



5

ASANAS

You have studied the basic set of asanas in the previous lesson . The ancient rishis of India devised a number of asanas based on their observations of nature - animals, birds etc. It is not by chance that a whole jungle of animal postures is known in Hatha Yoga terminology. Each posture or pose, whether the lion, camel, cat or peacock, has a meaning of its own.

To bring confidence, to shatter the shyness and to become bold and dynamic, the best prescription is to practice the cultural ssanas, the back bending postures or the Chakrásana, Bhujangásana (the cobra postures), the Ardha chakrásana (standing bending backward) and Suptavajrásana. These practices open up your chest and shoulders.

People who are egoistic, always have their shoulders back and heads up. For such people, humility has to be brought in and the front bending postures like Paschimottánásana, Shashankasana, front bending Padahastásana are prescribed to overcome the egotistic characters and to develop the pleasing and blossoming personality. Therefore, every cultural asanas has been designed to build the personality. We will study different types of asanas in this lesson



Notes



OBJECTIVES

After studying this lesson, you will be able to:

- List different types of asanas,
- Describe standing asanas - Ardha Kati Chakrasana, Ardha Chakrasana and Padahastasana,
- Describe sitting asanas - Vajrasana, Shashankasana and Ushtrasana,
- Describe prone asanas - Bhujangasana, Shalabhasana, and
- Describe supine postures - Viparitarani, Sarvangasana and Shavasana.

5.1 ASANAS AND ITS TYPES

You have already learn to focus on the pose by learning to correct body alignment, and in doing so, learn to focus on your bodies and how they function-guiding each limb or part of the body through the degree of the pose. You have also learnd about different types of Asanas.

Alignment, balance and strength are key factors of asana. Asanas are postures which are done with

- Stability
- Ease
- Effortlessnes
- Unlimited Happiness

Yogic postures or the yogasanas are performed slowly and steadily.



We have four types of Asana:

- Standing Asanas - Standing asanas are supported on the soles of your feet.
- Sitting Asanas - Sitting asana are supported on the buttocks.
- Prone Asanas - Prone asanas refers to lying face down supported on your tummy.
- Supine Asanas - Supine Asanas refers to lying in a face up position supported by your back.

Asanas can also be classified as cultural, relaxation and meditative postures.

The Shavásana, the Makarásana (the crocodile postures), Shithila Tadasana and Shitila Dandasana are called relaxation postures.

While the Padmásana, Siddhásana, the Vajrásana and the Sukhásana are known as the meditative postures.

All the remaining postures are called cultural postures. These postures are meant essentially to culture our personality.

In this lesson we will study and practice

- Revision of the above set of asanas
- Revision of Surya Namaskara
- Standing Asanas - Trikonasana, Utkatasana, Parivrutta Trikonasana,

Virabhadrasana Variation- 1 and 2;

- Sitting Asanas - Padmasana, Paschimottasana, Suptavajrasana



Notes

- Prone Asanas - Dhanurasana, Bhujangasana
- Supine Postures - Halasana, Matsyasana;

All these asanas helps you in flexibility of the spine in forward bending, backward bending and side bending. Some of the asanas also helps to culture your personality.



INTEXT QUESTIONS 5.1

1. How does the asana help you?

5.2 SURYANAMASKARA

As you know that there are 12 steps or counts. Each stage of Süryanamaskár is accompanied by regulation of breath. Each round of Süryanamaskára is done after the utterance of 'Omkár' with the appropriate 'Beeja Mantra', along with the corresponding name of Sun god in the following sequence:

Om Hrám Mitráya Namah

Om Hrim Ravaye Namah

Om Hrüm Süryáya Namah

Om Hraim Bhánave Namah

Om Hroum Khagáya Namah

Om Hrah Püshne Namah

Om Hrám Hiraiyagarbháya Namah

Om Hrèm Maricaye Namah

Om Hrüm Ádityáya Namah

Om Hraim Savitre Namah

Om Hroum Arkáya Namah

Om Hrah Bháskaráya Namah

TWELVE STEPPED SURYANAMASKÁRA

Sthiti: Tádásana

Namaskara Mudra



Fig. 5.1 Namaskara Mudra

- Stand erect with legs together. Bring the palms together to namaskára mudrá.

