

One-legged Adho Mukha

Svanasana Raise one leg and take the foot back to the wall behind you. Keep the hips level as you exhale the foot into the wall.

Depending on your flexibility, walk the foot of your back leg up the wall, and increase the stretch of the down-leg by either happing back to the wall, walking your hands back to the foot, or both. Exhale consistently into the back heel and come back and rest before doing the other side.



Assisted Hanumanasana

With one leg forwards and the other back, straddle a bolster and place your hands on bricks either side. Keep breathing and remain as upright as possible with the upper body. Maintain lightness at the heart. Repeat on the other side. One side will usually be easier than the other!



Full Hanumanasana

The hips should be level as the back of the front knee and the front of the back thigh descend to the floor. The spine is upright and the hands come to Anjali Mudra. Breathe and surrender!



To exit the posture, lean to the side of the leading leg and allow the back leg to bend and bring forwards. Rest in Hinasagorbhāsana and repeat on the other side.

Benefits:

This posture bridges the physical and the metaphysical. A humble heart, devoted to that which is beyond our relative sphere, is essential to achievement, or else any success is as empty as the pearl. This Asana combines Pranyama with Dharana, Bhakti Yoga with Hatha, and is as challenging internally as it is externally.