

POSE 13 Seated Hip Openers

Swastikasana
Cross-legged Pose

The POSE



Swastikasana is one of the basic yoga poses and symbolizes its meditative spirituality and physical rigor. It calms and rejuvenate the mind, and regular practice improves blood circulation in the legs.

Cross-legged pose reduces inflammation of the veins and legs, and makes the hip joint and groin supple. It strengthens the knee cartilage and relieves knee pain.



Props

- Sticky mat, yoga blanket, one block, and timer.

Please refer to my website for information about all yoga props from Hugger Mugger™

joann.yoga/yoga/yoga-props/

Foundation

1. Seated on a block with hips elevated. Slide the left foot beneath the right knee and the right foot beneath the left knee. This puts the right shinbone in front, just like in **photo 1 and 2**.

Getting into the pose

2. Align the spine and place the hands behind the hips, just like in **photo 3**.
3. In the POSE (**main photo**), establish a smooth rhythm of breath. Softening the spinal muscles and lengthening the inner groin. Hold the pose 3 minutes.

4. Switch legs, by moving both legs into Pose 15 - Dandasana then slide the reverse foot beneath the knee. Hold the pose 3 minutes on this side as well.

Duration: Repeat the pose on each side for **three minutes**.

Extra focus:

- Maintain dorsal flexion in the feet.
- Maintain a symmetrical triangle with the inner legs, just like in [photo 1 and 2](#).

Avoid:

- Moving hands, lifting the mid-thoracic or stiffening the chest.