

## POSE 14 Seated Hip Openers

Gomukhasana  
*Cow Face Pose*

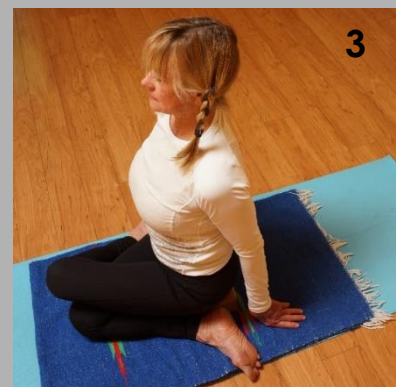
Imagine that your crossed legs create the cow's snout and mouth, and the arms create the cow's ears. The body's torso creates the length of the cow's nose. Your iliac bones are where the eyes would be.

## The POSE



Gomukhasana helps to flex the back, making it more elastic. It helps to relax stiff shoulders, reduce backaches and sciatica symptoms, while enhancing kidney function, and relieving chronic knee pain.

Cow Face Pose stretches the hips, strengthens the spine and abdominal muscles. With regular practice ankles, thighs, shoulder, armpit, chest, deltoid and triceps are equally fortified.



## Props

- Sticky mat, blanket, block, and timer.

Please refer to my website for information about all yoga props from Hugger Mugger™  
[joann.yoga/yoga/yoga-props/](http://joann.yoga/yoga/yoga-props/)

## Foundation

1. Seated on a block with hips elevated. Slide the left foot beneath the right knee and the right foot beneath the left knee. This puts the right shinbone in front, just like in **photo 1**.

## Getting into the pose

2. Start on all fours. Hands are at the end of the sticky mat, knees are on the blanket. Block is between the ankle bones. Left foot goes to the right side of the block. The left knee is brought forward and placed over the left knee.

- Keep your shoulders back, and align the atlas with the sacrum. Place the hands behind the hips. Spinal alignment is demonstrated in **photo 2 and 3**.
- In the POSE (**main photo**), establish a smooth rhythm of breath. Soften the spinal muscles and lengthen the inner groin. Hold the pose for 3 minutes and reverse to the other side, following the spin method below.



### Spin method

- Hands are placed on the front side of the sticky mat, hips are lifted, just like in **Photo 4**. The arms are active and the toes are tucked under.
- Extend the left lifting the knees from the floor, going to the left, spin around, to the front of the sticky mat, just like in **Photos 5, 6, 7 and 8**. Place the right knee on the blanket, then place the left knee on top of the right, sit on the block, just like in **Photo 9**.
- Resume spinal alignment, and place hands behind the hips.

**Duration:** Repeat the pose for **3 minutes** on each side.

### Extra focus:

- Allow the exhalations to release the lower back of the knee on top.

### Avoid:

- When seated in the pose, do not bring the torso forward.