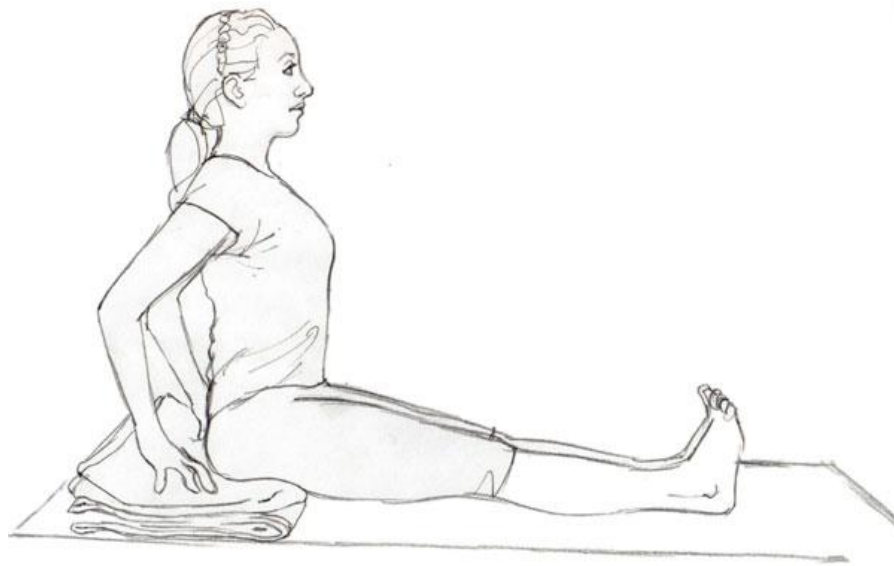


Svastikasana

Benefits:

Strengthens the backbone. Increases mobility in the hip joints. Loosens the knee and ankle joints.



Start in Dandasana: Sit upright on two or more blankets with your legs outstretched in front of you on enough height, so that when you are in the final pose, the knees are at the same level or lower than the hips. Bend your right knee and slide your right foot under your left thigh. Bend your left knee and slide your left foot under your right thigh.



Now your legs are crossed at the center of your shin-bones. Internally rotate the upper thighs. Roll the upper, inner thighs down, and the outer top thighs up. Press cupped hands on the floor behind you and lift your side ribs. Raise your sternum bone, and the center clavicular notch. Roll your shoulders back and slide your shoulder blades down. Clip the outer edges of your shoulder blade forward toward the front body. *"Don't sink down into the Apana Vayu. Sit as if you are sitting on a bed of nails."* Agyajata Iyengar. Anterior lumbar up. Back body down. Inhale to energize. Exhale to calm the brain.

