

## Savasana

Sava = dead body, and asana = posture. The technique for Savasana is simple to understand but difficult to practice. Lie on your back keep your feet straight and close to each other, arms close to your body and palms facing up. The technique of Savasana is described in three stages. Start with stage I and after this stage is mastered add the next stage and so on:

### Stage I

Bring your attention to a particular part of your body (for e.g. toes) and mentally make the following request:

Relax my toes  
Relax my toes  
Relax my toes  
My toes are relaxed

This way go, through all your body parts outside and inside. Finally ask your mind to be calm, and observant. Now that your whole body is relaxed and your mind is calm, bring your attention on your breath. Observe your breath without controlling either the volume or the length of time. Keep the mind focused and steady on your breath.

### Stage II

As you continue your practice you may find that the breath as it ordinarily flows is irregular. Not only the inhalation and exhalation are unequal, but also each is not very uniform in itself. The outgoing and incoming breath should be made to occupy the same length of time. This is best achieved by lengthening the shorter and shortening the longer. In this stage no efforts should be made to increase the volume of the breath.

### Stage III

As you continue your practice you feel comfortable with the rhythmical breathing. Now you can try to increase the volume of inhalation and exhalation by drawing slightly deeper breaths and letting off air proportionately.

To come out of Savasana, bring your focus back on your body and take few deep breaths before to sit up, take few breaths sitting down before you stand up or get into your next activity.

What takes birth has to die is the universal law. Conscious practice of Savasana allows us an opportunity of rebirth and do things right all over again. It checks our attachments and detachments, takes away the fear of death, and brings us closer to the almighty god.