

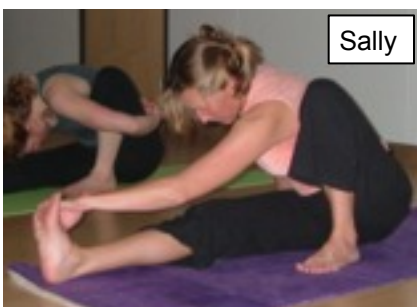
Marichyasana A -This pose is named after the sage Marichi (meaning ray of light). In Hindu mythology Marichi is the son of Brahma, the Creator, and the grandfather of Surya, the Sun God. The Marichyasana series is a series of four poses dedicated to our colon. The binding action of the arms pulls your heel in tighter to your gut where you experience deeper cleansing, it also rehabilitates shoulders—realigning, strengthening, and stretching around the shoulder joint. Also, lower and mid back pain and compression are relieved by this series of poses. As we bend forward with our knee to the sky, it is as if we are doing a mini “leg behind head” pose. Marichyasana A helps to prepare our bodies for Marichyasana B.

Method:

- ॐ From Downward dog, hop through to Dandasana.
- ॐ Bend your right knee sliding your heel up toward your right hip. Keep your right foot away from your left inner thigh by about a hand width, so the foot is just touching the right hip. If possible bend your knee fully so that your calf meets your thigh. If tightness makes it difficult for you to sit straight in this position, hug your right knee, sit tall and breathe! (See picture of Steph)

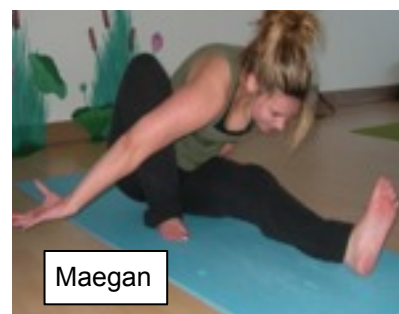


- ॐ Place your left had behind you for support; stretch your right arm forward leaning your torso inside your right thigh, try to keep your thigh in close to your side. If you have tightness you can stay here for the pose.
- ॐ Catch your left foot with your right hand (if possible) and pull your body gently forward with an exhale, again you can stay here for the pose working the stretch in your hips and back. (See picture of Sally).

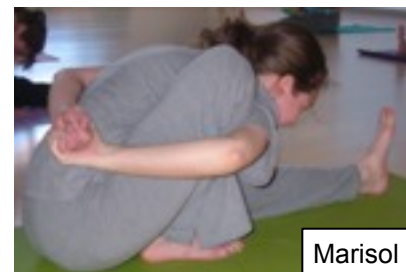


- ॐ Internally rotate your right shoulder turning your palm upward, wrap your arm around your right leg, trying to get your shoulder as low as possible on your shin (ideally it should be about mid-way between your knee and ankle), if your elbow goes past your shin you can wrap your arm around your

back as your bring your left arm around your back and clasp your fingers or wrists. Right palm turned away from the body feels better on the shoulder, but however you can catch your hands . . . then catch them :). (See picture of Meagan) If possible catch your left wrist with your right hand and keep both palms turned away from your body making a soft fist with your left hand. (See picture of Marisol)



- ॐ Inhale extend your spine leaning onto your left buttock for grounding (let your right sitting bone lift off the floor), exhale come forward over your left thigh, touching forehead, chin, or chest to your left thigh and trying to extend or flatten your spine over your leg (see picture of Liz).



- ॐ Drishti is toes, however if your forehead is down you can shift the gaze to your nose. Stay here for 5 deep breaths.
- ॐ Inhale come up, take vinyasa and/or switch sides.

Benefits

The Marichyasana series cures gaseous movements in the stomach and intestines, with that flatulence, indigestion, and constipation are eliminated and digestive power is restored. These asana also directly benefit the



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kidneys. These poses relieve pain from menstruation and strengthen the womb allowing a woman to carry a child strongly—miscarriage due to weakness is cured, although pregnant women should not practice these asana after the second month of pregnancy.

The Manipura chakra (third chakra) is purified and strengthened with these asana.

For more information on the Marichyasana Series and it's internal benefits please see information on Marichyasana B or D.