



Padmasana

*Yogi Photographed: Yogi Vishvketu
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IN THE NEXT FEW ISSUES, WE WILL BE OFFERING SOME ADVANCED POSTURES WITH LOTUS, SUCH AS THE LOTUS HEADSTAND, AND THE LOTUS CRANE.

TO START OFF THIS SERIES, WE WILL FIRST EXPLORE THE LOTUS ITSELF, THE CLASSIC MEDITATION POSTURE WHICH TILTS THE PELVIS SUCH THAT THE SPINE RISES IN ITS NATURAL CURVATURE, AND IS SUPPORTED THERE FOR LONG SITTING. THIS POSTURE ALSO DRAWS THE ENERGY OF THE LOWER BODY IN AND UP HELPING TO STIMULATE SHAKTI.

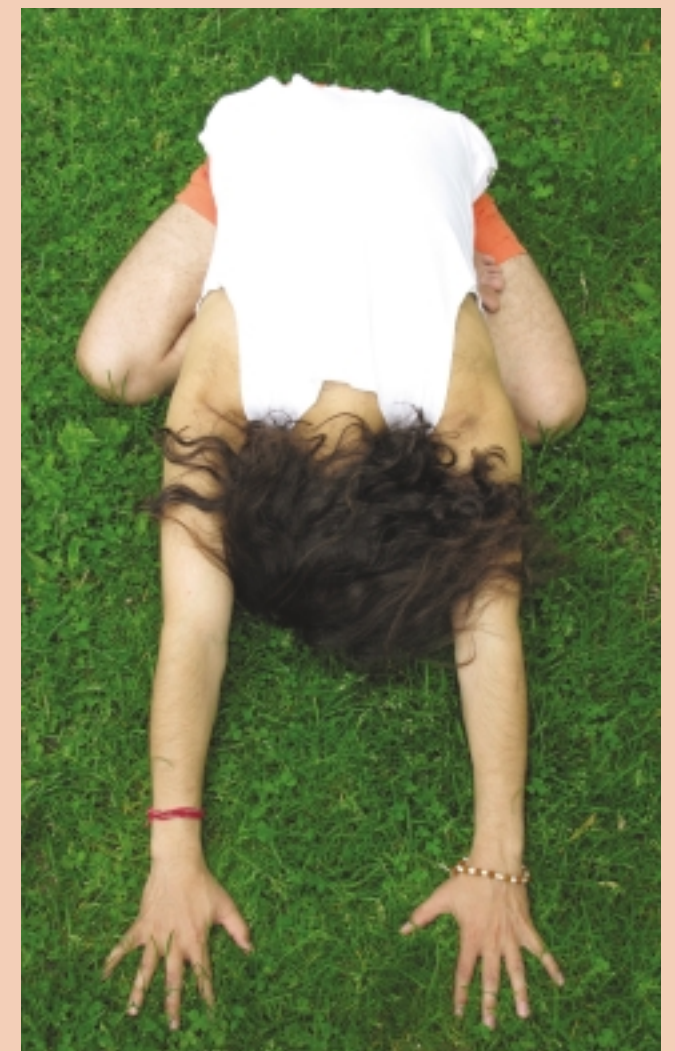
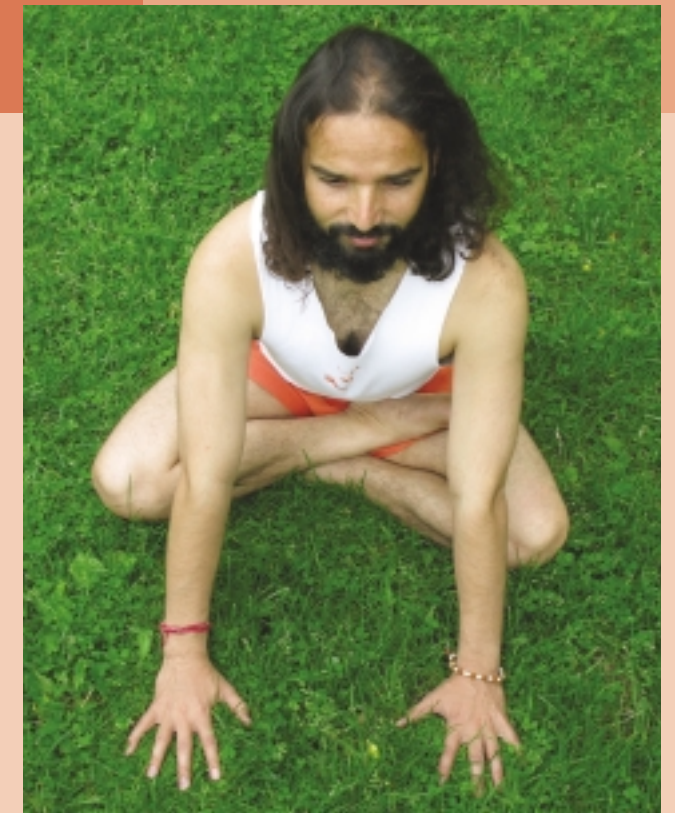
Let's begin with some hip openers.

To perform Yoga mudra:

Cross your legs or place one foot on your lap in the half lotus. Ease your torso forwards as comfortable until you are either resting maybe with your elbows to the mat, maybe with your forehead resting on stacked fists.

Breathe here for 5 to 10 breaths, and wait until you feel space to sink further into the pose with the exhalation. You may get to the point where your forehead is on the mat, arms stretched out in front of you.

Ease yourself up with awareness, moving slowly after poses in which the head is lower than the heart. Change the position of the legs so that the opposite leg is crossed in front, or is on your lap in half lotus and repeat Yoga mudra.





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.
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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.

