

## SITTING ASANAS

### *Padmasana (Lotus Pose)*



**Technique:** Sit in Dandasana. Slowly and carefully bend one leg and place the foot on top of the opposite thigh. The sole should face upward and the heel should be close to the pubic bone.

When this feels comfortable, bend the other leg and place the foot on top of the opposite thigh. Both knees should, ideally, touch the ground in the final position.

The head and spine should be held upright and the shoulders relaxed. Place the hands on the knees in chin mudra or jnana mudra.

Use your hands to cradle the foot and bring it to place on the opposite thigh.

### **Benefits**

- ✓ This posture applies pressure to the lower spine, which has a relaxing effect on the nervous system.
- ✓ The breath becomes slow, muscular tension is decreased and blood pressure is reduced.
- ✓ The normally large blood flow to the legs is redirected to the abdominal region.
- ✓ This activity also stimulates the digestive process.

**Limitation:**

- ✓ Those who suffer from sciatica or weak or injured knees should not perform this asana.
- ✓ This asana should not be attempted until flexibility of the knees has been developed through practice of the pre-meditation asanas.

It is not advisable during pregnancy as the circulation in the legs is reduced.