



Low Lunge with Heart Lift

(Anjaneyasana)

A grounding posture for emotional release and energetic expansion — connecting breath with courage, and stillness with strength.



Entering the Posture

Step your right foot forward, planting it firmly on the mat.

Let your left leg extend behind you, lowering the knee gently onto the ground and allowing the top of the foot to rest.

Ensure your front knee is aligned above your ankle, creating stability and openness through the hips.

As you settle in, feel the earth beneath you — a reminder that even in vulnerability, you are supported.



Breathwork Focus: The Courageous Heart

This breath pattern is designed to cultivate courage, balance emotions, and energize the body from the inside out.



Inhale through the nose – count of 5

Feel the breath rise from your pelvis to your heart.

Let your spine grow tall, your ribs expand, and your chest gently lift — as though you are drawing light into the center of your being.



Exhale through softly parted lips – count of 7

With control, release the air in a long, smooth sigh.

Allow your hips to ease forward and your shoulders to drop. Let go of anything heavy.

Optional: As you exhale, repeat silently:

“I release. I rise.”

Suggested rhythm: 5–7 full breaths, staying connected to this internal rhythm of strength and surrender.

Mind-Body Connection

- Feel the stretch through the front of the back thigh — but more than that, feel the emotional release that comes with opening the hip.
- Let the upward motion of the arms be a symbol of hope, of letting your heart rise.
- Relax your face. Unclench the jaw. Let your eyes soften.
- Know that openness isn't weakness — it's trust in your own resilience.

“My breath is brave. My body is open. I meet the world with steady grace.”

To Transition

With your next inhale, gently bring your hands back to your heart center or to your hips.

Slowly shift your weight back and return to a neutral position.

Pause in stillness. Feel the energy you've cultivated. Let it linger.

Then, switch sides and repeat — entering with the same intention, but allowing the experience to evolve.