Step 1: HASTHA UTTHANASANA



Fig. 5.2 Hastha Utthanasana

- Take the hands above the head while inhaling and bend the trunk backwards.

Notes



Notes

Step 2: PADAHASTASANA



Fig. 5.3 Padahasthasana

- Bend the body forward while exhaling. Touch the forehead to the knees.
- Keep the palms on the floor on either side of the feet.

Step 3: ASHWA SANCHALANASANA (Galloping like Horse)



Fig. 5.4 Ashw Sanchalanasana

- In this step breath in and kick the right leg back.
- Push the buttock forward and downward so that the left leg is perpendicular to the ground. Look up.

Step 4: CHATURANGA DANDASANA

Fig. 5.5 Chaturanga Dandasana

- In this step, exhale and take the left leg also back, resting only on palms and toes.
- Keep the body straight from head to toes inclined to the ground
- Take care to keep the neck in line with the back.
- This pose strengthens the arms and wrists.

Step 5: SHASHANKASANA

Fig. 5.6 Shashankasana

- Rest the knees on the ground, pull in the stomach and abdomen and sit back resting the buttocks resting on the heels.
- Then relax the shoulders, neck and head. Make an attempt to rest the forehead on the ground without altering the position of the palms and toes.
- Exhale as you rest the forehead on the floor.
- Then relax in normal breathing.



Notes



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Step 6: ASHTANGA NAMASKARA



Fig. 5.7 Ashtanga Namaskara

- While inhaling, bend the legs at the knees and rest them on the floor with buttocks resting on the heels without altering the position of the palms and toes.
- Exhale as you rest the forehead on the floor.
- Then relax in normal breathing.
- While exhaling without shifting the positions of hands and toes, glide the body forward and rest the forehead, chest, hands, knees and toes on the ground. Raise the buttock off the ground.

Step 7: BHUJANGASANA



Fig. 5.8 Ashtanga Namaskara

- Inhale, raise the head and trunk making the spine concave upwards without lifting the position of the hands and feet.
- Arch the back as far as you can, until the elbows are straight.
- Keep the knees off the ground.

Step 8: PARVATASANA



Fig. 5.9 Parvatasana

- While exhaling, raise the buttocks, push the head down, push the body back until the heels touch the ground without shifting the position of hands and feet.

Step 9: SHASHANKASANA



Fig. 5.10 Shashankasana

- Without altering the position of the palm and toes bend the legs at the knees and rest them on the mat.
- Rest the buttocks on the inside surface of the feet with heels touching the sides of the hips.
- Rest the forehead on the mat.
- Start breathing, Inhale and Exhale.



Notes



Notes

Step 10: ASHWA SANCHALANASANA



Fig. 5.11 Ashwasanchalansana

- Inhale and bring the right leg in between the two hands.
- Arch the back concave upwards as in step 3 until the right leg is perpendicular to the ground.

Step 11: PADAHASTASANA



Fig. 5.12 Padahastasana

- Exhale and bring the left foot forward next to the right foot and reach down with your upper body to touch the forehead to the knees as in step 2.

Step 12: HASTHA UTTHANASANA

Fig. 5.13 Hastha Utthnasana

- While inhaling, come up bend back with hands above the head. Come back to sthiti.
- This completes one round of Surya Namaskara. Repeat 3 rounds.
- Close your eyes and relax and feel the effulgence of the sun entering the body.
- To enhance the relaxation, chant omkara and feel the vibrations.

QUICK RELAXATION TECHNIQUE (QRT)

Sthiti: Savāsana

Now slowly sit down and then lie down to Ūavāsana from the right side. Let all the movements be slow and continuous. The entire right arm stretched, head on the right biceps, left leg on the right leg, left palm on the left thigh, the weight getting transferred to the ground from the right side. Slowly over, the muscles of the back collapsing on the ground, bring down the



Notes



Notes

right arm along the ground. Legs apart, arms apart, palms facing the roof. Assume the most comfortable position.

