



# see how yoga feels

by Su Sareen

## 'bricks'

It's wonderful to feel your pelvis and legs releasing downwards, freeing the spine to lengthen upwards in any sitting position. The heavier your base becomes, the lighter the upper body feels.

## imagine...

...once you have settled into your sitting position, releasing the pelvis and relaxing the upper body, that a couple of imaginary heavy bricks are gently placed on your thighs and knees. The weight of the bricks draws the upper legs down, allowing you to let go so the legs drop towards the floor without tension.

## in the pose

To stop your muscles stiffening with tension keep your attention on your breath, directing the exhalation at the area of greatest muscular tension, soothing and releasing.

## watch-outs

There is no point sitting in any crossed leg position if it makes your

back ache. If that is the reality for you, try sitting supported by a wall – or at least use a blanket or block to lift your sacrum off the floor so that you can relax the spine.

If there is air between either of your thighs and the floor, wedge a blanket underneath so they have a surface to relax down into.

## remember...

...fear of tension in the muscles causes tension in the muscles.

## uses

Shown here in Tailor's pose (Baddha Konasana), the idea of using heavy weights on the knees and thighs is useful in any sitting crossed leg position.

*Based on visualisations from the book 'See How Yoga Feels' by Su Sareen.*

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