

Asana

Stick Pose

Danda Asana

Starting Position: sitting with legs crossed.

Stretch the legs and join them with minimal pressure, sufficient only to activate a light Mula Bandha.

Rest the palms on the floor next to the hips; the upper limbs are aligned with the trunk, not behind or in front of it.

Imagine the ischium pressing against the ground and align trunk and head; the abdomen is slightly pulled inwards. Maintain perception of the lateral respiration; gaze is open and unfocused.



Contraindications: none.

Benefits: teaches how to maintain the spine in a well-aligned way when sitting; reinforces the paravertebral musculature; increases awareness of the correct contact of the ischium with the ground in a sitting position.