



CONTINUING OUR FOCUS ON PADMASANA WE NOW TAKE A LOOK AT THE LOTUS CRANE.

# Padma-bukasana

*This pose is a powerhouse* for strengthening the arms and core. Arm balancing also brings concentration to peak, and increases fearlessness. Having done Urdhva Padma-shirsasana last month, we have two options for getting into this pose. One is to descend from the Lotus Headstand, and the other is to lift our Lotus from the earth.

### **To perform from Lotus Headstand:**

From Lotus Headstand, balance on your head and unclasp your hands and place them on the mat where your elbows were. There will be a right angle at your elbows. Now, fold your Lotus so that your lap

touches your belly. Micro-movement by micro-movement, slowly slide your Lotus towards your upper arms. Place your knees into the area of your armpit and upper arm, and use that leverage to lift your head and gaze a few inches in front of you. You are now in Padma-bukasana!

### **To perform from seated Lotus:**

From seated Lotus, place your hands on the floor in front of you, fingers spread. Raise yourself up onto your knees in your Lotus. Transfer all of your weight into your hands, and press your knees against your forearms. Use this leverage and your core strength to draw your Lotus up your arms. Settle your Lotus near your armpits, and gaze slightly forward. Voila!

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