.
- Mentally get ready for this final practice.
- Here we have to rotate around the neck rhythmically and effortlessly.
- Relax and inhale deep.
- Exhale and bend your neck forward.
- Allow the chin to touch your collarbone.
- Now inhale and rotate the head downward, to the right, backward and then to the left side in a relaxed, smooth, rhythmic, circular movement.
- Realize the strain at the right side of the neck.
- If possible allow the ears to touch the shoulder.
- This is the first cycle of the exercise.
- Do this ten times clockwise in both the direction.
- Keep your eyes closed when the exercise is over.
- Concentrate on your neck and feel the stretching sensation.
- Now you may open your eyes after a while.

Breathing Pattern:

- Inhale while turning to the front and back.
- Exhale while turning to the side.

Contraindications:

- Old aged persons.
- Person suffering from high or low blood pressure, migraine and cervical spondylitis.
- Immediately stop the exercise if you feel dizzy.
- Keep your eyes closed and recline in the [Shavasana](#) pose.
- Only when you feel better, proceed further.

Overall Benefits:

Our [mind](#) gets all the information from every part of body through the nerves, all of which passes via the neck. Sometimes the neck muscles gets stiff due to bad physical or mental health. This stiffness also affects the blood flow and the various information passing through the nerves.

- The neck becomes flexible.
- The neck muscles become strong.
- Blood circulation becomes normal in the veins and nerves that help the mind to get the proper information.
- Useful for those who work in the bended position for long hours.
- Salutary effect on computer operators and long duration drivers.
- Removes the unnecessary fats on the shoulder and provide an attractive shape to the neck.

