



Easy pose *Sukhasana*

Type of pose – sitting

In Sukhasana make sure that you keep the following in mind.

1. Your lower back is erect.
2. Your shoulders are back and down.
3. Your chest is lifted.
4. Your collar-bones are broad.
5. Your groins and legs are relaxed.
6. You repeat the pose, changing the cross of the legs.

This pose is contraindicated for: knee problems. If you have difficulty in keeping the lower back erect, sit on one or two foam blocks. Support your thighs on blankets if your knees are raised.