

The Hathenas

These are hathenas, classical hatha yoga asana often used in the Gitananda approach to Hatha Yoga, where pressure is applied to the nerves corresponding to different parts of the lungs. As we stay and breathe within each of these asana the lungs are rejuvenated.

Rabbit Pose (Supurna Shasha Asana)

Rabbit Pose is used to direct air into the lowest region of the lungs. Here we sit in a kneeling position and then take the forearms to the floor positioning the elbows just in front of the knees, the palms face down, fingers pointing away from the knees. We need to press down into the ground with both forearms as we look forwards and slightly downwards, keeping the air passages long and open. Stay here breathing easily focusing the mind upon the lungs. At first work with 6 breaths, gradually building up to 12 breaths over time.



Hare Pose (Purna Shasha Asana)

In this version of hare pose we sit in a kneeling position and place both palms directly in front of the knees, fingers pointing away from the knees. Keep both arms straight and press down with both arms. Keep the neck long as you look forwards. Breathe easily for 6 breaths at first, gradually building up to 12 breaths over time. Here we are directing air into the middle area of the lungs.



Precautionary advice:

Cautions associated with kneeling

Benefits:

Stimulates various designated areas of the lungs, toning the respiratory muscles and directing energy into these areas