



# Eagle Pose – Garudasana



*According to the scriptures Garuda is the king of birds. He is said to be eager to help humanity in its fight against demons. The goal of Garudasana is to compress everything together and keep it in one line shoulders, hips, knees and ankles. This pose is intended to keep the practitioner alert, and help the mind to focus on one's direction in life.*



*Garudasana is a challenging balancing posture which builds lower body strength, increases concentration and coordination, and opens the hips and shoulders.*

Eagle draws attention to a few bodily topics, the similarity and distinction of limbs amongst them. The arms function identically to the legs, but within each pair a dominant and submissive partner exist. Moreover, the dominant below (say, left) corresponds to the submissive above (right.) By having the distinct limbs perform identical functions, their individual nature blurs and the body becomes more unified in the mind.

Also of importance to understanding Eagle is the upwardly thrusting energy of the pose. The grounded leg is necessarily flexed and burning. This well of energy is directed upwards by the upright spine and drawn upwards by the stretching shoulders. The sensation of Eagle pose can be described as “flying on the pedestal of one leg,” and once familiar with the pose this definitely rings true.

Becoming comfortable with the pose gives a gradual sense of release. Several large muscles are targeted for stretching, so just entering the pose makes one feel surrounded by tightness. However, as the muscles loosen the sense of stricture and containment give way to the bubbling energy of the powerfully grounded lower leg.

Eagle is a pose that is eternally useful. In early stages of development it trains several large muscle groups to work in a yogic way, and in later stages it is a template for reflection on the nature of the body.





# Eagle Pose – Garudasana



## Step by Step

1. Stand in Tadasana. Bend your knees slightly, lift your left foot up and, balancing on your right foot, cross your left thigh over the right. Point your left toes toward the floor, press the foot back, and then hook the top of the foot behind the lower right calf. Balance on the right foot.
2. Stretch your arms straight forward, parallel to the floor, and spread your scapulas wide across the back of your torso. Cross the arms in front of your torso so that the left arm is above the right, then bend your elbows. Snug the left elbow into the crook of the right, and raise the forearms perpendicular to the floor. If possible the backs of your hands should be facing each other.
3. Press the left hand to the left and the right hand to the right, so that the palms are now facing each other, the thumb of the left hand passing in front of the little finger of the right. Now press the palms together (as much as is possible for you), lift your elbows up, and stretch the fingers toward the ceiling.
4. Stay for 15 to 30 seconds, then unwind the legs and arms and stand in Tadasana again. Repeat for the same length of time with the arms and legs reversed.

## Benefits

- Garudasana strengthens our legs, knees and ankles.
- Improves sense of balance.
- Improves concentration.
- Stretches the thighs, hips, shoulders and upper back.
- With this Asana we can get rid of stiffness in the shoulders and relieve neck tension.
- This posture enhances powers of concentration, our sense of balance and grace of our body.

**Whatever you undertake, do it with full intent to succeed. Cynicism fails itself.  
Stick to your path, facing difficulties with positive humour. Concentrate, proceed,  
and succeed.**

