

4.0. MEDITATIVE POSES

4.1. Padmasana: Padma means a lotus. Padmasana acquires its name because when performed it resembles a lotus. It is also known as kamalasana. It is one of the most important and useful asanas. It is best suited for meditation and for reciting mantras and the Budha is often depicted in it. It is beneficial to both men and women. This is one of the basic postures and is often used in the variations of sirsasana and sarvang asana.

Techniques

1. Sit on the ground with legs straight.
2. Bend the right leg at the knee, hold the right foot with the hands and place it at the root of the left thigh so that the right heel is near the navel.



Fig. 1. Padmasana

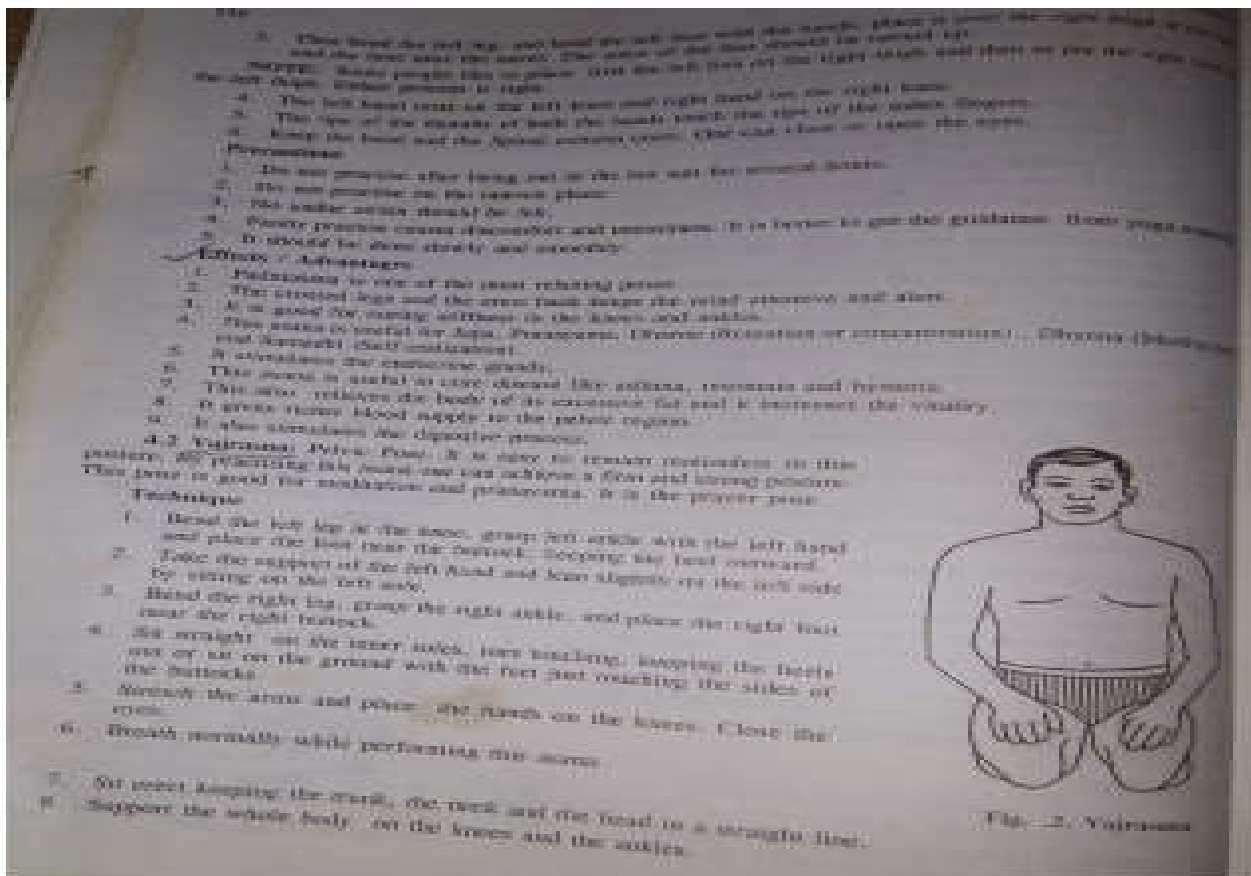
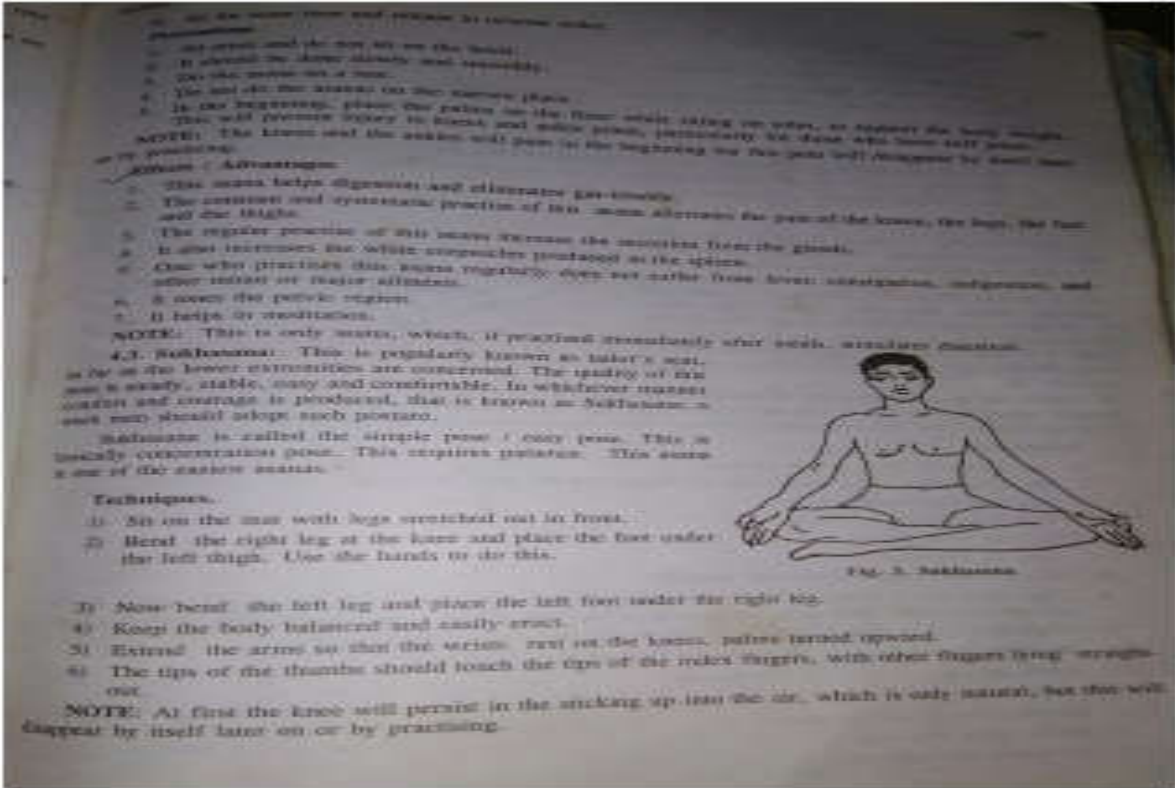


Fig. 2. Vajrasana



Precautions

1. Do not do on the uneven place.
2. Do the asana on a mat.
3. It should be done slowly and smoothly.
4. Do not force the knees down.
5. Keep the spine, neck, and head in a balanced, erect conditions.

Effects /Advantages

1. This is for meditation.
2. This helps in concentration.
3. This induces mental and physical stability through calming the nervous system.
4. This asana is useful for the cure of stiffness in the joints of the limbs.
5. This helps the mind to be firm, attentive and alert.