



# Hanumanasana (the splits)

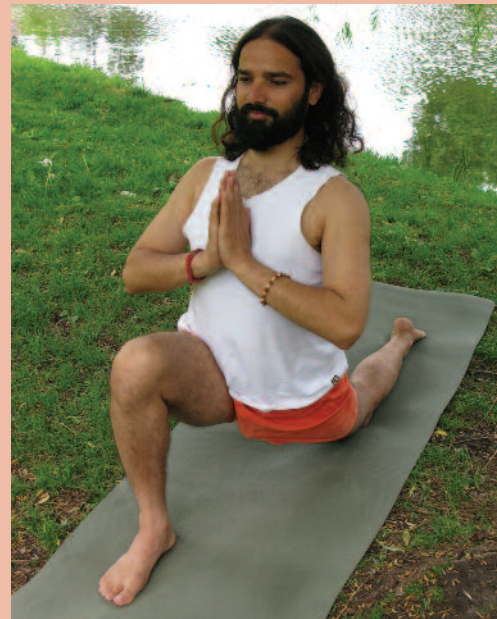
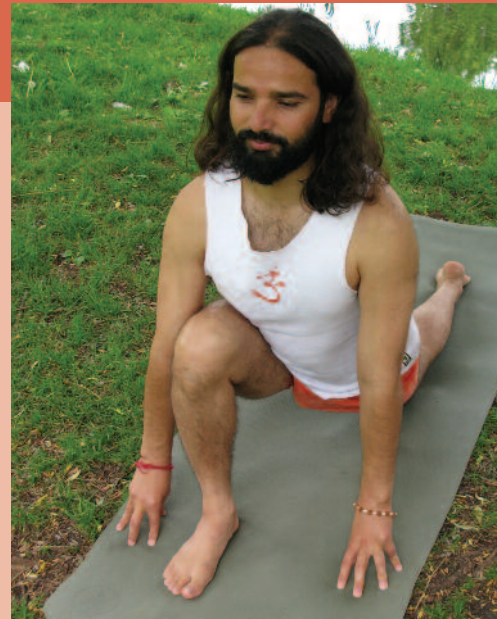
HANUMANASANA OFFERS MUCH OPPORTUNITY FOR PRACTITIONERS TO EXPLORE THE FIRST, SECOND AND HEART CHAKRAS, AND TO LENGTHEN THE HIP FLEXORS, GROIN AND HAMSTRINGS. IT IS VERY GROUNDING WITH THE ROOT OF THE BODY ON THE EARTH, AND ALSO OPENS THE HEART-SPACE TO THE HORIZON – HENCE ITS NAME. THE LEGENDARY HANUMAN WAS SO GROUNDING AND UNSHAKABLE IN HIS LOVE AND SERVICE TO KING RAMA AND SITA.

*Yogi Photographed:  
Yogi Vishvketu  
Photography:  
Chetana Panwar*

To work towards or modify this advanced pose, you can use Chetakasana (horse lunge).

**To perform:**

- Step forward so that your right knee is above your right ankle, with the left leg stretched out behind, knee to the ground.
- Press into the left instep so that there is not too much weight on the kneecap.
- You can keep your fingertips to the earth, or bring the hands into namaskar mudra at the heart.
- The final arm position is with the arms raised above the head either in steeple position, or with the arms shoulder-width apart.
- Regardless of where your arms are, you can lift the sternum to create a slight upper back bend.
- Breathe to create space all the way from the rooted tailbone, up the sides of the chest to the clavicle.
- Then change sides.



**Moving into Hanumanasana:**

- Now, on the right side again, inch your front foot slightly forward and seat yourself on a block so that you are about half way into Hanumanasana.
- Hold it here for 10 breaths or so. Enjoy this halfway pose on both sides before coming into your full expression of the pose on the right leg.
- You may like to support yourself with a blanket or a rolled mat if you cannot come all the way down in the splits, or use your arms to hold you where you get

to while respecting your edge, and breathing into it.

- Make sure that both hips are balanced by continuing to drop the tailbone and encourage the front hip back and the back hip forward.
- Now raise your arms either into the steeple position, or with your arms shoulder-width apart. (Yogi Vishvketu likes to use Jnana mudra where possible in his asanas.)
- Lengthen your spine from tailbone to crown into a proud, graceful Hanuman!

