

Ardha Matsyendrasana- Lord of the fish pose, This asana is named after the great yogi Matsyendranath (9th century Yoga guru who founded Hatha Yoga).

The name comes from the Sanskrit words ardha meaning "half", matsya meaning "fish", eendra meaning "king", and asana (आसन) meaning "posture" or "seat".

The name Vakrasana comes from the Sanskrit "Vakra" ('twisted or reverse').

This posture is known for twisting the spine, and rotates the spine as well.

Matsyendrasana has so many medical benefits below are just a fraction of them.

Benefits Lord of the Fishes Pose:

- -Tones and strengthens abs and obliques
- -Stretches and energizes the spine
- -Open the shoulders, neck, and hips
- -Increases flexibility, especially in hips and spine
- -Cleanses the internal organs
- -Improves digestion and elimination of wastes
- -Relieves symptoms of backache, fatigue, menstrual discomfort and sciatica
- -Stimulates liver, heart, lungs, kidneys and spleen
- -Releases excess heat and toxins from organs and tissues
- **Precautions :**
 - Please be careful if one has a peptic ulcer or hernia.
 - Those with severe spinal problems should avoid and those with mild slipped disc can benefit but in severe cases it should be avoided.
 - Should be avoided during pregnancy and menstration