

Corpse pose



Shavasana

46.



You should always finish hatha yoga exercises with the precious pose Shavasana. Like no any other pose, this pose grants success in yoga. If you know Shavasana, you know all poses; if you do not know this pose it is hard to become successful in yoga. So, listen, oh, worthy student. Put your body, straight and motionless, as a corpse, on the ground, relax your muscles, release tension in your face. And, as a corpse, remain in this pose for a long time. Try not to breathe, and then even thoughts will disappear. This pose gives rest to the mind, and to your worn-out nerves, it regenerates the energy, redistributes the feelings. As the main diamond in a crown, Shavasana is the main asana among all the poses. Consider you are dead. Then slowly return back to life. Start breathing, then thinking, then make some moves. Never get up quickly, and if you did, do some relaxing exercise. Always practice this pose; it would be unwise to neglect it.

Truly noble pose. It is easy to relax in it. Simply release the tension in body and mind like you are going along the flow and observing clouds in the sky.