

## Savasana: corpse pose - relaxation pose

To recover at the end of your practice, and to learn the art of becoming quiet inside, practice Savasana.

Medical benefits:

This pose when practiced for 10 – 15 minutes at a stretch, with the back supported on folded blankets or a thin bolster, will greatly benefit those with asthma, anemia, high blood pressure, breathlessness, bronchial – pneumonia, diabetes, headache, (inguinal) hernia, insomnia, migraine, pleurisy and pneumonia.



1. Sit in Dandasana (Staff Pose).



2. Bend your knees. Lean back onto your elbows.



3. Lie down evenly along your spine.



4. Straighten your legs. Carefully place them, one at a time, on the floor on the center of the back of the thighs and calves. Let your feet fall out to the sides.



5. Turn your arms outward and rest them to your sides with the palms facing up. Elongate the back of your neck and rest your head on the center of the back of the skull. Draw your shoulders away from your ears.



6. Draw inward. Consciously relax the muscles and joints. Let go completely. Allow the breath to become soft and quiet. Hold for 5 minutes.