PRACTICE



Fig. 5.14 Savasana

Phase-I

- Feel the abdominal movements .Observe the movements of abdominal.
- Muscles going up and down as you breathe in and out normally.
- Observe 5 cycles.

Phase-II

- Synchronize the abdominal movements with deep breathing.
- The abdomen bulges up with inhalation and sinks down with exhalation.
- Observe 5 cycles.

Phase-III

- As you inhale deeply and slowly, energize the body and feel the lightness.
- As you exhale completely collapse all the muscles, release the tension and enjoy the relaxation. Observe 5 cycles.

- Chant 'AAA' in a low pitch while exhaling. Feel the vibrations in the lower parts of the body. Slowly come up from either the right or the left side of the body.



INTEXT QUESTIONS 5.2

1. How many steps have in Suryanamaskar?

5.3 STANDING ASANAS

Standing asanas are supported on the soles of your feet. Tadasana is considered by many yoga traditions to be the starting point or sthithi of all Asana practice.

The name, Tadasana, comes from the Sanskrit Tada meaning 'mountain' and asana means 'posture'. The english name for Tadasana is mountain pose. This asana is like the base or the mother of all asanas, from which the other asanas emerge. Most of the standing poses are shifts in a certain part of your body or an individual joint that spring from the Tadasana, while the other parts remain neutral.



Fig. 5.15 Standing Asanas

PRACTICE

- Stand erect, feet together, hands by the side of the thighs. Keep the back straight and gaze in front.
- Stretch the arms upward, keep them straight and parallel with each other in vertical position, with the palms facing inward.

Notes



- Slowly raise the heels as much as you can and stand on toes. Stretch body up as much as possible.
- To come back, bring the heels on the floor first. Slowly bring down the hands by the side of the thighs and relax.

Benefits

- One of the best yoga postures to increase height.
- Improves the function of the respiratory and digestive system.

I. BASIC STANDING ASANAS



Fig. 5.16 Ardhakati Chakrasana



Fig. 5.17 Ardha Chakrasana



Fig. 5.18 Pada Hastasana

II. TRIKONASANA

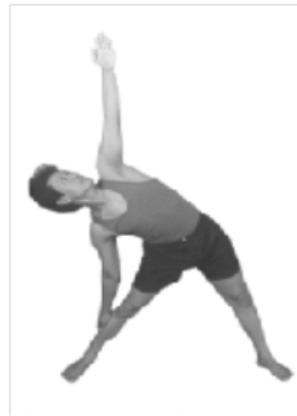
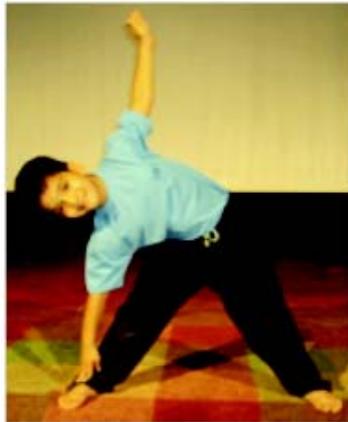


Fig. 5.19 Trikonasana

Trikona means triangle. The Asana resembles a Triangle, hence it is named as Trikonasana.

Sthiti: Tádásana

PRACTICE

- While inhaling, spread the feet apart by about a meter and raise both the hands slowly till they reach the horizontal position simultaneously.
- Slowly bend to the right side until the right hand reaches the right foot. The left arm is straight up, in line with the right hand. Palms facing forward. Stretch up the left arm and see along the fingers.
- Maintain for about one minute with normal breathing.
- Return slowly to Sthiti.
- Repeat on the left side.

Benefits

- Helps in preventing flat foot, strengthens the thigh muscles and waist muscles and makes the spine flexible.



Notes



Notes

III. UTKATASANA

Utkatasana is often called 'Chair Pose'.

