

## **Gomukhasana (Cow Face Pose) – Stage 2**

*Go* means cow and *mukha* is face. This pose involves the use of both arms. Here, we present the top arm action of the pose. *Gomukhasana* helps to loosen tight shoulders and relieves tension in the upper body and neck.

- 1) Stand evenly with the feet together (*Tadasana*).
- 2) Extend the left arm straight up and then bend the elbow taking the hand between the shoulder blades with the palm facing your back. Keep the left arm rolling in so that the upper arm stays close to the left ear. Do not let the elbow “wing” out.
- 3) Walk the hand down the back and stretch the left tricep so that the elbow points at the ceiling. Hold the left upper arm with the right hand and lift the arm up and back to help with this action.
- 4) Maintain this action for up to a minute and then do to the other side.

With regular practice, your range of movement will increase. Remember not to strain and keep the muscles of the face relaxed.



Do not let the arm wing out. Stretch the upper arm up and walk the hand down the back.