

Anjaneyasana: Lunge Pose Yoga



Source

Anjaneyasana is a Sanskrit word for *Low Lunge salutation*, pronounced as (AHN-jah-nay-AHS-uh-nuh). A favourite posture of Lord Hanuman.

Anjaneya- *Lord Hanumān*; divine entity of spiritual significance

Asana: pose

In the Hindu mythology, '[Anjaneyasana](#)' is a matronymic reference to Lord Hanuman, who was gifted with miraculous strength, power, and bravery. Anjaneyasana resembles a divine child (Anjaneya) with an arched back and reaching towards the sky and the warmth of the sun, captivated by a glowing fruit in the sky as depicted in the epic Ramayana.

As a deep stretching [yoga posture](#), Anjaneyasana gives a powerful stretch and strength to the groins, quadriceps, and iliopsoas (composite muscle from the psoas major muscle) of the back legs. The Low Lunge Pose is a perfect combination of balance, backbend, along with the stretch.

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Sometimes also referred as the monkey lunge, stretches the hips, gluteus muscles, and quadriceps while improving balance, concentration, and core awareness.

In short physical benefits from Anjaneyasana are:

- Strengthens the quadriceps and gluteus muscles.
- Stretches the psoas and hips.
- Expands your chest, lungs, and shoulders.
- Energetic Benefits:
- Develops stamina and endurance in your thighs.
- Improves your balance, concentration, and core awareness.
- Calms the mind.

How to Do

- Start in downward-facing dog.
 - On an exhale, step your right foot forward near your right thumb.
 - Stack your right knee over your right ankle. Lower your left knee to the floor.
 - Inhale to reach your arms overhead, chest and head reaching upward. Face your palms toward one another and soften your shoulders down.
 - Draw your tailbone down towards the earth, lengthening your lower back and engaging your core muscles.
 - Stay here or lift your chest and gaze.
 - To release, place your hands down on the mat and step back to down dog. Repeat on the other side.
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