Sthiti: Tádásana

PRACTICE

- Stand erect placing both the feet firmly on the floor.
- Make a comfortable distance between the feet, about 8-12 inches.
- Raise both the arms in front, up to shoulder level and palms should be facing downward.
- Raising the heels stand on the toes and slowly sit on the toes.
- Hands should be placed on the respective knees.
- Maintain the position for 5-10 seconds.
- Balancing the body, keep the arms on the floor.
- Maintaining the balance, slowly stands erect on the toes and raise both the arms in front, up to shoulder level.
- Place the heels on the floor. Bring the hands by the side of the thighs and feet together.
- Stand erect with placing both the feet firmly on the floor.

Benefits

- It improves the strength of the knee joints, ankle joints.
- It strengthens the muscles of the legs, the arms, shoulder.
- It improves digestive system.



IV. PARIVRUTTA TRIKONASANA

Parivritta Trikonasana: The name for this asana comes from the sanskrit parivrta, meaning 'revolve', trikona, meaning 'triangle', and asana, meaning 'posture'. In english, it is called revolved triangle pose or twisted triangle pose.

Sthiti: Tádásana

PRACTICE

- While inhaling spread the legs apart by about a meter by moving the right leg away from the left.
- Simultaneously raise while exhaling, the right hand is taken down to the ground on the outside of the left foot, while the left arm is raised up to the vertical position.
- Turn the face up to look at the raised hand.
- Maintain at the final posture for 1 minute with normal breathing.
- Return to sthiti and repeat the same to the left side.



Fig. 5.20 Parivrutta Trikonasana

Benefits

- Improves the function of kidneys.



Notes

V. VIRA BHADRASANA VARIATION- 1

Virabhadrasana describes pose named after a powerful warrior, Virabhadra. (An incarnation of Shiva, Virabhadra was created to destroy Daksha, the son of Brahma.) The name is derived from the sanskrit vira, meaning 'hero', bhadra, meaning 'friend', and asana, meaning 'pose'. In english, the asana is commonly called 'warrior pose'.

Sthiti: Tadasana

PRACTICE

- Stand in Tadasana.
- Raise both the arms and adopt namaskar above the head.
- Take the right leg away from the left by about one meter.
- Turn the right foot rightway by 90 degrees.
- Bending the right leg at the knee bring the right thigh parallel to the ground making 90 degrees angle at right knee.
- Slightly turn the left foot towards right side.
- Look up at the palms. Maintain the posture for half minute.
- Come out the same way.

Benefits

- Relieves the stiffness in shoulders and back.
- Cures stiffness of the neck.



Fig. 5.21
Vira Bhadrasana - 1

VI. VIRA BHADRASANA VARIATION- 2

Sthiti: Tadasana

PRACTICE

- Stand in Tadasana.
- Raise both the arms and stretch them to the sides at the shoulder level parallel to the ground.
- Take the right leg away from the left by about one meter. Turn the right foot rightway by 90 degrees.
- Turn the body to the right side.
- Bending the right leg at the knee bring the right thigh parallel to the ground making 90 degrees angle at right knee.
- Slightly turn the left foot towards right side.
- Look at the right palm. Maintain the posture for half minute.
- Come out the same way.



Fig. 5.22 Vira Bhadrasana - 2

Notes

Benefits

- Leg muscles become stronger and come in shape.
- It relieves cramps in the calf and thigh muscles.
- Brings elasticity to the legs and back muscles.



Notes



INTEXT QUESTIONS 5.3

1. List benefits of Trikonasana.

5.4 SITTING ASANAS

You have already learned standing asanas, now we will move on to sitting asanas. Sitting asanas are supported on the base of your pelvis. We are going to learn the following sitting asanas -



DO YOU KNOW

In standing asanas, feet is very important to bear weight and is the contact point with the earth. In sitting postures, the hip, pelvic joints, and lower spine develop the contact point with the earth.

