

LEARN YOUR POSE

Malasana: Garland Pose



Source

The Sanskrit name for this pose, "Malasana" (mah-LAHS-uh-nuh) comes from the two words:

Mala- Garland; Asana- Pose

Hips flexibility being a common issue for many people today. Sitting for long periods can shorten and tighten the inner thighs, groin, and hip flexors — resulting a poor posture and back pain. Garland Pose a.k.a. is a hip-opening yoga posture that helps to lengthen and open the hips, creating more mobility for all of your daily activities.

That said, Malasana can help you find freedom and flexibility in your **groins; lengthens your spine; creates overall balance and strength; quiets the mind.**

How to Do

- Begin by standing at the top of your mat in [Mountain Pose \(Tadasana\)](#), with your arms at your sides. Step your feet about as wide as your [yoga mat](#).

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- Bend your knees and lower your hips, coming into a squat. Separate your thighs so they are slightly wider than your torso, but keep your feet as close together as possible. If your heels lift, support them with a folded mat or blanket.
- Drop your torso slightly forward and bring your upper arms to the inside of your knees. Press your elbows along the inside of your knees and bring your palms together in prayer position (Anjali Mudra). Work toward bringing your hands to your heart center and your forearms parallel to the floor.
- Lift and lengthen your torso, keeping your spine straight and shoulders relaxed. Shift your weight slightly into your heels.
- Hold for five breaths. To release, bring your fingertips to the floor. Then, slowly straighten your legs and come into [Standing Forward Fold \(Uttanasana\)](#).

