

Yoga For You

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MANOA YOGA CENTER
Kim Schaper, student at Manoa Yoga Center, demonstrates
Matsyasana using a block for support.

Matsyasana

(Fish Pose) » This pose opens the chest and increases the depth of the breath. Regular practice is helpful for those suffering from asthma and sinus problems. Matsyasana helps the thyroid to function efficiently and brings suppleness to the knees and hips and relieves stiff neck.

1. Place a yoga block, or similar object, on the floor. Sit in front of the block with your legs crossed (swastikasana).
2. Recline on your elbows. Press your elbows and lift your chest as you curl over the block. The block should support the lower to middle part of your shoulder blades. Keep your chest lifted and rest the top of your head on the floor. If your head does not rest on the floor, fold a towel or blanket and rest your head on that. If you feel pain in your neck, put more height under it.
3. Hold your elbows with your hands. Inhale and lift your chest as you take your arms overhead. Rest your forearms on the floor. If they do not reach the floor, support them with a blanket, block or similar object.
4. Soften your gaze and breathe evenly and smoothly through your nose. Allow the area around your throat to become soft and to gently stretch. Change the grip on your elbows after 30 seconds and hold the pose for the same amount of time.
5. To come out of the pose, uncross your arms, press your elbows and then your hands against the floor at your hips to lift your chest. Sit up straight and extend your legs. Change the cross of the legs and repeat to the other side.

Ray Madigan and **Shelley Choy** are certified Iyengar Yoga teachers and co-direct the Manoa Yoga Center at Manoa Marketplace. Visit www.manoayoga.com or call 382-3910. Manoa Yoga Center, the authors and the Star-Bulletin take no responsibility for any injury arising from the practice of these yoga postures. Readers should seek a doctor's approval before commencing this yoga practice.