

# Padma-mayurasana

## Lotus peacock

THE PEACOCK IS WELL-KNOWN FOR ITS POWER OF DIGESTION AND IS SAID TO BE ABLE TO DIGEST STONES.

THIS POSE IS EXCELLENT FOR THE METABOLISM OF BOTH FOOD AND EMOTIONS BY REGULATING THE MANIPURA (NAVEL) CHAKRA. TRADITIONALLY IT IS SAID NOT TO BE IDEAL FOR WOMEN, THOUGH, AS IT PUTS A LOT OF PRESSURE ON THE AREA JUST ABOVE THE WOMB.

In previous issues we've explored working towards Lotus, but here we need to really extend our Lotus stretching the hip flexors. Let's start then by lowering into a **Lotus Cobra**:

Bring yourself into the Lotus position by placing your right foot at the root of the left thigh, and the left foot on top at the root of the right thigh. Pressing the palms into the mat, raise yourself up on your knees in the Lotus, and slowly, with an engaged core, lower yourself until you are in a sphinx-like pose. Breathe into the opening you feel for a minute or longer if you can. You can explore different positions here from laying right down on your chest, to pressing into Lotus cobra. To come towards Lotus peacock, press yourself back onto your Lotus knees

*Yogi Photographed: Yogi Vishvketu  
Photos & Posture Descriptions:  
Chetana Panwar*



Lotus Cobra

### To perform Lotus Peacock:

From here, place your palms on the mat with the fingers facing towards your body. Some practitioners use the fingertips instead of flat palms for this pose, like the claws of the peacock. Place your elbows together and lower your navel onto the elbows, while easing your body forwards to find the centre of gravity. When you feel balanced, stretch your lotus knees backward and upward until your body is suspended parallel to the earth on the fulcrum of your forearms. Hold for a few breaths and then lower yourself back into the sitting Lotus position.



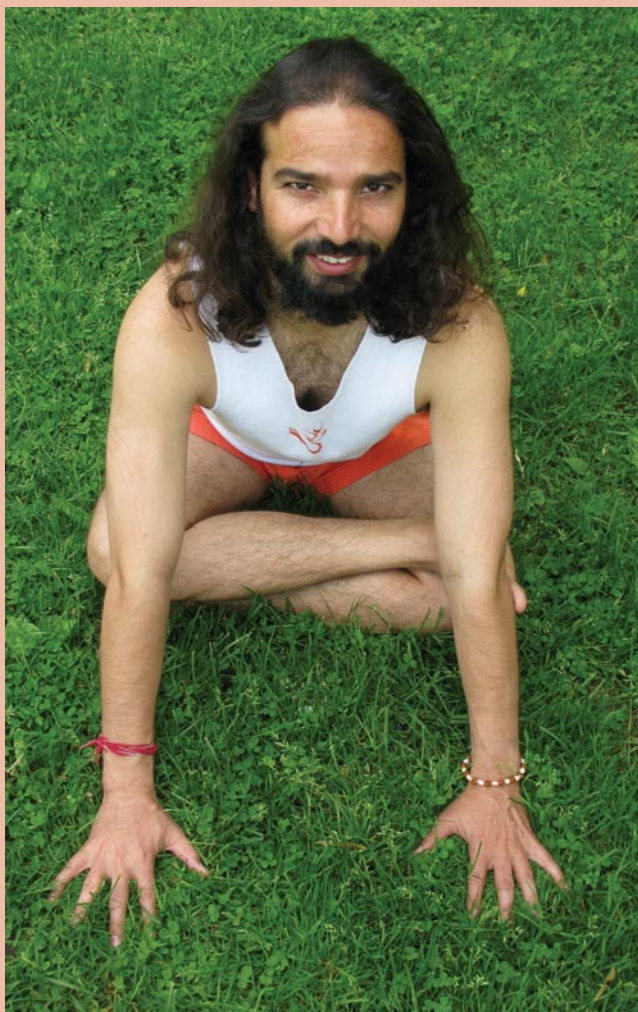


#### To perform Double Pigeon:

Double pigeon is a dynamic hip opener that will not only help with hip rotation, but also stretch the piriformis muscle deep in the buttocks.

Cross the legs loosely, so that there is a shape of a triangle between your shins and your body, and stack the shins on top of one another, ankles on top of your knees. Sit here and breathe into the sensations.

If you are not feeling much, bring your ankles further along so that the feet hang off the edges of the knees. You may also wish to ease your torso forwards so that you are resting on the elbows, or reaching the arms forwards on the mat as we did in Yoga mudra.



#### To perform Lotus:

Now, check to see if it has become easier for you to perform Lotus. Traditionally, begin by bringing your right foot up to the root of the left thigh, and allow your right knee to release toward the mat. Then take the left foot and bring it over the right to the root of the thigh. Hold the pose for as long as you feel comfortable; if you feel further opening after some time, continue to draw the feet further along so that they hang off the edge of the thighs and the knees are brought closer together. This will support your ankles, and help to work towards binding the arms in the future.

