

Asana

Lotus Pose

Padma Asana

Starting Position: sit with legs outstretched.

Before performing Lotus Pose execute the following sequence: “Lower Limbs, improve mobility from sitting position”; avoid straining knee.

Phase 1

Bend knee and bring heel in contact with the corresponding gluteus. Stretch the leg and repeat identically for the other knee.



Phase 2

With help of hands, bring right heel towards abdomen and then the top of the right foot in contact with the upper part of the left thigh.

Phase 3

With care, bring left foot towards the upper part of right thigh.

In order to maintain the pose with greater comfort, it may be helpful to use a little support under glutei so as to lift them by 5-10 centimetres.



Contraindications: weaknesses or pathologies of the knees; physical limitations.

Benefits: this pose is particularly useful in the practice of Yoga Breathing, concentration or meditation.