

## Sitting Postures For Pranayama

Your spine must be kept straight while doing Pranayama. You can sit in any Yogic posture, such as Siddhasana, Padmasana, Sujhasana or Vajrasana etc.

However, if for any reason you are not in a position to sit on the ground. Sit in a chair keeping your back and neck straight. See that you spine remains straight while doing pranayam.

Some people now-a days are seen performing Pranayamas like Nadi Shodhana Pranayama(for purification of tubular organs like arteries veins etc.) while walking or taking a stroll in the morning. This however is a wrong way of doing pranayam which some times may cause harm.

Pranayam rouses the pranic energy and awakens and activates the chakras(energy-wheels) attached to the spinal cord, hence it is essential to sit in a erect position while doing Pranayama.