Asana Tip Sheet #28

Ardha Mandalasana (Half Circle)

"Opening the heart space enhances strength through vulnerability."

asana name

- ardha = half
- mandala = circle
- asana = seat

benefits

- Good opener for entire front of body.
- Opens chest breath, reducing effects of stress.
- Provides opening for front of legs and hips, as well as the side body.
- Calms nervous system.
- Stimulates lymphatic system, kidneys and adrenal glands.
- Fantastic for awakening and enlivening all the chakras.

contraindications

- Low back, shoulder or knee injuries

modifications

- Reduce arch if low back/neck are sensitive or weak, or eliminate this pose altogether.
- Experiment with different upper arm positions to open chest and shoulder.
- Reduce hip and belly opening by placing extended leg's foot in line with knee.
- Increase hip and belly opening by moving extended leg's foot back behind knee line.
- Rest knee on a folded blanket or towel.

attitude

- Open-hearted expansiveness

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