

**The Science of Upanishads – Part 45: Foundations of Modern Yoga Practice (Contd.): Continuation of Descriptions of Individual Asanas (Physical Poses) as Part of The Third Anga (Limb) of The Ashtanga Yoga (Eight Limbed Yoga) of The Yoga Sutras of Patanjali**

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Out of the Twelve Major Asanas listed in the original Yoga Sutras of Patanjali (please refer to the earlier Mandir Bulletins for details), we have already covered seven, including (1) Padmasana, (2) Veerasana, (3) Bhadrasana (decent), and (4) Svastikasana (like the mystical sign), (5) Dandasana (Staff Pose), (6) Sopasrayasana (supported) and (7) Paryankasana (Bed or Couch Pose). Today, we will discuss two more Asanas, including (8) Krauncha-nishadasana (seated heron) and (9) Hasta-nishadasana (seated elephant)

**(8) Krauncha-nishadasana (seated heron)**



The benefits of Krauncha-nishadasana include:

- Improves posture and balance
- Deeply stretches thighs and calves
- Good for spine health and memory
- Level of Yogasana: Intermediate

**(9) Hasta-nishadasana (seated elephant)**



This challenging pose stretches the arms, hips, shoulders, and pelvis. While this can help with relief from discomfort and prevent strain, it should be performed with caution. Go slowly and don't push your body beyond its limits. This yogasana helps to connect our lower and upper extremities, awakening a direct and naturally centered energy in the pelvis and navel area. This energy can then be drawn into the higher centers of our bodies, such as the heart, throat and mind.

The benefits of Hastanishadasana include:

- Strengthens the arms and shoulders

- Opens your hips
- Stabilizes your pelvic girdle
- Improves balance and coordination
- Level of Yogasana: Advanced

**More to follow. Stay tuned.....**

Read Here for More on [Krauncha-nishadasana](#) and [Hasta-nishadasana](#) as Part of Asanas as the Third of the Eight Principal steps of Ashtanga Yoga Described in Yoga Sutras of Patanjali