

DWIPADA PEETAM

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Many yogasanas aim at maintaining the suppleness of the spine. It is said that a man is as old as his spine. The Desk Pose or Dwipada Peetam is a simple, effective asana which works on the backbone.

METHODOLOGY

STEP 1

Lie on your back on soft carpet. Support the neck and head with a small soft pillow in the initial stages.

Inhale, place the arms along the side of the body. Keep the knees, ankles and feet together and slowly stretch them.

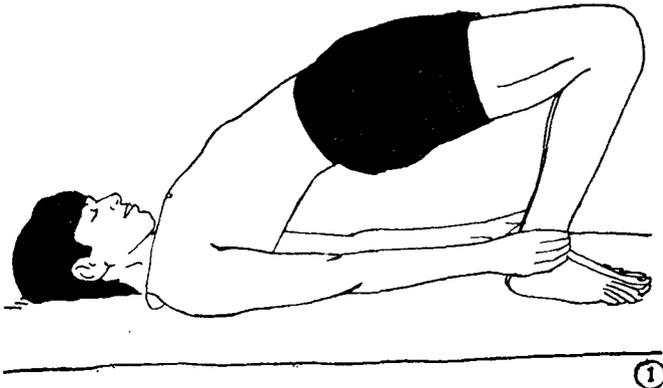
STEP 2

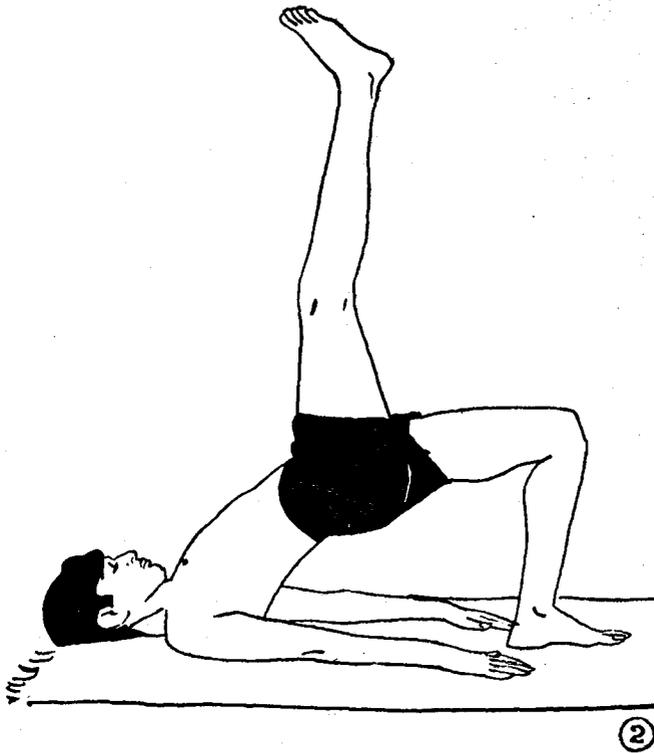
Exhale, bending the legs at the knees and drawing and placing the feet close to the buttocks. Do a few modulated breaths. Now hold the ankles with the palms, if only possible; or else, keep the palms on the ground. Inhale, press the back of the

head and neck and also the feet; raise the trunk slowly as high as you can, arching and stretching the spine, the neck, shoulders and arms in the process. Stay for two seconds. Exhale, lowering the body Repeat 3 times. This is Dwipada Peetam or Desk Pose. (Refer Sketch 1)

STEP 3

Now for the variations. Inhale, stretch right leg, while keeping the left leg bent as in previous position.





Inhale again, arching the back, raising the hip while pressing the left foot and heel. Stay for two seconds. Exhale and return to the starting position.

STEP 4

Inhale, press the back of the neck and left heel, raising the right leg as high as you can, stretching especially the neck and the right hip

joint. Stay for two seconds. Exhale, return to starting position. (Refer Sketch 2).

STEP 5

Exhale, bending the right leg at the knee and placing the right foot on the root of the left thigh. Inhale, raising the trunk and the bent right leg. Stay for few seconds. Exhale and return to starting position. (Refer Sketch 3).

STEPS 6 to 8

Repeat movements mentioned in Steps 3 to 5 with the right leg bent.

