

# Lotus pose



## Padmasana

39.



This pose is complicated. Try to learn this pose with one leg comfortably and later do it with both legs. The bent leg located above the hip is placed gradually, do not move it far away from the body. You may place something underneath the leg.

*Sitting on the ground place your left foot on the right thigh and your right foot on the left thigh. Or place your right foot on the left thigh and your left foot on the right thigh so that your legs are interlaced. Straighten your back, neck and head. The pose is called lotus pose – Padmasana. This is an excellent pose, ideal for pranayama and meditation.*