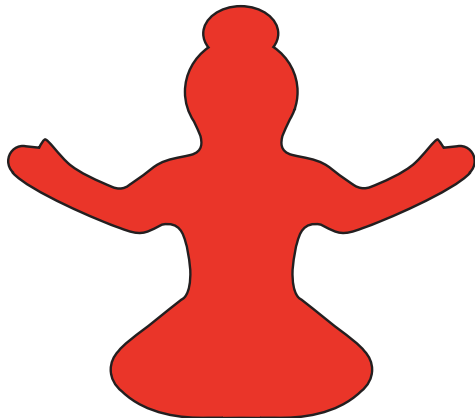


# Sukhāsana

(EASY SEAT)

Sook-AHS-anna  
Sukha = easy āsana = pose



## BENEFITS:

- Aligns the body from head to toe.
- Releases and stretches hips and groin.
- Strengthens and tones back and knees.

## THE PRACTICE:

1. Adjust sit bones to connect with the ground.
2. Create space between shoulders and ears.
3. Pull shoulder blades down your back.
4. Elongate and straighten spine from neck to sacrum.
5. Cross legs with arches of feet beneath outside of calf muscles.
6. Place hands on knees, palms down.

## VARIATIONS:

- Place a blanket under sit bones to bring knees closer to ground.
- Position hands in Jnāna Mudrā or another hand mudrā.
- Try different prānāyāma practices or meditation techniques while in this āsana.

**DISCLAIMER:** These instructions offer basic information. They are not intended to take the place of the tutelage of an experienced yogi. Practice all asanas with respect.