STEP 9

Stretch both legs on inhalation and return to start of Step 1. Now, inhale, press the back of the neck and heels, arching the body between below the neck and the heels. You may stretch

the ankles, so that the feet are on the ground. This is known as Madhyasethu or Bridge Pose. Stay for a few seconds. Exhale, returning to the starting position

Older and obese persons should perform the trunk raising movements on exhalation and return movement on inhalation. This is Langanakriya.

tors, drivers, typists, etc. It is also useful to relieve low back pain, especially experienced by pregnant women. They however, need do only Steps 1 and 2 and do them after getting the clearance from their obstetricians.

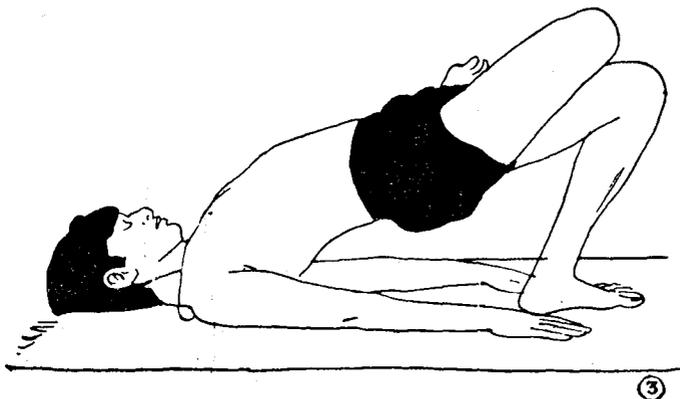
L U & V FORMATIONS

This group of Asanas which resemble the letters,

head with a small soft pillow during the first few weeks of practice. Place the arms along the body. Knees, ankles and feet are kept together. Slowly stretch them, while taking a few modulated breaths.

STEP 2

Inhale, stretching and raising the right arm overhead.



BENEFITS

Desk Pose is a convenient exercise for arching and hence strengthening the spine. Since the feet and neck are anchored, for beginners, this posture is easier to do, compared to many other back arching asanas. It helps relieve pain in a stiff neck, incidental in such occupations as machine opera-

L, U and V, require the stretching of lower back and bring into play the lower stomach muscles and improve their tone. The arms and legs are stretched out and up, and are known as Urdhwa Prasruta Paada Hastha Asanas

STEP 1 :

Lie on your back on a soft carpet. Support the neck and

Exhale, raising the right arm and right leg from the hip as high as you can but upto 90° to the ground. In the beginning, you may first bend the right knee, as if kicking high towards the face and then straighten it. Stay for a few seconds. Inhale returning to the starting position.

STEP 3

Now exhale, raise the right arm and left leg. Stay for

two seconds. Then inhale, returning to the original position. Exhale, lowering the right arm to the side of the body.

STEP 4 & 5

Repeat movements 2 and 3 with the left arm raised.

STEP 6

Exhale deeply, press the palms, raise both legs together

from the hip as high as possible, upto 90° from the ground. Stay for two seconds. Inhale, lowering the legs. This resembles letter L and is Urdhwa Parshuta Pada Asanam.

STEP 7

Inhale, raising both arms overhead. Exhale, raising both arms and both legs perpendicular to the ground.

Stay for two seconds. Inhale, stretching both the arms and legs and returning to the starting position. This resembles letter U and is known as Urdhwa Prasruta Pada Hasthasanam. (Refer Sketch 4).

STEP 8

Inhale, raising both arms over-head. Exhale as in Step 7 raise both arms and the





legs but, take the legs a bit further and hold the big toes by the thumb and the next two fingers. Inhale, spread the legs, resembling letter V and this is known as Ubhaya Pada Angushtasanam. These postures will be easier to perform with longer and smoother exhalation. (Refer Sketch 5).

Another variation which may be attempted after prac-

tice of the earlier Vinyasas is Supta Padangushtasana. From after the Step 2, mentioned above, slightly stretch the right leg, bring it forward and hold the big toe with fingers of the right hand. Keep the left hand on the left thigh which is on the ground and do a few modulated breaths. This is Supta Padangushtasana.

Now slowly exhale and pressing the left side of the

body, leg and heel, lower the right leg with the arm to the right side, holding the toe all through. In the final position, the right leg is stretched on the ground to the right of the body and held by the right hand at about the shoulder level. This is Supta Parsve Padangushtasana. (Refer Sketch 6). This is to be repeated on the other side also.

BENEFITS

As mentioned, this group of Asanas, helps to strengthen lower abdominal muscles and effectively checks

obesity; constipation and early stages of piles respond to these exercises. People who spend long hours standing and tend

to develop varicose veins will also benefit. Girls if they practice from puberty will improve the tone of their pelvic muscles.

