

Anantasana

Lord Vishnu's Couch Pose



`Ananta' means `infinite', and is the name given to the thousand-headed serpent upon whom Vishnu reclines as he dreams the Universes into being. At the start of the third chapter of the Hatha Yoga Pradipika we read a reference to Ananta:

`As Ananta, the Lord of Serpents, supports this whole universe with its mountains and forests, so Kundalini is the main support of all the Yoga practices.'

This posture requires the same relaxed attention as Vishnu gives to his dreams, for his dreams are our reality. Not having a cosmic serpent to couch us, we need to draw upon on the inner energy of Kundalini for support as we lay on the razor's edge of our yoga mats.

Preparation

Hip openers and hamstring stretches
eg. Supta Baddha Konasana,

Supta Padungasthasana - with the raised leg:
1) vertical

2) out to the side with the outer edge of the foot against the wall, so the hip is released down into the floor.

3-part breath is also helpful

Wendy T easdill

