

# Tukia asana

(Reclining on a pillow pose)

TO PREPARE FOR THIS ASANA YOU WILL HAVE TO PRACTISE A LOT OF HIP OPENERS. THERE HAVE BEEN HIP OPENERS IN THIS SERIES, SUCH AS YOGA MUDRA, DOUBLE PIGEON POSE, AND LOTUS POSE. I WOULD LIKE TO FURTHER SUGGEST HAPPY BABY POSE. IT IS A NICE HIP OPENER AS YOU DO IT RECLINING ON THE BACK, AND SO THE BACK IS FULLY SUPPORTED BY THE EARTH.

## HAPPY BABY POSE:

- Lay down on your mat, and bring the right knee up beside your chest.
- Take hold of your right foot from the outside, with your right hand.
- While keeping the left leg straight, and pelvis not tucking, slowly draw the right knee down toward the floor beside your right ribcage. Now you may understand why this pose is called Happy Baby, as you'll often see yearlings doing this pose.
- Deepen the pose with every exhalation, or as openings become available while you hold the posture. After releasing this side, continue with the left leg.

- After this, you can practice the full Happy Baby by taking the right foot with the right hand, and the left foot with the left hand, and drawing both knees towards the earth beside the ribcage. As you do this, use the lower abdominal muscles to keep the tailbone fairly close to the earth, so that it is not curling way off the ground.
- Breathe and savour the posture. Notice what comes up for you here as you open the hips.

## TO PERFORM TUKIA ASANA:

Now that your hips are open, you can go back to doing the one-legged Happy Baby on the right side.

- Once your knee comes to the ground beside the ribcage, you can continue by raising your torso, and bringing your foot behind your triceps, under your armpit on the right side.
- The left leg can be bent and left foot planted on the mat. Continue to press your armpit against your foot while opening the chest and keeping the back straight.
- You can now bring your hands into namaskar mudra (prayer position) in front of the heart, or as you see in this picture, you can extend both arms to the left side, performing jnana mudra, and really recline on your "pillow".



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