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Why Your Lotus Might Not Be Blossoming



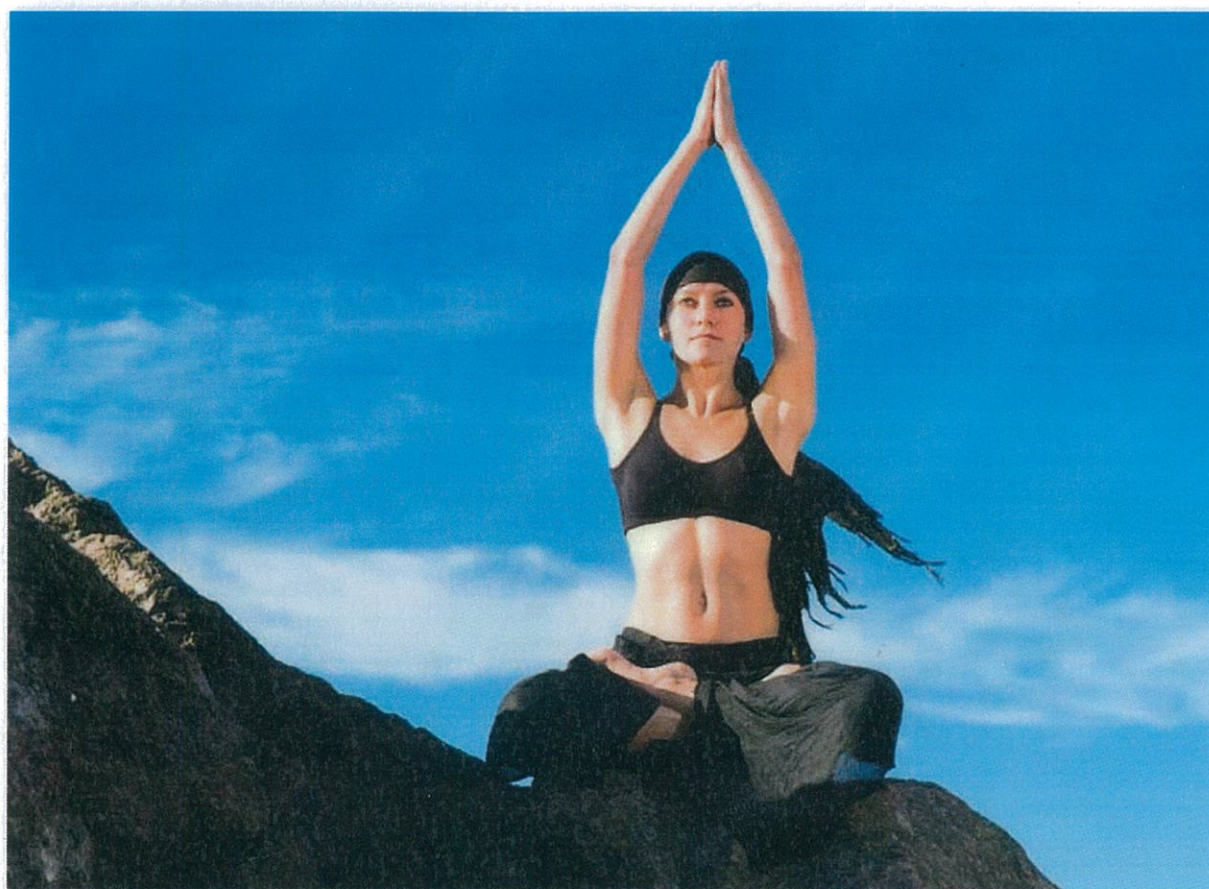
By Janet Philp
September 9,
2014

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Lotus (Padmasana) is seen as the epitome of yoga; the pose that appears most often if you goggle yoga asana, and yet people struggle with it and often injure themselves in an attempt to master it, or injure others whilst ‘helping’.

Padmasana is described in the Hatha Yoga Pradipika as simply, ” Place your right foot on top of your left thigh and then your left foot on your right – this is known as Padmasana.”

If only it were that simple. Here are 3 reasons why your lotus might not be flowering and some suggestions to bring it (or you) into bloom.