Starting position or sthiti for sitting posture: (Dandasana)



Fig. 5.23 Dandasana

1. Sit with both legs stretched with heels together.
2. Place the palms on the floor by the side of the buttocks.
3. Keep the spine, neck and head erect.
4. Close the eyes.

Shithila (Relaxation) for sitting posture: Shithila Dandasana

1. Sit with legs stretched apart and relax.
2. Slightly incline the trunk backwards, supporting the body by placing the hands behind.
3. Fingers point backwards.
4. Let the head hang freely behind or rest on either side of the shoulder.
5. Gently close the eyes.



Fig. 5.24 Shithala

Notes

**I. BASIC SITTING ASANAS**

Fig. 5.25 Vajaasana



Fig. 5.26 Shashankasana

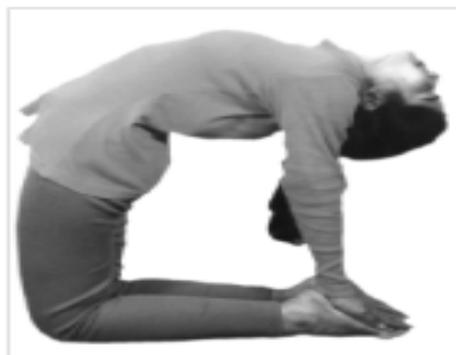


Fig. 5.27 Ustrasana



Notes

II. PADMASANA

Padmasana means 'Lotus Posture'

Sthiti: Dandásana

PRACTICE

- Draw the right leg along the ground and bend the knee.
- Place the right foot on the left thigh near the left groin.
- In the same way bring the left foot on the right thigh near the right groin.
- The soles of both feet are turned upwards with the heels almost meeting each other in front of the pelvic bones.
- Sit erect with hands on the thighs in Chin Mudrá with elbows bent.



Fig. 5.28 Padmasana

Benefits

- Straight the spine.
- It's a symmetrical posture, brings stability to the mind.

III. PASCHIMOTTASANA

Paschimottanasana is a sanskrit word, consisted of three words: Paschima means 'west or back', Uttana means 'intense stretch' and asana shows a 'yoga pose'.

Sthiti: Dandásana

PRACTICE

- Inhale, raise both the arms sideways at shoulder level parallel to the ground.
- Turn the palms facing upwards.



Fig. 5.29 Paschimottasana

- Continue to inhale and raise the arms further up vertically biceps touching the ears and stretch the trunk from the coccyx region. Now turn the palm forward.
- Exhale, bend the trunk forward from the lower back. Stretch the arms parallel to the ground.
- Exhale completely, form hooks of index fingers and catch hold of the big toes.
- Bend the back further forward from the lumbar-sacral region so that the trunk is stretched along the thighs and the face rests on the knees. Bend the hands at the elbow and relax the abdomen muscles.
- Maintain the position for about a minute with normal breathing.
- Return to sthiti reversing the steps and the breathing
- Relax in Sithila Dandásana.

It is important to note here that

- Do not allow the knees to bend.



Notes



Notes

Benefits

- Gives flexibility to the back bone.
- Stimulates the spinal nerves and back muscles.
- Improves digestion.
- Energizes the whole body.

IV. SUPTAVAJRASANA

Supta means sleep. Supta Vajrasana is lying on your back in Vajrasana.

Sthiti: Dandásana

PRACTICES



Fig. 5.30 Suptavajrasana

- Come to the position of Vajrásana as described earlier.
- Recline slowly backwards taking the body weight on the right elbow first and then the left.
- Lie flat on the back. Keep the hands crossed above the head.
- Keep the knees close together in touch with the ground.
- Maintain with normal breathing.
- Return to sthiti.

Benefits

- Strengths the hips, ankles and lower back.



INTEXT QUESTIONS 5.4

1. Define Paschimottanasana?



Notes

5.5 PRONE ASANAS

Prone Asanas - Prone asanas refers to lying face down supported on your tummy.

Sthiti (Initial) for Prone Posture :

- Lie down on the abdomen with legs together, toes pointing outwards, the soles of the feet facing up and chin touching the ground.
- Stretch the hands straight above the head, biceps touching the ears and palms resting on the ground.
- Gently close the eyes.

