



Padmasana (Lotus pose)

Benefits

In hatha yoga, padmasana (or lotus pose) is considered one of the oldest asanas and the traditional posture for meditation, mantra chanting and pranayama practice. Every day, I start my personal yoga practice with this pose. Padmasana allows the body to be held completely steady for long periods of time, which helps the mind to become calm. This is the first step towards meditation.

Common Mistakes

- Not warming up: It's important to practice sukshma asana (gentle warming up postures) such as titali asana (butterfly) before attempting a full lotus.
- Forcing too much: only do this pose if your body allows you to; pressuring yourself into the pose is risking injury on the knees and hips.
- A curved spine: the spine should be kept straight.

Tips

- Listen to your body: feel comfortable in the pose, not forced.
- If you are not yet able to do a full lotus, just start with a half lotus (ardha padmasana) or easy pose (sukhasana)
- If the spine curves, sit on a cushion or folded blanket to support the spine.

Awareness

Padmasana directs the flow of prana from muladhara chakra in the perineum to sahasrara chakra in the crown, heightening the experience of meditation. The posture applies pressure to the lower spine, which has a relaxing effect on the nervous system. Focus on slow and deep breaths and the mind will become calm and prepared for a meditative state. 🧘

Ravi Dixit is a modern Indian yogi living and teaching in London (ravi.yoga)