

# Seated Positions



## Sukhasana

Easy Pose



### Main Cautions & Modifications/Alternatives:

Low Back/inflexibility: Block(s)/padding beneath buttocks

Knees/inflexibility: Padding beneath thighs/knees as knees must be able to rest comfortably with support

Pregnancy (post 32 weeks): knees must be lower than hips so blocks beneath buttocks or alternative

Ankles: wrap padding around ankles

Hip conditions: if discomfort try padding beneath buttocks/under thighs or use alternative; anterior hip replacement avoid for 6 months use alternative instead (no strong external rotation)

**Variation:** burmese pose (use two blocks one leg sits next to other leg, not crossed at ankles)

**Alternative:** dandasana or vajrasana or maitryasana (friendship pose) in chair

### Check:

Low back upright no slumping

Knees not being held with effort

V.A. Rotation occurring at hips no discomfort at centre/sides knees

### Adjustment

Place one hand between shoulderblades, other hand to front of shoulder and gently lift upwards

[Image: <http://www.fitndiets.com> accessed 20.01.18]

### For cross-legged seated poses please note:

If we sit with knees higher than hips this can cause the pelvis to tip posteriorly (i.e. backwards) so the spine is rounded into flexion. So now if we try to straighten the back we have to use the muscles of the spine to extend the spine and the hip flexors (iliopsoas and rectus femoris) will become active to try to draw the pelvis forwards, making the back and anterior hip muscles tired.

If we elevate the seat making it easier to maintain a lumbar curve we do however need to check that we have not tipped too far forwards where the muscles of the back will have to be engaged to actively stop us from falling forwards, again causing potential strain.

Ideally, we find a position where our weight can fall down through our centre so that a minimum amount of effort is required to sit upright, so now there is sukha & sthira i.e. ease and steadiness.

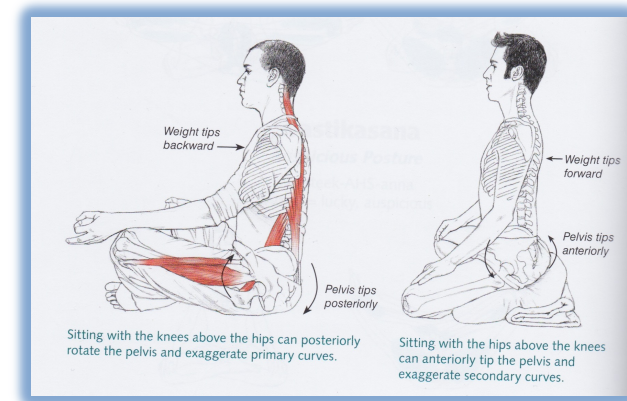


Image from: Kaminoff, L., Yoga Anatomy (2<sup>nd</sup> Ed 2012) Human Kinetics: IL, USA p128

## Dandasana

Staff Pose



[Image from: <http://yogatime.tv/blog/yoga-poses-for-beginners> accessed 20.01.18]

### Main Cautions & Modifications/Alternatives:

Low Back/tight Hamstrings: Block(s) beneath buttocks and/or bend knees

Hyperextension: micro bend knees or contract quads whilst pressing heels to floor

Shorter arms: on fingertips or blocks beneath palms

**Variation:** point fingers backwards to open chest

**Alternative:** maitryasana (friendship pose) in chair

### Check:

Low back upright no slumping or leaning forwards

VA check knees are not hyperextended (bowed backwards)

### Adjustment

Place one hand between shoulderblade, other hand to front of shoulder and gently lift upwards

## Vajrasana

Thunderbolt Pose



[Image from: [www.yogaartandscience.com](http://www.yogaartandscience.com) accessed 20.01.18]

### Main Cautions & Modifications/Alternatives:

Knees/inflexibility: Blocks between buttocks and heels or blanket under shins or take alternative

Ankles: blanket under shins or tuck toes under

**Variation:** sit on meditation stool or astride a bolster

**Development:** virasana (hero pose) sitting between heels (care with rotation at knees)

**Alternative:** dandasana or sukhasana or maitryasana (friendship pose) in chair

### Check:

Low back upright no slumping or leaning forwards

### Adjustment

Place one hand between shoulderblade, other hand to front of shoulder and gently lift upwards