

Pose of the Week 7-26-08

Dancing Shiva



No Known Sanskrit Name

Dancing Shiva is not a traditional yoga pose. It is not listed in any of my yoga books, and I was not able to find it on the internet except as a pose in classical Indian dance. I discovered Dancing Shiva pose on a video podcast and really love it. As with other balance poses, Dancing Shiva develops focus and stability. Shiva was one of the supreme deities in classical Indian stories. This is Shiva in his manifestation of the dancer, Nataraja. Nataraja performs this dance as part of the process of creation and destruction. The Dancer pose, which we also practice, is named for this manifestation, Natarajasana. The Dancing Shiva is a well known symbol in statues and art in India.

- Develops focus and stability

Primary Muscles – Muscles of the legs, Glutes, and Erector Spinae

Tips –

- Ground standing foot
- Lift arms to the sky, then bring upper arms parallel to the floor with elbows bent
- Thumbs and pointer fingers together in Chin mudra (like an OK sign)
- Sinking into the standing leg, the other leg is angled in space in front of the standing leg
- Spine is long

/dance with joy in my heart.



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