Sithila (Relaxation) for Prone posture - Makarasana

- Lie down on the abdomen with feet wide apart, heels touching the ground and facing each other.

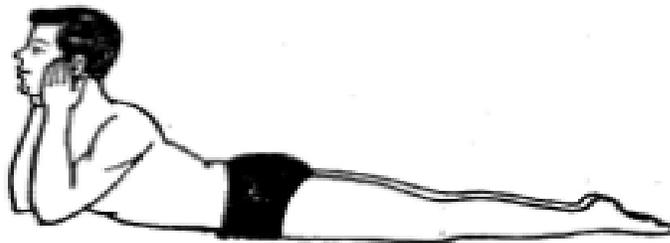


Fig. 5.31 Makarasana

- Bend both the elbows and place the right palm on the left shoulder and the left palm on the right shoulder.



Notes

- Rest the chin at the point where the fore-arms cross each other.
- Gently close the eyes.

I. BASIC PRONE ASANAS

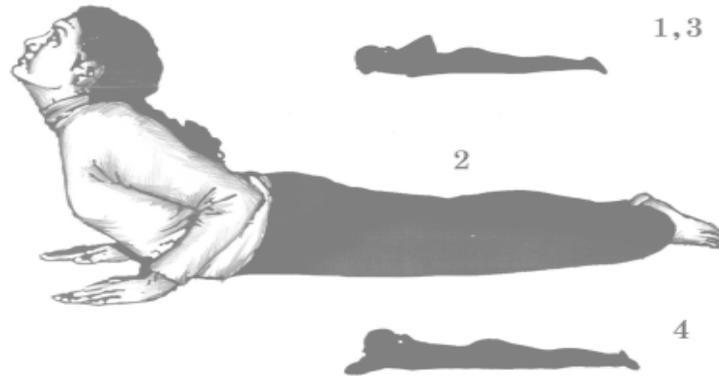


Fig. 5.32 Bhujangasana

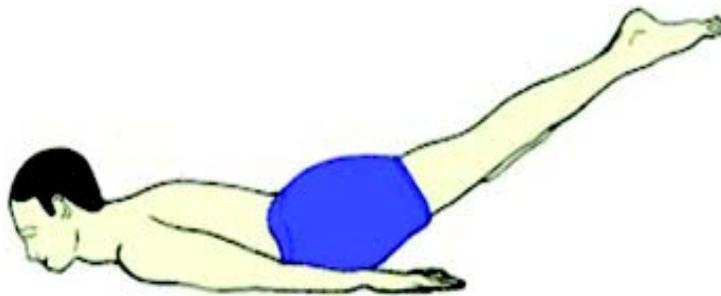


Fig. 5.33 Shalabhasana

II. DHANURASANA

Dhanush means 'Bow'. Dhanurasana means asana resembling a bow.

Sthiti: Prone Posture



Notes

PRACTICE

- Bend the knees and hold the ankles by the palms.
- As you inhale, raise the head and the chest upwards.
- Pull the legs outwards and backwards so that the spine is arched back like a bow.
- Stabilize (rest) on the abdomen.
- Do not bend the elbows.
- Look up.
- Keep the toes together.
- Maintain for about half a minute with normal breathing.
- Slowly come back to sthiti while exhaling.
- Relax in Makarásana.
- Initially the knees will spread out, but with practice they can be brought very near, almost touching each other.



Fig. 5.34 Dhanurasana

Benefits

- Removes gastro intestinal disorders, stimulates and helps in slimming the whole body.
- Gives good stimulation and flexibility to the back.



INTEXT QUESTIONS 5.5

1. What is the main benefit of Dhanurasna?



Notes

5.6 SUPINE ASANAS

Supine Asanas refers to lying in a face up position supported by your back.

Sthiti (Initial) for Supine Posture

- Lie down on the back with legs together.
- Stretch the hands straight above the head, biceps touching the ears and the palms facing the ceiling.
- Close the eyes.

