



Goddess Pose

Description

Pose Names

- Goddess Pose
- Goddess Squat
- Victory Squat
- High Malasana

Heart of Pose

- Strengthening
- Opening
- Building Stamina

DIVINE INSPIRATION

Goddess Pose honors the sacred feminine through embracing wholeness and the many life-giving aspects of the divine. We can experience this power by unfolding several of the many divine forms of the feminine energy, or the Goddesses within, while practicing Goddess Pose. — Chrisandra Fox Walker

See Also

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

Effects / Benefits



Energy, Mood, Emotion

Effects to energy, mood or emotion may include the following.

- Heating.
- Energizing.
- â??Builds inner and outer strength.â?•
- â??Builds personal power and teaches a balance between will and surrender.â?• (Joseph LePage)
- â??Helps to integrate the upper and lower energy centers of the body.â?• (Chrisandra Fox Walker)
- â??Stimulates the respiratory and cardiovascular systems.â?• (YogaOutlet.com)
- Improves focus and concentration. (YogaOutlet.com)
- â??Strongly activatesâ?• [Muladhara](#), [Svadhithana](#) and [Manipura](#) Chakras. (Joseph LePage)

While you will most certainly increase strength and will in this asana, one of the sweet benefits of Goddess Pose is in learning to balance and integrate the pairs of oppositesâ??will and surrender, strength and softness, activity and receptivityâ??which can inspire growth toward wholeness in your entire being. â?? Chrisandra Fox Walker

Inner Body

Inner body effects may include the following.

- â??Stimulates the uro-genital, respiratory and cardiovascular systems.â?• (YogaBasics.com)

Musculoskeletal

Musculoskeletal effects may include the following.

- Strengthens low body: glutes, quads, inner thighs, calves, ankles.
- Strengthens, tones, activates core.
- Strengthens shoulders, arms, upper back.
- Stretches hips, thighs, groins.
- Opens chest.
- Relaxes muscles of pelvic floor. (YogaOutlet.com)
- Builds stamina.

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.

Contraindications

- [Hip Injury](#)
- Inguinal Hernia (Joseph LePage)

Cautions

- In the case of [shoulder injury](#), use arm variations.
- If there is [knee or ankle pain](#), use variations.

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

1. Turn toes out.
2. Press all four corners of feet evenly.
3. Keep knees in line with toes. *
4. Work toward bringing thighs parallel to floor.
5. *Please see: [Common Problems in Alignment Cueing for Standing Poses](#)

Torso

1. Keep shoulders over hips.
2. Draw shoulder blades down back.
3. Soften shoulders.
4. Engage core.
5. Activate [Mula Bandha](#) and [Uddiyana Bandha](#).
6. Lengthen tailbone down.
7. Do not arch low back.
8. Lift ribcage.

PROVIDE ENERGETIC SUPPORT

Lift the rib cage evenly from all four sides and create space across the chest and back, without squeezing the shoulder blades together. Find the center of the pose just below the navel and allow energy to radiate out from this point to the arms and legs, providing energetic support for the pose.



Joseph LePage

Arms & Hands

1. Upper arms and forearms at 90-degree angle.
2. Elbows at shoulder height.
3. Palms facing forward.
4. Some teach to hold fingers together and some teach spreading fingers.

Head & Neck

1. Gaze softly forward.
2. Lengthen crown upward.
3. Keep chin parallel to floor.

POWER & SENSATIONS

As you tune into this power to endure and integrate the sensations, thoughts and feelings arising, notice the part of you that fiercely cuts through the tendency to want to give up, change position, or tense up. Relax the muscles of your face, continue to feel the downward flow of energy in your body, the upward rising energy in your spine and the knitting or weaving of these opposites at your navel center. â?? Chrisandra Fox Walker

Alternatives & Variations

- Hands on thighs
- Palms together at heart
- Palms facing each other
- Arms straight out from shoulders, palms down
- Lift heels
- Hands at sides of ribs to support lift of rib cage (Joseph LePage)
- Back to wall
- [Side Bend](#) â?? Forearms to thigh, opposite arm over ear
- [Twist](#)
- On floor with soles of feet pressing against wall (Joseph LePage)

See [here](#) for photos of many of these options.

Variations

Wall Variations



Hand to Wall



Or, take back to wall. Another option: face wall, take hands out from shoulder, pressing against wall.

5 Pointed Star Pose



More Variations & Adaptations

See Variations for many more considerations.

Author

michaeljoelhall