

Restorative Fish Pose: Matsyasana



Restorative Fish Pose is great to do in bed or on the mat. It allows you to breathe better and to connect with your heart and Heart Chakra Anahata wheel of energy. Relax into Supported Fish for 5 to 10 minutes with deep breathing.

Here is how:

1. Use a cushion or bed pillow (pillow may be folded in half) under your shoulder blade area. You may like to place a prop under your head. Tuck chin gently towards chest.
2. Position arms 45° from body (hands about 2 feet from hips). Palms face upward in a posture of receptivity. Legs: straight, bent or place a prop under the knees for comfort. Cover with a blanket if you wish.
3. Breathe deeply and rest. You may also like to massage your neck, shoulders, and jaws.
4. To come out, roll to your side and rest. Remove pillow and lie flat on your back to feel the effects.

Benefits:

- Opens chest muscles- the intercostals between the ribs- thereby improving breathing, lungs and immune system.
- Softens and releases muscles between the shoulder blades so that they let go tension.
- Releases tension in jaw, neck, shoulders, and upper back.
- Allows Heart Center to open and expand to increase capacity to feel higher qualities of joy, love, compassion, forgiveness, kindness and more.
- Improves posture, especially shoulder slouching, and head forward syndrome.
- Brings upper back, neck and head muscles back to their natural position.
- Stimulates the pituitary, pineal and thyroid glands as well as activates thymus gland to stimulate the body's immune function.
- Great for upper back, neck and shoulder pain.
- Yogic texts state that Matsyasana is the "destroyer of all diseases."