



Kakhasana - Crow



Many Yoga poses are inspired by the natural movements of animals, as if the sages, by naming them this way, were encouraging practitioners of Yoga to return to an instinctive sense of how the body moves, from the inside out. This asana strikingly mimics the posture of a cawing crow with the body's weight supported on the elbows and the hands and the head thrust well forward. While you work on this posture see the bird in your mind's eye. One of the most valuable balancing poses, the crow or Kakhasana is in fact relatively easy to achieve, though it may look advanced. The secret is to lean far enough forward and to keep your mind from wandering, focusing your attention solely on keeping your balance. Practicing the crow will greatly strengthen your wrists, arms, and shoulders, improve your concentration, and increase your breathing capacity by expanding the chest. The crow exercise is designed to cleanse the anja chakra. Regular performance of this exercise dramatically improves its strength. According to yoga theory if you fail to exercise regularly then with the onset of old age the bones become brittle, especially the knees. By conducting the crow exercise you will make the joints of both the arms and legs stronger. Additionally you will improve your stamina.

Definition: Balancing in a squatting position.

Besides increasing physical and mental balance, the crow develops mental tranquility and also strengthens your wrists and forearms.

Step 1 - Squat to Start

To prepare yourself for the Crow, squat with your feet and knees wide apart. Position your arms between your knees, with your hands directly under your shoulders, then put your hands flat on the floor in front of you. Hands: Stretch your fingers wide and turn your hands inward slightly

Step 2 - Knees to Arms

Bend your elbows and rest your knees against your upper arms. Slightly shift your weight forward over your hands. This exercise is still useful even if you stop at this point, as your wrists support your weight and your forearm muscles are being stretched.

Step 3 - Raise Your Feet

Gradually lift your feet off the floor. Do not hop into position. When both feet are off the floor comfortably, touch the big toes together. Always keep looking at the floor in front of your hands while holding this position. Aim to increase your time in the pose to 30 seconds; with practice you will be able to hold the position for up to a minute. To come out, lower your feet to the ground, sit up, and shake out your wrists. If you are strong enough, repeat the Crow twice.





Kakasana - Crow



Protection - Fear of Falling

If you are worried about falling onto your face, put a cushion in front of you.

Physical Benefits

- Strengthens the shoulders, arms and wrists
- Improves balance
- Stretches the muscles of the forearms, wrists and fingers

Mental Benefits

- Improves mental equilibrium and sense of calm
- Improves concentration

Three important reasons not to do the Crow:

- Do not practice this yoga pose if you have a carpal tunnel syndrome (a lot of pain and weakness in the fingers and wrists), as it may aggravate the problem
- In pregnancy do not attempt this pose
- If you have high blood pressure, avoid this yoga pose

Yoga serves the individual, and does so through inviting transformation rather than by giving information.

