

Asana

Oyster Pose

Hasta Pada Baddha Asana

Starting Position: sit with your knees bent making a diamond shape with your legs with the soles of your feet together.

Distance of your feet from your torso is such that when bending forward, your forehead could be placed in the bowl of the feet, between the heels and big toes.

Your fingertips touch after slipping the arms below the shins from the outside to the inside or vice versa.

The position of your forearms (at middle distance between ankles and knees) also has the function of supporting the weight of your body, thus avoiding excessive pressure on your hips.

While bending, assume the Thunderbolt Gesture and then release; avoid overstretching and developing excessive tensions. When in the pose, let gravity do the work and seek complete relaxation.

Your breath moves towards and expands your back and sides.



Practice the static phase in full relaxation; when comfortable, it can be held for several minutes (up to 10–15 minutes).

Contraindications: none.

Benefits: allows the heart to rest, is beneficial for the urogenital system, nervous system and spine. Relaxes, and favors deep internalization, mental silence and self – awareness.