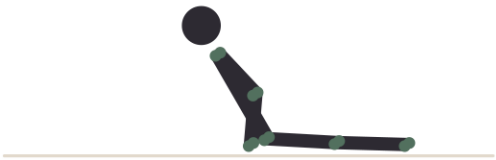
yogalike

Cobra Pose

Bhujangasana · Beginner



1. Lie on your front, legs long behind you, tops of the feet on the mat.
2. Place your hands beside your lower ribs, elbows hugging in.
3. Press the tops of your feet and your hips into the mat.
4. Lift your chest forward and up, using your back more than your arms.
5. Keep a soft bend in your elbows and your shoulders away from your ears.

What to feel for

Hips and legs heavy on the mat.

Elbows soft, drawing back toward your ribs.

Chest reaching forward as much as up.

Lift only as high as feels easy — there is no prize for height.

Variations



Full cobra



Baby cobra

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=cobra&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.