Yoga

HALASANA
### (The (The Plow)Posture)
By RAMA VERNON

Yoga practitioners surprisingly find that after only a few minutes in this mild variation of The Plow, whether at home or at the office, their vigor, and youthful resiliency is restored. They can once more face life's fretful situations such as curious onlookers and a raging boss.

Halasana takes its name for its resemblance to the Indian hand plow that, even today, is used to till the tropical soil of South India. However, for the posture to really look like a plow, the back must be straight and the toes turned towards the head as much as possible. This eliminates the side affects of lumbar strain, helps strengthen abdominal muscles and gives an uncomfortable but relaxing stretch to hamstring muscles.
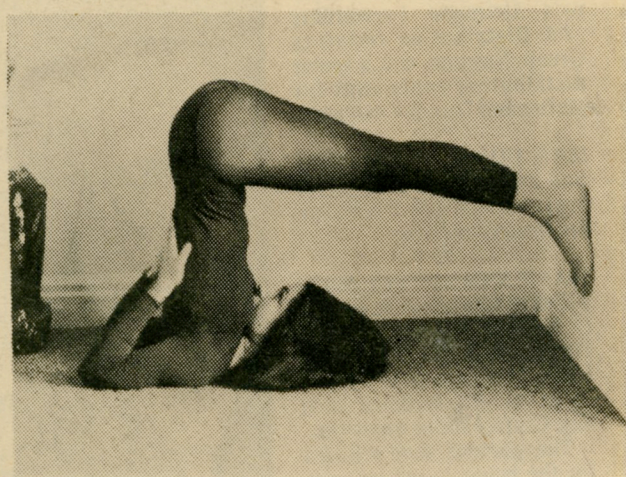
However, this is rather difficult to do in the beginning when trying to touch the floor with the feet. So rather than lazily rounding the back and bending the knees, the wall can be used to give support and the resistance needed to lift the buttocks and elongate the spine.

Ideally the back would be perpendicular to the floor but realistically you can begin by just trying to create more space between your thighs and your face. If you try to walk down the wall prematurely, your back may round so...explore that position which seems more symmetrically aligned for YOU.
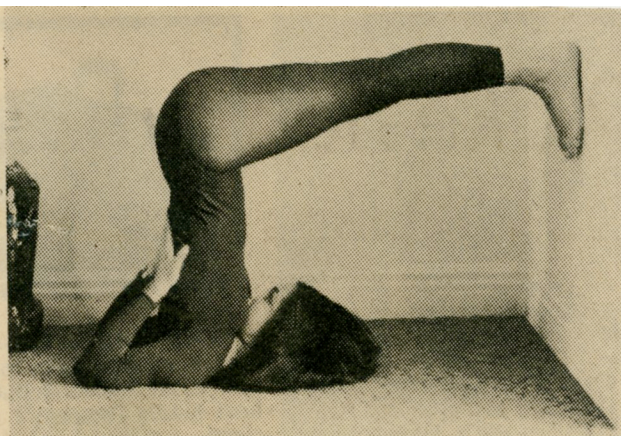
In yoga it's not important what you do or how much you do...only the way in which it's attentively done.
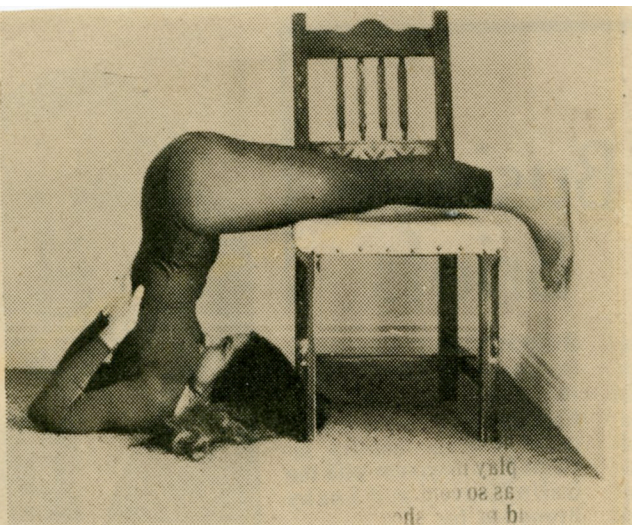
CONTINUE from last columns posture. Place feet against a wall and press them firmly to stretch spine and raise legs from chair

WITHOUT the chair, attempt to do the same, keeping legs (knees straight) parallel to the floor. Push feet into the wall simultaneously lifting buttocks by rolling pelvic bones away from the chest towards thighs.

KEEPING back straight through support of hands, lower legs gradually. If back rounds, stop at that point and attempt to straighten it.

EVENTUALLY you will be able to bring the feet lower until the toes are supported by the floor