I. BASIC SUPINE ASANAS



Fig. 5.35 Viparitakarani



Fig. 5.36 Sarvangasana

II. HALASANA

Hala means 'plough', Halasana is posture resembling a bow.



Notes

PRACTICE

- Inhale, raise the legs together slowly and gracefully (without bending the knees) till it forms about 180° to the ground.
- Continue to inhale and raise the legs further to 90 degree position and simultaneously bring the arms down placing them next to the buttocks.
- Exhale, raise the buttocks and the trunk without lifting the head. Support the back by the palms. Rest the elbows on the ground firmly to get better support to the back.
- Maintaining the legs parallel to the ground, straighten the trunk by pushing it up with the hands till the chin is well set in the suprasternal hollow (dip in between the neck and the two collarbones). Inhale in this position.
- Exhale, bring down the toes further to touch the ground.
- Release both hands and rest the arms straight on the ground parallel to each other with palms facing the ground.

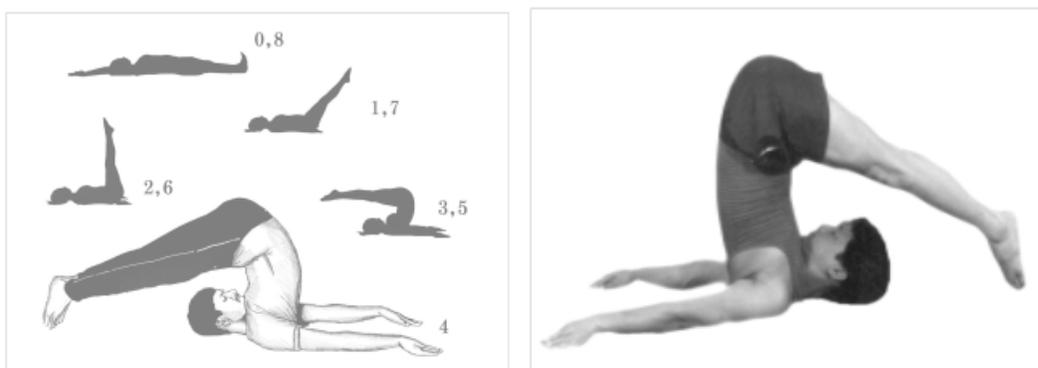


Fig. 5.37 Halasana

CLASS-IV



Notes

- Maintain this position for one minute with normal breathing.
- Inhale, come back slowly step by step to rest the trunk on the floor.
- Now exhale and bring down the legs to the ground.
- Relax in Savásana.

It is important to note here that

- Make sure that you have achieved perfect balance before you release the hands supporting the trunk.

Benefits

- Stretches and stimulates the back muscles, spinal joints.
- Enhances blood flow to the neck and keeps spine flexible.

III. MATSYASANA

Matsya is a 'fish'. Matyasana is posture resembling a fish.

Sthiti: Supine Posture

PRACTICE

- Take the right leg and place it on the left thigh.
- Place the left leg on the right thigh as in Padmāsana.
- Place the palms on either side of the head with fingers pointing towards the shoulders.
- Inhale, take the weight on the palms and lift the head and the back off the ground.

