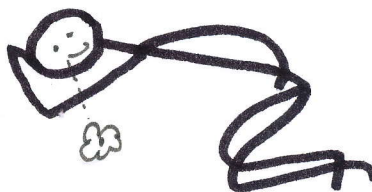
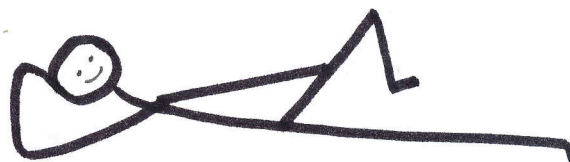


Anantasana

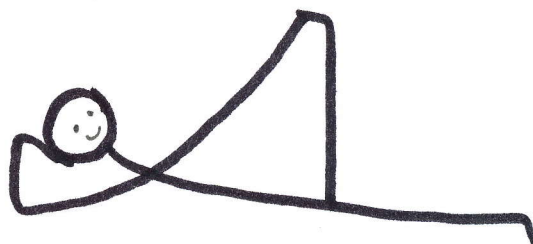
If possible, begin by lying with the back against the wall and the legs bent. Rest the head on the palm of the hand (palm over the ear, fingers towards the neck if possible) and gaze quietly at the earth before you. Breathe.



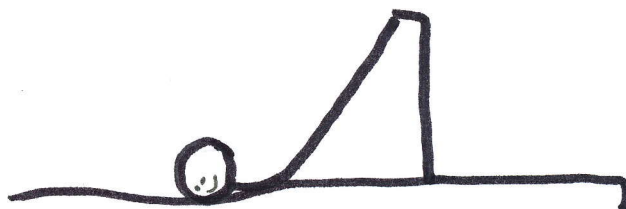
*Straighten the lower leg, stretching into the heel. Take the upper arm inside the leg and either take a belt around the foot or catch hold of the toes.



*Exhaling, stretch into both heels.
*Inhaling, feel the diaphragm and ribs creating space for the shoulders to accept the breath. If the raised leg is bent, ensure the foot remains alert.



* To further lay this posture on the line, stretch the lower arm along the floor and press the palm and forearm evenly down into the earth as you breathe. Remember the 3-part breath and use it to support the spine.



* Work away from the wall when you are ready.

Benefits: This posture balances relaxation with action and aids concentration. It stretches the hamstrings, opens the hips and helps develop pelvic blood flow and is said to help with infertility and hernias. The brain remains quiet but it cannot switch off completely as the thinking processes need to be alert and watchful. Past and future have no place in this pose - only the eternal moment. For as long as one is doing this posture, one is poised on the brink of the infinite.

Contra-indications: Sacro-iliac problems and any pelvic disorders that would make this position uncomfortable.

Modifications: Pregnant women may need to be padded with blankets and to bend the lower leg so they are more balanced.

Wendy T easdill