

Yoga and Positive Psychology for Managing Career and Life
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Asanas as the Intervention for Managing Self and Career
Lecture - 71
Process for Moving into Posture

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Asana: Process for Moving into Posture



One must remain constantly aware of the flow of the breath. The process of moving into the posture must begin from stillness (sthira), move through inner stillness, and return to stillness.

There are six steps to this process:

- Centering
- Moving into the posture
- Stabilizing the posture
- Deepening the posture
- Moving out of posture
- Re-centering.

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The next question is how to perform asanas. One must remain constantly aware of the flow of breath while performing asana. The process of moving into posture must begin from stillness sthir then move through inner stillness and return to stillness. So, Professor Parker mentions six steps; first step in performing any asana is centering bring back our attention to our body, bring back our attention to where we are.

We can perform a very simple asana right now. Notice your body posture, take your attention to your toes, when you take your attention to your toes you naturally start making your body posture more sthir and more towards sukham. For performing any asana, we must start from this state centering ourself. Collecting back recollecting our energies and attention to where I am, after

centering movement should start then moving the posture. After moving the posture, we need to stabilize in the posture.

At least 3 to 5 breath must be taken consciously in a particular posture. We can further deepen the posture and then move out of the posture and re-center for the same posture, same asana or for the next asana.

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Asana: Process for Moving into Posture Cont...



- ❖ Awareness at every stage is critical. Use just the minimum muscles tension to establish the posture at first.
- ❖ Muscles in the rest of the body should be kept completely relaxed. Expand the capacity mindfully.
- ❖ Be there till tension relaxes, and prana alone holds the posture.
- ❖ No pause in the breath else that will create tension and blocking the flow of Prana.

What we need to remember is that awareness at every stage is critical. Please use just the minimum muscle tension to establish the posture at first then muscles in the rest of the body must be kept completely relaxed. So, we need to give full attention to our body and the general experience then we have to expand the capacity mindfully. There is a there is a ideal posture and there is what we can manage to do.

While performing asana I may not be able to do it perfectly, but we need to keep the picture of the perfect posture perfect state of the posture while performing that posture, while performing that asana. When we hold that perfect picture of asana, we can consciously mindfully enhance our capacity to practice that asana with the perfection.

Be there till tension relaxes, remaining in the stress is not at all can be said to be in the asana whatever asana we are performing we must experience the relaxation into it, we must be able to

relax ourselves. So, that prana alone can hold the posture while performing asana we should not pause the breath otherwise that will create tension and that will block the flow of prana.