

Gomukhasana- Cow Face Pose- the Sanskrit meaning of the word Go means Cow, Mukha ( meaning face) and asana (meaning posture). This posture is known as cow face because the lower limbs resemble the face of a cow. This particular posture helps to open the hips, Hips are oftentimes the storage pot for stress, anxiety, and also fear. The stillness of the posture adds a calmness to the heart and nervous system. Sitting in this posture for several minutes concentrating on the breath and relaxing the muscles will help get rid of the stress and all the others we mentioned. Gomukhasana will also improve posture by lengthening the spine with this posture. Improved posture gives more space in the chest cavity, leading to greater lung capacity and wonderful breath control .