

## Correct Sitting Pose

The most important thing is to find the most appropriate sitting pose depending on the physical challenges of the person. Although some exercises can be performed better in one position than others, there are always variations that can be done instead, and build it up from there with time.

One of the most important aspects to remember no matter what position you choose it's to keep the spine straight, not too bend forward, or back. A neutral position of the spine will be optimum to allow the flow of energy, called Kundalini, to take place. This neutral position it is the most advisable when meditating.

At the beginning most of the people feel as one of the legs, or both, get sleep. This is due to the cut of circulation when the legs are crossed. With time one will be able to spend longer periods of time without moving. Once you find stability in your practice you will be able to sit for longer periods of time without moving, and without pain. Practice will bring you stability of the mind and discipline. To start with:

### **SUKASANA or EASY POSE**

Easy pose is a comfortable seated position for meditation. This pose opens the hips, lengthens the spine and promotes groundedness and inner calm.

- ❖ With the buttocks on the floor, cross the legs, placing the feet directly below the knees. Rest the hands on the knees with the palms facing up.
- ❖ Press the hip bones down into the floor and reach the crown of the head up to lengthen the spine. Drop the shoulders down and back, and press the chest towards the front of the room.
- ❖ Relax the face, jaw, and belly. Let the tongue rest on the roof of the mouth, just behind the front teeth.
- ❖ Breathe deeply through the nose down into the belly. Hold as long as comfortable.

**Modification:** Place folded blanket under knees or under the hip bones.

**Contraindication:** Recent or chronic knee or hip injury or inflammation