



Natavarasana (Lord Krishna's pose)

There are very many allegorical stories about Lord Krishna. He appears as Arjuna's charioteer in the Bhagavad Gita. He is often depicted with a blue face, playing his flute. The magic of Krishna's flute was such that, on hearing its beautiful notes, milkmaids (the gopala) would rush to meet him. The gopala represent the individual human soul,

irresistibly attracted to the summoning of God, symbolized by the music of the flute, yearning for total union (yoga).

How to do it

Stand with your feet together and focus on a fixed point at eye level. Establish your weight on your L foot. Place your R foot to the outside of the L calf with the toes above the floor and the sole of the foot almost vertical. Rest the side of R calf against L shin.

Now create your "flute". Fold the 2 middle fingers of each hand into your palms with the thumb holding them gently in place. The index and little fingers point upwards. Your R palm faces away from you and your L palm faces towards you. Raise both hands to your right as if playing the flute. Turn your head slightly to L and focus your eyes on a point on the floor.

Hold the final position for as long as is comfortable, breathing steadily. Repeat other side.

Practice up to 3 rounds on each side, gradually extending length of hold.

Benefits

Natavarasana helps develop balance and coordination. It can steady the mind in preparation for meditation.