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There are many different asanas in yoga. When you practice at a yoga retreat your instructor trains you in different asanas and moves. Every asana has its own benefits and healing power. One such asana is the Gomukhasana.

Gomukhasana is also known as Cow Face Pose. If you happen to look at this asana from behind it would resemble the face of the cow, due to this reason, this name has been given to this asana. This pose depicts a sitting cow and hence the name Gomukhasana. Practicing this asana helps stretching different parts of the body.

Benefits and uses:

The benefits of this asana are very high as it involves stretching each part of your body and thus making it more flexible. It helps one's energy level to be at its optimum high making it very useful for your lethargic body. The toning of muscles becomes very important while doing this asana. Initially practicing this asana could be difficult, however, with practice you can master it.

The stretching and toning of the thighs and knees muscles makes you agile and more in control. When both the hands touch each other after stretching you would feel a sense of achievement. Your arms and shoulders also get stretched at the same time making helping you in the long run.

Since you do this asana in an erect position it strengthens your muscles, biceps and back. It helps create a stagnant state which helps you to keep the body straight and very much parallel to the floor. If you have shoulder and back problems, this asana will help you resolve it.

Our sedentary lifestyle makes this asana very important. It stretches your hips and thighs, ankles, triceps and armpits are stretched. People suffering from problems like hernia and arthritis may see improvement in their health. Twisting your wrists and shoulders also make you more flexible.

You can take help of partner to practice this asana. You can also try variations in your asana by using props such as a rope, if your hands don't happen to meet. Your partner can help you meet your hands and also help you place your leg above each other.

People who are little flexible can do this asana with a slight stretch on the first attempt. But people who have very stiff bodies and are very tight at the shoulder would have to face some problem. In this case the use of a prop becomes very important to attain that level of satisfaction with your asana.

Try out this asana at your yoga retreat but if you have any medical problems, consult your doctor once.

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