

MARKAT ASAN

Preparation:

For attempting markatasana, lie on your back. Join toes and heels together. Bend knees and place your heels close to buttocks. Both the feet are resting on the ground. Hands extend out*. Join your knees together, both the feet together (toes and heels together) for entire duration of this asana.

Part1:

Steps:

- While inhaling, bend your knees and legs to the right and neck to the left. Try to touch your knees to the floor on the right side. Look to the left as far as possible.
- Hold on to this position as long as you feel comfortable. Initially if you are not able to touch your knees on the floor, bend your knees till you are comfortable. Your hands, arms and shoulders should rest firmly on ground and should not move while turning your knees or neck.
- Now exhale and come back to the starting position.
- Now do this asana to the other side. While inhaling, bend your knees and legs to the left and neck to the right.
- Hold on to this position as long as you feel comfortable.
- Now exhale and come back to the starting position.

Repeat the above procedure four times, alternately changing to other direction.

Part2:

Procedure remains same as Part-I. Keep one to one and a half feet distance between your feet. Similarly knees are also one to one and a half feet apart.

<https://www.flickr.com/photos/23383612@N02/3475173468/in/photostream/>

<https://www.flickr.com/photos/23383612@N02/3475173140/in/photostream/>

Repeat the same procedure four times.

Advantages:

- Flexible spine.
- Ribs and lungs are exercised.
- Cures diabetes.
- Large intestine gets exercised, constipation and gas is cured.
- Extremely effective in relaxing mind and body. Develops memory, increases self-knowledge and enhances creativity.

Caution:

- Do not do it immediately after meals. Give 2-3 hrs of gap*.

Keep your feet firmly with buttocks. In first part keep both toes and feet together. In second part keep one to one and a half feet distance between feet and knees.

Source: <http://www.yoga-for-beginners-a-practical-guide.com/markatasana.html>

* Source has been modified slightly

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