

Practical Notes

5. YOGASANAS : Sitting postures

5.2.1 DĀNDĀSANA (Staff pose / Seated Staff pose)

Dāṇḍa means Stick or Rod. *Dandasana* may seem easy at first, but there are many things you need to be aware of while practicing.

Staff Pose appears to be a simple seated pose. However, it requires you to strongly activate your entire body, from the backs of your shoulders, all the way down to your feet.

Benefits of this *āsana* is building postural awareness. That will come naturally with consistent practice.

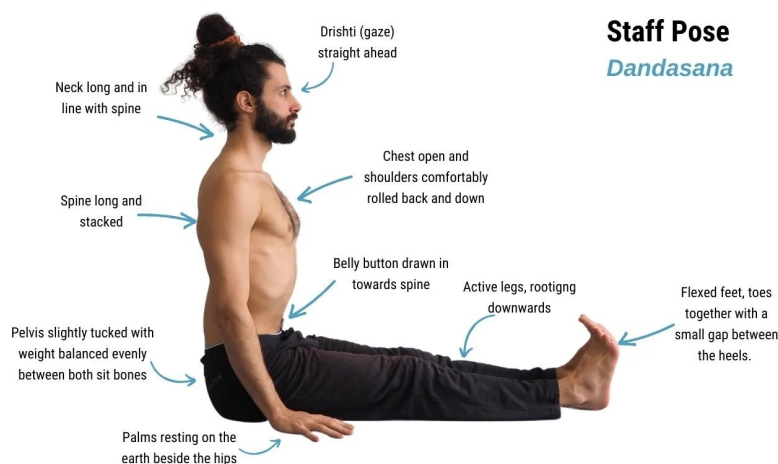
Stretches the lower back, hamstrings, the back of the knees, and the calves.

Word of Caution : Avoid putting pressure of wrists instead, lift entire body up so that vertebral column is straight.

Dandasana (Staff / seated staff pose)

Dāṇḍāsana.

- Sit straight with legs stretched out in front .
- Toes together and pointing upwards
- Hands beside the hips and palms resting on the floor.
- Neck straight. This is *Dāṇḍāsana*. *Danda* is a Stick.
- Stay in this position for sometime with normal breathing.



Release the Assan and relax in *Viśhrāmāsana*.

5.2.2 SUKHŚĀSANA (Easy / cross legged pose)

Sukha means easy, pleasant or comfortable. The final position of this *āsana* gives pleasure of sitting in that pose for longer period of time, hence the name.

Benefits : Improves posture and reduces slumping. Tones the core and back muscles that support the spine.

Creates instant mind-body alertness.

Caution : Please avoid this practice in case of arthritis, Sciatica, Hip, Knee, or Ankle Injury.

Sukhasana (Easy / crossed legged pose)

Sukhasana.

- 1 Easy Pose, although easier than Lotus Pose, can still be challenging if the best part of your sitting is done in chairs
- 2 As children, sitting on the floor with our legs crossed came naturally but as adults, this is no longer the case.
- 3 In fact, the ancient yogis and sages created the physical practice of yoga to be able to sit in easy seat for several hours at a time in meditation.

How to do it:

- Sit on the ground by crossing your shins, place your ankles under the opposite knee.
- Keep a comfortable space between your pubic bone and legs.
- Adjust chin parallel to the ground. Feel the stretch on skin of the back.
- Sit tall with the spine growing taller.
- Engage the core by driving navel to spine.
- Lengthen through the crown of the head.
- Relax the shoulders.
- Hands to rest on the lap or rest gently on the knees. Palms face up or down
- Breathing normal.

Easy Pose *Sukhasana*



5.2.3 PĀDMĀSANA (The Lotus Posture)

Pādmāsana means lotus pose, *Lotus Pose* is for meditation. It is said that Buddha sat under the Bodhi tree in Lotus Pose when he attained enlightenment. It is a symbol of both the physical and spiritual aspects of yoga.

Not only does our body resemble a flowering lotus in the full expression the pose. It is also mimicking the nature of the flower, which roots in the mud, but when it grows it finally blooms into a gorgeous flower.

Benefits : Stretches the quadriceps and the ankles, opens and lengthens the ligaments and joints in the lower body, keeping them flexible.

Strengthens the spine and upper back, consequently helping you to improve posture.

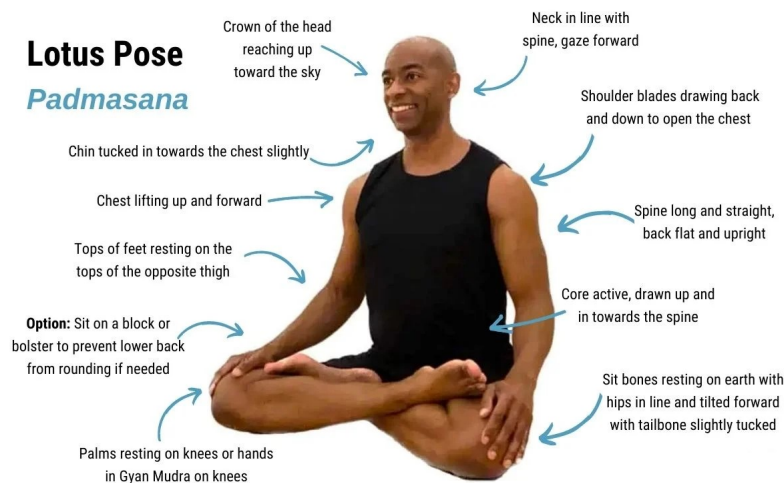
Activates the parasympathetic nervous system and brings a sense of full-body relaxation

Caution : Please avoid this practice in case of injury or chronic pain in the hips, ankles or knees, avoid practicing this pose.

Padmasan (The Lotus pose)

- Sit on the mat with your legs extended in front of you, in Seated Staff Pose (Dandasana).
- If you can't keep a spine straight in the pose, place a blanket or a pillow under your hips.
- Bend your left knee and place the leg right hip crease. The sole should be facing up.
- Then, bend the right knee and place the leg on left hip crease. The sole facing up.
- Maintaining a straight spine, try to keep your knees as close to the floor as possible.

Lotus Pose *Padmasana*



5.2.4 VAJRĀSANA (Thunderbolt Pose)

Vajra can be translated into both thunderbolt and firmness. This name symbolizes the sensation of inner power and strength we may experience in our practice, even when doing a simple yoga pose. Vajra also comes as this pose stimulates vajra nadi, one of the major pathways through which energy flows in our bodies.

Benefits : This is the only asana which can be practiced right after a meal. It increases blood flow to the abdomen. It helps boost digestion and relieve constipation. With continued practice, it can also relieve ulcers and acidity. Strengthens the pelvic muscles, shoulders, and lower back.

Caution : Avoid this posture in case of an injury in the ankles, calves, knees, or hamstrings.

Also, avoid if you suffer from intestinal ulcers, hernia and arthritis in the knees.

Vajrasana (Thunderbolt pose)

- Sit on the mat with your legs extended in front of you, in Seated Staff Pose (Dandasana).
- Bend your left leg and place the sole of your left foot underneath your left buttock.
- Repeat the same step for the right leg.
- Ideally, your toes will touch, and your heels will be slightly separated from each other.
- 4. Place your palms on your thighs to help you keep the spine erect.

Thunderbolt Pose

Vajrasana

