

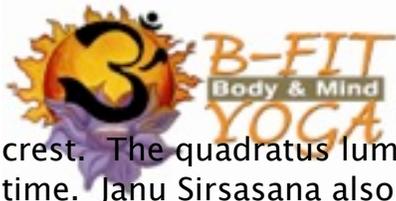
Janu Sirsasana A – Head to knee pose. Janu means knee, sirsa means head. This pose is a preparatory pose preparing your body for the B & C positions. However the A position does have an additional benefit -- it is a mudra (a mudra is a body position that elicits energy movement) known as maha mudra. Maha mudra has your hands to your feet, your chin to your chest, strong lifting action of the bandhas with deep breathing -- this position is useful for moving energy in your spine. As is the entire Janu Sirsasana series if you round your back, tuck your chin, and put your head on your knee.

Method

- ॐ From Downward facing dog, hop through to Dandasana.
- ॐ Exhaling bend your right knee fully (if possible), pointing and turning the sole of your foot upward (this helps in medial rotation of the femur and opening of the hip joint itself). Women place your heel in your right groin and swivel your right knee back to approx. 90° (beginners may need to put the foot closer to the inner thigh). Men need to place their heel more in the center of their groin.
- ॐ Catch your left foot with both hands (bending your left knee if necessary), inhale lift your heart and square you shoulders over the left thigh adding a slight “twisting” component to the pose.
- ॐ Exhale forward bend over your left thigh moving your forehead toward your knee, spiral your right ribs inward trying to keep both shoulders parallel to the floor. Slide your shoulder blades down your back and lengthen your spine and back of your neck, paying attention to stay connected with the bandhas by pulling the ribs in and together.
- ॐ Drishti (gaze) is at your toes. Be careful not to put pressure on the nerves at the base of the skull by jutting your chin forward in effort to get more length in the pose or your head down. Being able to touch your forehead to your knee in forward bending poses is very grounding; this also helps to maintain your focus (breathing and bandhas) as you are not looking around the room comparing yourself to others.
- ॐ Hold here for five deep breaths, inhaling come up, take vinyasa or switch legs.



Janu Sirsasana is a great pose for lengthening a lower back muscle called the quadratus lumborum. This muscle lies under the erector spinae running from the 12th rib to the iliac



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

crest. The quadratus lumborum tends to get tight in those who stand for long periods of time. Janu Sirsasana also lengthens the waist.

Benefits

Janu Sirsasana has a powerful effect on the urinary system and prostate gland. Also of importance is the pressure from the heel placed on the nerve which stimulates the pancreas to make sufficient insulin (Janu Sirsasana A & B for men and C for women). In addition the heel generates heat which adds a therapeutic effect. In Eastern traditions Janu Sirsasana is prescribed for those who consume too many caffeinated beverages or over-indulge in sexual activity (which zaps vital power). Please see benefits of Janu Sirsasana B & C for more information on the powerful effects of the Janu Sirsasana Series.