

Asana

Half Lotus Pose

Ardha Padma Asana

Starting Position: sitting with legs outstretched and spread about 50 cm apart.

Bend the right knee and bring the right heel near the corresponding gluteus; then with great delicacy and attention, place the back of the right foot on the higher part of the left thigh.

Once comfortable in the position, bring the left foot under the right thigh. Align the back and the head and maintain the posture for the desired time, and with suitable respiration.

Note. To keep the back straight and aligned with greater ease, it may help to use a support of 5 – 10 cm thickness under the glutei.



Contraindications: although not as demanding as the Lotus Pose, it is still not recommended in cases of knee related pathologies and those of the coxo-femoral articulations.

Benefits: this posture is useful for the practice of pranayama, concentration and meditation; improves posture and gait.