

DRISTIS

To help us concentrate and bring greater awareness into our asana practice, there are 9 Drishtis (focused eye gazing points) which we can use.

1. Nasagrai Drishti - the space just beyond the tip of the nose. This is used most often and is the primary drishti in the sitting postures.
2. Bhrumadhya Drishti - the space between the eyebrows (ex. Purvottanasana)
3. Navi Chakra Drishti - navel center (ex. Adho Mukha Svanasana)
4. Hastagrai Drishti - hand (ex. Trikonasana)
5. Padhyoragrai Drishti - toes (ex. Savangasana)
6. Parshva Drishti - far to the right (ex. Supta Padangusthasana)
7. Parshva Drishti - far to the left (ex. Marichyasana C)
8. Angushtha Ma Dyai Drishti - thumbs (beginning of Suryanamaskara)
9. Urdhva Drishti or Antara Drishti - up to the sky (Virabhadrasana A)

