

HALASANAM

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Halasanam, which is an extension of Sarvangasana, described in the last issue is also a well-known posture. Up to Sarvangasana, the procedure is the same. Thereafter, slowly exhale and lower the legs over the head and place the toes on the ground. Stretch both the arms and press the palms on the ground. The knees and ankles are also stretched (Refer sketch 1). One may stay for a few breaths. Evidently the inhalation will be short, but one may practise long exhalation in the posture including the Bandhas after exhalations. After staying for a few breaths or upto 3 minutes or so, return to the lying posture, slowly rolling back, consciously stretching every

inter vertebral ligaments, thighs, knees, ankles, feet and also the toes.

ARDHAPADMA HALASANAM:

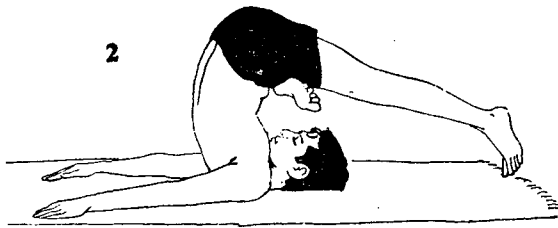
There are a number of variations possible in Halasanam. One of them is Ardhapadma Halasanam. The starting point is Sarvangasana. Exhaling, place the left ankle over the right thigh then on the next exhalation slowly lower the right leg as in Halasanam, with left foot pressing against the thigh and the lower abdomen. Stay for a few breaths. Return to starting point on inhalation, stretching also the left leg. This is to be repeated on the other side also. (Refer Sketch 2).

Keeping the arms overhead and holding the toes, spreading the legs overhead, keeping the legs at an angle overhead are some of the other variations. It could be observed that Halasanam requires further stretching of the posterior muscles and abdomen, thereby helping the functioning of pelvic and other internal organs. Neck and shoulders are also stretched considerably.

Those who are prone to be hypertensive should avoid pressure on the back of the head which may lead to flushing of the face. However, they may lower the legs as much as possible, allowing the torso to be a little away from the chin. The correct position for such a person could be achieved by trial and error and a comfortable, balancing position could thus be maintained. One should concentrate on fine breathing and direct the visual attention to the middle of the eyebrows, with closed eyes.

Sarvangasana and Halasanam should be followed





ing the head, neck and shoulders on the ground (Refer Sketh 3). Stay for a short period and up to one minute. Exhale, press the elbow and head, slightly bend the knees and return to Sarvangasanam.

by counterposes, such as Bhujangasanam, Salabhasana.n.

UTTANAMAYURASANAM:

Uttanam = Stretched.

Mayura = Peacock

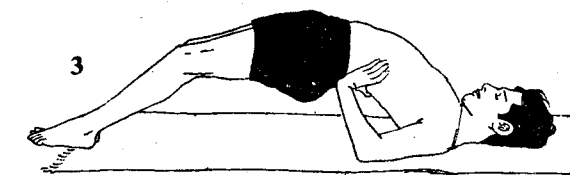
The starting point is Sarvangasanam. Now, exhale and keeping the palm firmly on the back slowly drop the legs on the ground, stretching the front portion of the body. Stretch the legs, keep-

After considerable practise it may be good to combine Halasanam and Uttanamayurasanam and then back to Halasanam, with the appropriate breathing mentioned earlier. This sequence may be repeated 3 to 6 times. These dynamic movements,

can be done by youngsters and it strengthens the torso, shoulders and neck considerably.

Uttanamayurasanam is also known as Madhyasethu - which can be approached

from Dwipadapeetam, explai-



ned in one of the earlier issues.

