

## **Gomukhasana (Cow Face Pose) – Arms, Final Stage**

*Go* means cow and *mukha* is face. Today, we present the complete arm action in Cow Face Pose.

This pose helps to loosen tight shoulders and relieves tension in the upper body and neck.

- 1) Extend the right arm up and then bend the elbow. Place the hand between the shoulder blades, fingers pointing down and the palm facing your back. Roll the right upper in towards your head, so that the upper arm stays close to the right ear. Do not let the elbow “wing” out.
- 2) Bend the left arm behind the back and “walk” the hand up your back, towards the right hand. The left palm should face away from your back. If it is not possible to take the left hand up towards the upper back, rest the back of the hand on the buttocks.
- 3) Slide the hands towards each other and clasp the hands or, if you cannot clasp your hands, hold a belt or rope to make the connection.
- 4) As you breathe through the nose, lift and expand the chest.

Repeat this process on the other side. Do each side twice and practice regularly.



Do not distort the trunk as you work the arms