

Fig.14 : DWI-JANU SHIRSHA
UTKATA ASANA (SQUAT)

PAVANA MUKTA UTKATA ASANA (SQUAT)

TECHNIQUE : Squat on the toes and catch the knees (Fig.14) in Dwija-Janu Shirsha Utkata Asana, the Yoga Squat. Let out the breath and drop the head to knees. Take in the breath and squeeze the knees tightly. The head is lifted on the outgoing breath. Bouncing in this position creates Pavana Mukta Utkata Kriya. Stand up between rounds to relieve the pressure on the stomach and guts, then resume the squat again. Use one hand to balance if necessary, catching the wall or furniture for support.

PAVANA MUKTA SARVANGA ASANA

Do Sarvanga Asana, the Shoulder Stand. Release both knees on an outgoing breath, down to touch the head. On an outgoing breath, clasp the knees with both arms. Take in the breath, and hold the position with tension. On the outgoing breath, raise the legs again, either into a modified Shoulder Stand or the Complete Shoulder Stand. If this posture is difficult to do, then get some help to keep balance or do the posture against a wall. Above all do not fall out of the posture or somersault on the neck. Use Yogic control.

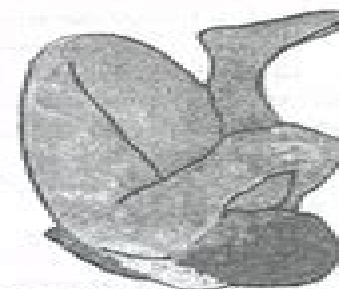


Fig.15: DWI-JANU SHIRSHA
SARVANGA ASANA

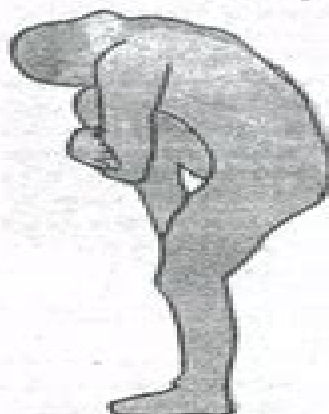


Fig.16: EKA-JANU SHIRSHA
ASANA(STANDING)

A series of gas-free postures can be done from a standing position, Eka Janu Shirsha Asana. For some, it may require standing with the back against a wall, or another support, while others may find it of benefit to stand facing the wall with the knee and the head touching the structure used for the balance. It is also possible to do this position bending forward against the back of a piece of furniture or against a window casing. **TECHNIQUE :** From a straight-legged standing position, draw up one knee on an incoming breath (Fig.16). The pressure on the knee is released on the out going breath, whether the leg is put down to the floor or not. Any adjustment of the position should be done during relaxed breathing. Then the same side is repeated twice more, three times in all, before alternating to the opposite knee. Usually three rounds are done on each side during the Pavana Mukta cycle, but if it requires more rounds to relieve painful pressure, then by all means do these required rounds. If you are unsure of your balance, or are aged or infirm, then please get someone to aid you in doing this form of the standing Pavana Mukta Asana and for that matter any of the other Asanas or Kriyas in this Pavana Mukta Asana (Kriya) series. A relaxation period is most essential after this series of Asanas and Kriyas. If pain persists, see your doctor. The problem may be more than "ghostly pain" requiring other remedies.

Pain And Its Conquest

Anna West



Pain And Its Conquest:

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