

MALASANA garland or squatting

(LIGHT ON YOGA p 261-6, plate 317; YOGA A GEM FOR WOMEN p.146-147; plate 45)

Preparatory – arms lengthening forward or hands on chair; with or without wall support for back/buttocks; heels can be supported a rolled blanket)

Effects:

Relieves backaches.
Tones ankles and knees
Reduces hemorrhoids

Technique:

Place a chair 3 feet from a wall
Stand w/back to the wall in Tadasana w/feet apart about 4-6 inches from the wall
Squat down w/arms shoulder height, rest hands on chair seat, buttocks should touch the wall
Lift side chest and ribs look ahead, breath
Press down w/hands on chair
Feet should be ||. If the heels do not touch the floor place a rolled blanket under the heels
Press the hands down to come back to standing

Or

Place a chair 3' from a wall
Sit in Dandasana near a wall, on a folded blanket. Bring the knees up and sit in a squat. The buttock should touch the wall.
Place the heels on the blanket, feet hip width apart and feet ||
Place the hands on the chair and press down w/palms