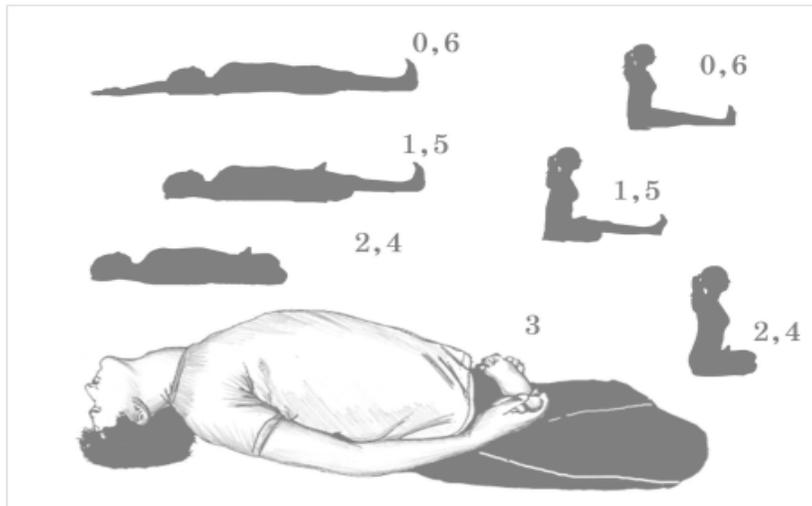


Fig. 5.38 Matsyasana

- Bring the center of the crown of the head to the ground by bending the dorsal and cervical spine backwards balanced on the head and catch hold of the big toes hooking the index fingers around them.
- Press the elbows on the ground to bear the weight of the upper half of the body.
- Maintain this position for one minute with normal breathing.
- As you exhale come back slowly step by step to supine sthiti.
- Relax in Savásana.

Benefits

- Complementary to Sarváñgásana, good for respiratory problems.



INTEXT QUESTIONS 5.6

1. Name Different types of Supine asanas.

Notes

5.7 SUPINE RELAXATION POSTURE



Fig. 5.39 Supine Relaxation Posture

By remaining motionless for some time and keeping the mind still while you are fully conscious, you learn to relax. This conscious relaxation invigorates and refreshes both body and mind. But it is much harder to keep the mind than the body still. Therefore, this apparently easy posture is one of the most difficult to master.

I. SHAVĀSANA

Shava is dead corpse. Shavasana posture is like a dead corpse.

Sthiti : Supine

PRACTICE

- Lie flat on the back full length like a corpse. Keep the hands a little away from the thighs, with the palms up.
- Close the eyes. If possible place a black cloth folded four times over the eyes. Keep the heels together and the toes apart.
- To start with breathe deeply. Later the breathing should be fine and slow, with no jerky movements to disturb the spine or the body.
- Concentrate on deep and fine exhalations, in which the nostrils do not feel the warmth of breath.



- The lower jaw should hang loose and not be clenched. The tongue should not be disturbed, and even the pupils of the eyes should be kept completely passive.
- Relax completely and breathe out slowly.
- If the mind wanders, pause without any strain after each slow exhalation.
- Stay in the pose from 15 to 20 minutes.
- One is apt to fall asleep in the beginning. Gradually, when the nerves become passive, one feels completely relaxed and refreshed. In good relaxation one feels energy flow from the back of the head towards the heels and not the other way round. One also feels as if the body is elongated.

**INTEXT QUESTIONS 5.7**

1. Define the term Shava

**WHAT HAVE YOU LEARNT**

- Standing asanas - Trikonasana, Utkatasana, Parivrutta Trikonasana and Vira bhadrasana Variation- 1 and 2.
- Sitting asanas - Padmasana, Paschimottasana and Suptavajrasana.
- Prone asanas - Dhanurasana and Bhujangasana variation.
- Supine postures - Halasana and Matsyasana.

**TERMINAL QUESTIONS**

1. How does the asana helps you?
2. What are the benefits of Halasana?



Notes

3. What is the sthiti (initial) for Prone posture ?
4. What is the meaning of Tadasana?



ANSWERS TO INTEXT QUESTIONS

5.1

1. Through asanas we learn observe and correct our body alignment and focus on how they function.

5.2

1. TWELVE STEPPED SURYANAMASKÁRA

5.3

1. Helps in preventing flat foot, strengthens the thigh muscles and waist muscles and makes the spine flexible.

5.4

1. Paschimottanasana is a sanskrit word, consisted of three words: Paschima means west or back, uttana means intense stretch and asana shows a yoga pose.

5.5

1. Removes gastro intestinal disorders, stimulates and helps in slimming the whole body. Gives good stimulation and flexibility to the back.

5.6

1. Halasana, Matyasana

5.7

1. Shava is dead corpse. Shavasana posture is like a dead corpse.