

Asana

Lion Pose

Simha Asana

Starting Position: Thunderbolt Pose, then cross ankles. It can also be performed in positions other than the classic one: for example, standing up (Durga Asana) and in various seated positions. If necessary, place a yoga block or other support under the pelvis.

Before starting, inhale deeply and then hold breath for 4-5 seconds.

While exhaling, the activation wave begins in the perineum with Mula Bandha, it moves up through the stomach area, the throat and then down through the arms and hands and up towards the face. Stick out the tongue (downwards), stretch arms, hands and fingers out, move gaze upwards and towards the centre of the forehead.

The pose lasts for just one exhalation, but may be maintained for such time as to allow some breaths to pass through the mouth.



While exhaling, vocalize 'Aaahhh' or any spontaneous sound similar to a roar.

The pace is also spontaneous: can be very slow and gradual, very fast or anywhere in between.

The body activation, with a focus on the three fundamental granthis - perineum (Muladhara Chakra), solar plexus (Manipura Chakra) and throat (Vishuddha Chakra) - should be performed as a fluid ascending movement, lasting the length of an exhalation.

Repeat 3, 5, 7 times, then invert crossed ankles and repeat.

Contraindications: overdoing it can make throat irritated and lower the voice.

Benefits: energizes and relaxes the whole body; favours digestive process; especially useful when having a stammer; advisable to practice if shy, inhibited in relationships, have difficulty in public speaking. The pose can be practiced at any time (except after lunch); advisable before Pranayama and meditation practice; area of greatest energy release is the throat.