

INSIDE: THE SIMPLE ART OF THINKING AND MEDITATING

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Goddess Pose
(Deviyasana)
(also known as Fierce Angle Pose)

Benefits

As a man, to channel your feminine/yin side and therefore bring you closer to the middle (sushumna) and to a state of union. This is a strong pose, a deep hip opener that dynamically lengthens the inner thighs and engages the pelvic floor. This pose also opens the kidney meridian.

Common Mistakes

Letting the knees fall forwards and torsioning the knee joint. Make sure the thighs are in strong external rotation and keep the knees tracking over the ankles (your glutes will have to work hard).

Tips

Lifting the heels concentrates grounding into the kidney 1 acupoint on the soles of the feet. Great by itself or part of a sequence of grounding/hip opening postures.

Awareness

Be aware of your active feminine side (protective, encouraging, creative, nurturing). We all start from the world of duality and distinction – I say, for example, “I’m a man”. But yoga teaches us we all have a masculine and feminine side. If I focus only on developing my masculine/yang aspects (outward, forceful, driven, single-pointed) then all I do is further entrench myself in the world of division and discrimination. So the goddess pose is a wonderful way of channelling our feminine/yin sides and bringing us closer to the middle (sushumna/union). ☸

Mark Westmoquette teaches Zen Yoga in London and is a tutor on the Zenways yoga teacher training.