



Staff pose *Dandasana*

Type of pose – sitting

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

1. Your shins, knees and thighs are pressed down towards the floor.
2. Your palms are pressed into the ground (or block).
3. Your lower back is kept erect.
4. Your chest is lifted.
5. Your shoulders are rolled back and down.
6. The sides of your body are parallel.
7. Your head is level.

Modification: If you are round in the lower back, or have tight hamstrings, raise your sitting position.