

## Pawanmuktasana : Part 1 (PMA 1)

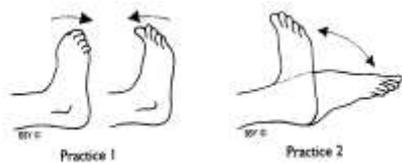
- We learn this important sequence first because it teaches us how to practice asana – we learn to move the body ‘mindfully’, with awareness.
- Energy becomes blocked through poor posture, illness, imbalanced lifestyle, psychological & emotional problems.
- This causes stiffness, poor circulation and ultimately can lead to mental or physical breakdown.
- PMA1 opens the joints and releases muscular tension so that energy can flow.



### The Base Position

Keep the head, neck and spine upright and straight.

**REMEMBER :** *You can adapt these exercises and do them in other positions. You can do them sitting in a chair.*



### **Toe bending :**

Inhale (BI) to bend the toes towards you, spread them out wide.  
Exhale (BO) to bend the toes away from you.

**Ankle bending :** As above, bending the ankles.



**Ankle Rotation :** Rotate the foot clockwise up to 10 times, then anticlockwise. Then do the same with both feet.

BI as you circle up, BO as you circle down.



**Ankle Crank :** Bring the foot over the opposite thigh, hold the ankle in one hand and rotate the foot with the other. 10 times in each direction.

**Kneecap contraction :** BI and contract the kneecap. BO & relax.  
5 times on each side.



### **Knee Bending :**

BI to straighten the leg. BO to bend the knee into the chest.

**Note :** Keep the body upright throughout.



**Half Butterfly :** Place the foot on top of the opposite thigh.

BI to lift the knee, BO to gently move the knee down.

**Note :** *Do not force the movement!*



**Hip Rotation :** Use the hand to rotate the knee in large circles.

BI on the upward movement, BO on the downward movement.

Focus on circling around the hip joint.



**Full Butterfly :** Soles of the feet together. Hold the feet or ankles.

BI to lift the knees, BO to move them down.

**Variation :** Bounce the knees up and down, breathing normally.

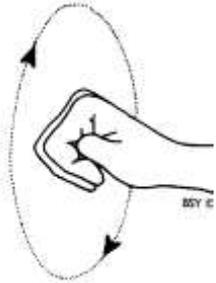
*At this stage you can change your sitting position if necessary.  
Any sitting position is suitable so long as the body is upright.*



**Hand Clenching :** Arms out in front at shoulder level.  
BI to uncurl the fingers, stretch them wide apart  
BO to make fists. 10 times



**Wrist Bends :** Keep the hands and fingers straight  
BI bend the hands up, BO bend them down



**Wrist Circles :** Make fists with fingers around thumbs. Keep arms straight and still. Keep the palms facing down and circle around the wrists.



**Elbow Bending :** Arms out straight in front, palms up.  
BO, bend elbows, bringing fingertips to shoulders.  
BI to straighten the arms fully.

**Stage 2 :** As above but start with arms out sideways at shoulder level.



**Shoulder rotations :** Fingertips on shoulders.  
Rotate elbows making big circles. Try to touch the elbows in front of you, and bring them close together behind you.  
10 times in each direction.

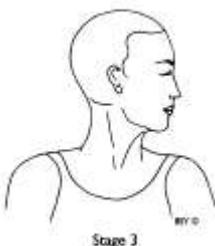
BI on the way up BO on the way down.

**Neck Stretches :** 10 times in all directions.



**Stage 1 :** BO bringing the chin to the chest  
BI tilting the face to look up.

**Stage 2 :** BO move the right ear towards the right shoulder.  
BI to centre, BO moving left ear to left shoulder.



**Stage 3 :** BO turn the head to the right, keep the chin parallel to the shoulder.  
BI to centre, BO to turn head to the left.

**Notes for Neck Stretches :** ONLY the head moves.

The spine stays upright and straight, the shoulders relaxed.  
Avoid strain.