



Dandasana (Staff or Stick Pose)

Description

Dandasana



Padangustha Dandasana



Urdhva Hasta Dandasana



Dandasana

don-DAHS-anna

â??dandaâ?• = staff or stick

Staff Pose

Also known as: Stick Pose

Heart of Pose



- Stabilizing
- Neutralizing
- Forward Bend

Notes

- Sometimes considered a seated version of (or comparable to) [Tadasana \(Mountain Pose\)](#).
- Often used to neutralize and/or assess change during and after other seated poses.
- Lengthening hamstrings beforehand makes it easier to sit upright in this pose.

See Also

- [Asana Categories](#)
- [General Alignment Principles](#)
- [Alignment Cueing](#)

Effects / Benefits

Summary of Effects & Benefits

- Strengthens abdominals and low back.
- Stabilizes hips and pelvis.
- Aligns spine.
- Opens shoulders.

Energetic Effects

ACTIVATES ENERGY

Dandasana is truly a *Mahasana* (Great Pose) for cultivating awareness of flowing energies. It appears passive, but *Dandasana* involves a dynamic, internal energy dance that benefits yoga practitioners of all levels. Even its simplest version activates every energy line required for the posture's most challenging expression. In *Dandasana*, energy flows up and down along the entire circumference (sides, front, and back) of the spine between your point of contact with the earth and the skyward extension of your head. At the same time, energy extends evenly from the inner and outer thighs to both edges of the feet, through the backs of your legs into the floor, and along the tops of the legs into the ankles. — Mark Schlenz

Cautions

When choosing a variation or alternative, consider the following:

1. The heart / purpose of the pose.

2. The role it is playing in the sequence.
3. Why the pose is not accessible or appropriate for this student at this time.

Low Back Pain



In there is low back pain, utilize variations.

Prop for Tight Hamstrings



- In the case of tight hamstrings, you might prop hips and support knees. (Photo shows only hips propped; also place prop under knees as needed.)
- In such cases, do not press knees down.

Verbal Cues

It's typically advised that teachers provide no more than three instructions per pose so that students have time to work with the teaching. Here you'll find many options from which to choose. Some cues make the same point in different ways, and occasionally some can be contradictory, so please try them out for yourself. When cues are unusual or uniquely described, we have noted the source.

Lower Body

Sit Bones & Buttocks

1. Ground sit bones.



2. Reach buttocks back to be on tips of sit bones.
3. Reach sit bones straight down and crown of head straight up. (Erich Schiffman)

Legs & Feet

1. Engage quadriceps.
2. Keep kneecaps facing upward.
3. Roll thighs inward toward each other.
4. Lengthen out through legs.
5. Pull balls of feet back toward torso.
6. Press back of legs down and extend heels away.
7. Spread toes.
8. Move inner edges of feet away and draw outer edges slightly back. (Silva Mehta)

Torso

1. Engage muscles surrounding [lumbar spine](#). (Ray Long)
2. Keep lower abdomen slightly pulled back, without tensing it. (Silva Mehta)
3. Reach torso out of hips.
4. Keep shoulders down away from ears.
5. Press outer border of shoulders away from each other. Widen across front of chest. Create space between shoulder blades. (Joseph LePage)

UPPER BODY SUPPORT

Support the upper body at a 90-degree angle by the musculature and bandhas, even as the abdominal organs, the lungs, and the heart soften within this stable structure. On each inhalation, draw breath up through the soles of the feet and into the core of the body. On each exhalation, allow breath and energy to rise up into the torso, lifting the rib cage, lengthening through the crown of the head, and sending energy all the way out to the fingertips. Joseph LePage

Head, Neck, Hands

1. Lengthen back of neck.
2. Avoid straining neck.
3. Keep head level.
4. Allow head to float atop the spine.
5. Place fingertips or palms on floor beside hips, pointing forward.
6. Press fingers or palms into earth and lift chest.

Variations

Block at Wall

Back to Block at Wall



Keep toes together, leaving them near the groin. Next, bring toes to nose.

Padangustha Dandasana

Staff Hold Big Toes



Hold big toes or strap around feet. Press balls of feet. Draw arms back into shoulder sockets See [here](#) for more from Yoga for Scoliosis.

More Variations & Adaptations

See [Variations](#) for many more considerations.

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