

Gomukhasana (Cow Face Pose) – Bottom Arm

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

1) Stand evenly with the feet together (*Tadasana*).

2) Bend the right arm behind the back and “walk” the hand up your back, as high as you can. The palm should face away from your back and the fingers should point up towards the head.

3) Bend your knees and wiggle the hand further up the back. To help with this, grasp your right elbow with your left hand and gently pull the right elbow in and up the back.

4) Open and spread the right hand as you press the back of the hand into the spine. Reaffirm the lift and steadiness of *Tadasana*. As you breathe through the nose, spread the collar bones and open the chest. Roll the shoulders back and down to free the neck. Do not let the trunk distort but work to keep the even balance of the shoulders, trunk and legs.

Repeat this process with the other arm. With regular practice, your range of movement will increase. Remember not to strain and keep the muscles of the face relaxed.

