



## **SANANDASANA (Spinal Arc)**



### **Physical and Subtle Benefits of Asana:**

- Opens and expands the lungs and increases blood flow to the heart
- Deeply stretches the front of the body
- Massages the abdominal organs
- Brings flexibility, openness and expansion to the spine
- Relieves tension in the neck, upper back and shoulder

**Offer this Asana after gently stretching and warming the body.**

### **Exact Body Placement:**

- Stand with the feet together or slightly apart and place hands into Bhakti Asana at the Anahata Chakra (Heart Center).
- Breathe in and lift the arms straight up overhead and continue the flow until the arms are open and out to the sides, stretching through the fingertips. Reach far and wide as in a “T” position. At the same time, release the head back. Palms face upward to the sky.
- Draw the abdomen in to support the lower back.
- Exhale and feel the spine relax as the Anahata Chakra (Heart Center) lifts and opens up, up, up toward the sky like a flower reaching for the sun.
- Thighs and buttocks lifting and releasing forward slightly.
- Continue to breathe and go deeper on each exhalation, feeling the front of the body lifting and opening more and more to the brilliant sun.
- On an inhalation, lift the arms and body coming up into an upright position.
- Exhale and bring the hands to Bhakti Asana (Prayer Pose).

**Follow this Asana with a gentle forward bend to soften the lower back.**