

communicating that she wanted to have her voice heard, to

tion does many things – it makes things feel bearable, One can see parents

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there any need to combine the two? Throughout human history, people

in a post-nuclear Bengal, where the fish supply is rapidly depleting

• GETTY IMAGES/ISTOCK

Step aside planks and push-ups; the back-bend is the new 'it' pose

# Bend it like...

•• SEEMA SONDHI

Back bends release tension from the lower back, and so work well for those with lower-back pain. They open the shoulders and improve the working of the internal organs, thereby relieving constipation. They are good for those with respiratory problems as they expand the chest. Salabhasana, or the Locust Pose, needs a build up, if you are not a regular yoga practitioner; so expect to do the advanced level after about 6 months of practice. It looks easier than it actually is!

## Salabhasana for beginners

Lie on the floor on the abdomen, arms close to the hips, soles facing upwards. Keep feet together and rotate the thighs inwards, pressing the pubic bone into the ground and engaging the legs. Contract the hips lightly and move the pelvis away from the floor. Exhale, and pressing the legs and palms down towards the floor, lift the torso off the floor. Move the shoulders back and down towards the hips. Inhale; release the pose to come back down. Repeat 5 times, and on the last repetition, hold the pose, breathing deeply for 5 to 8 breaths. Inhale; release the pose. Make a pillow of your palms and rest the forehead on it. Touch the big toes together and drop the ankles to either side to relax the lower back.

## Salabhasana for intermediary practitioners

Lie on the floor on the abdomen, arms close to the hips, soles facing upwards. Keep feet together and rotate the thighs inwards, pressing the pubic bone into the ground and engaging the legs. Contract the hips lightly and move the pelvis away from the floor.

Exhale, and pressing the legs and palms down towards the floor, lift the torso and the right leg off the floor, lengthening the leg behind and the torso forward. Keep the chin and gaze downwards. Move the shoulders back and down towards the hips. Hold the pose for 5 to 8 breaths.

Inhale; release the pose to come back down. Repeat on the other side.

Inhale; release the pose. Make a pillow of your palms and rest the forehead on it. Touch the big toes together and drop the ankles to either side to relax the lower back.

## Salabhasana - Final

Lie on the floor on the abdomen, with forehead on the floor, arms close to the hips, soles facing upwards. Bend the knees slightly and lift the hips off the floor. Slide the arms under the thighs and press the palms downwards towards the floor, keeping them between the thighs.

Inhale; lift the forehead and place the middle of the chin on the ground.

Exhale; lift legs as high as you can, pressing the shoulder up and back down towards the hips.

Hold the pose for 5 deep breaths; release and relax.



Seema Sondhi discovered yoga when she suffered three lumbar slipped discs and was advised complete bed rest. Over the last 18 years, she has trained and been certified from the International Sivananda Yoga Vedanta Centre and Matthew Sweeney. She has also written six books on the subject

