

# Padmasana

Padma ~ "Lotus"  
Asana ~ "Pose"



- ☺ Begin in a seated position. Bend the legs carefully. Use the fingers to press in the skin and flesh at the back of the knee. This creates space in the knee joint and helps it to bend without strain. Sit with the right leg crossed in front of the left.
- ☺ Check that both thighs rest comfortably on the floor. If the knees are off the floor or there is discomfort in the knees or ankles try sitting on a higher prop and/or place supports under the knees. The top of the pelvis should be higher than the knees.
- ☺ Hold the right foot in the left palm (facing up, supporting from below) and hold the lower right leg in the right palm (facing up, supporting from below) and place the right foot on top of the left thigh with the outer edge of the foot pressed into the groin. Roll the right hip in and bring the knee in to face almost forward.
- ☺ Bring the left foot forward, in front of the right shin supporting the left ankle in the palm of the left hand (facing up, supporting from below) and the right hand holding the top of the left foot from above; then lift it over into the right groin.
- ☺ Ease the skin and flesh of the inner calves and thighs up using the fingers. Move the feet further up into the groin and bring the knees closer together.
- ☺ Sit straight, extending the trunk up. Open the chest and take the shoulders back. Rest the hands on the thighs, palms facing up, or in your favorite meditation mudra.
- ☺ Close your eyes, focus on the point between the eyebrows and center yourself in deep stillness, allowing the stillness to deepen into the peace called shanti, the deepest peace that goes beyond all understanding.
- ☺ Release on an exhalation and repeat to the other side.

## Benefits

- ☺ Opens the hips and creates a sense of balance throughout the body; stretches ankles and knees
- ☺ Stimulates the pelvis, spine, abdomen, and bladder
- ☺ Eases sciatica; calms the brain
- ☺ Creates a stable base for meditation
- ☺ Amplifies the flow of Prana
- ☺ Balances all chakras but especially the first, second and sixth

## Contraindications

- ☺ Those with pain or tightness in the knee, ankle or hip joints should practice the modifications
- ☺ Padmasana is a more advanced pose and care should be given not to attempt this pose if you are not well prepared

## Modifications

- ☺ Cradle the Baby: cradle the leg in the arms and draw toward the chest
- ☺ Sukhasana: simple cross legged seated pose
- ☺ Seated Triangle: right ankle on top of left knee and work on bringing the right knee down to the left ankle
- ☺ Half Lotus: bring just one leg into Padmasana

## Notes on Practice

- ☺ Begin with staying 20 to 30 breaths. Do not strain the knees. Once they are strong, you may wish to lengthen the time in the asana for 5 to 10 minutes or longer.
- ☺ If you are regularly using this pose as a platform for meditation or pranayama, be sure to alternate the cross of the legs daily to avoid distortions in the hips. One easy way to help you remember to do this is to bring the right leg in first on even-numbered days, the left leg first on odd-numbered days.

"Place the right foot on the left thigh and the left foot on the right thigh... with the soles upward, and place the hands on the thighs, with the palms upwards... This is called Padma-asana, the destroyer of all diseases. It is difficult of attainment by everybody, but can be learnt by intelligent people in this world."

*The Hatha Yoga Pradipika, I. 46-49*

