

Asana

# Accomplished Pose

*Siddha Asana*

*'Press the perineum with the base of the left heel and place the other foot over the genitals. Keep the chin firmly placed against the dimple of the throat. Stay still, with the sensory organs under control, and gaze fixed at the centre of the forehead. This is Siddha Āsana, that holds open the door to emancipation'. Hathayogapradipika, I, 35,36*

**Starting Position:** sitting with legs outstretched and separated by 50 cm (approx.); a cushion of 10-15 cm width under the *glutei* makes the posture simpler and easier to maintain.

Bend the left knee, bringing the left heel close to the corresponding *gluteus* and in contact with the perineum.

Flex the right knee and place the right foot, with downward inclination, between the left thigh and calf.

Align the back and the head, allowing the shoulders to move downwards, relaxed. Maintain the position for as long as necessary.



**Contraindications:** functional impediments of the lower limbs.

**Benefits:** this position is especially used for the practice of Yoga Breathing, concentration and meditation.