

Asana

Bliss Pose

Ananda Asana

Starting Position: lie down on your side with your body aligned with the mat; keep the hips stacked (gentle abdominal control) and your lower foot flexed and positioned so as to stop your body from falling forwards. If necessary, the arm in contact with the floor can also be placed at a 90 degree angle to the torso in order to achieve a supporting effect.

Bend your upper knee, bring the foot forward in front of the lower knee/thigh until it feels stable. Then flex the upper hip and grab your big toe (or your foot with a strap) with the corresponding hand.



While exhaling, stretch out the upper leg while maintaining abdominal control. Your glutei clench inwards and your pelvis opens completely as though being pushed from the tip of your sacrum.

The upper leg pulls the corresponding arm, your heel pushes upwards, and your shoulders are totally relaxed. The outstretched leg on the floor is relaxed as well. The lower foot remains flexed.

Hold the posture with your leg stretched upwards for at least 30 seconds and up to 120 seconds.

Contraindications: nothing specific.

Benefits: renders elastic the articulations of the hips and the shoulders; stimulates the coccyx plexus (Muladhara Chakra); favours sublimation of pranic energy.