

Easy pose



Sukhasana

38.



In this text this pose is also called half-lotus pose or Ardha Padmasana. Try to place the leg on the thigh close to the body, relax this leg and the one beneath. You can place a rolled blanket under the knee or thigh.

Sit on the ground place your left foot on your right thigh accordingly. Keep your back, neck and head straight. Later switch the legs.