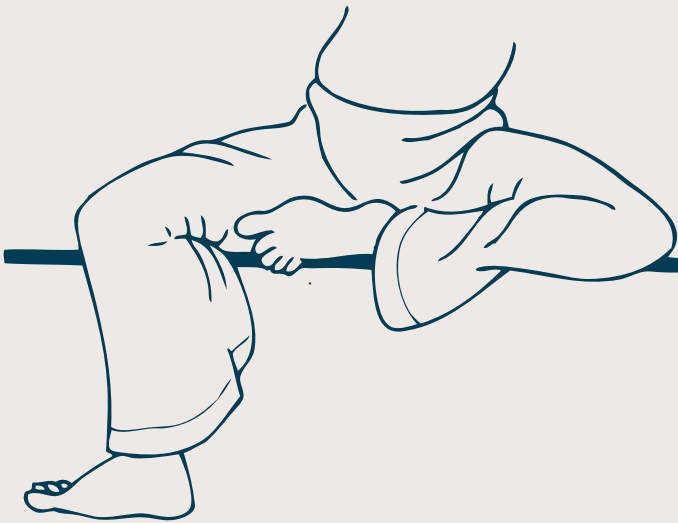


BODY POSTURES IN HIMALAYAN ART

The way a character's body is positioned tells us a lot about who that person is. This card can help you to read common gestures you will see in the RMA galleries.

Posture of Relaxation

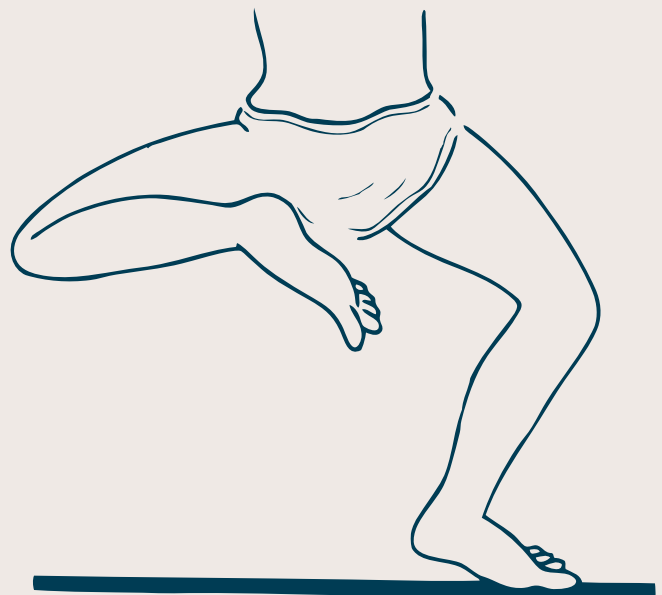
This posture, with one leg folded and the other pendent, is common in Himalayan art.



lalitasana

Dancing Posture

Usually associated with deities in their wrathful forms.

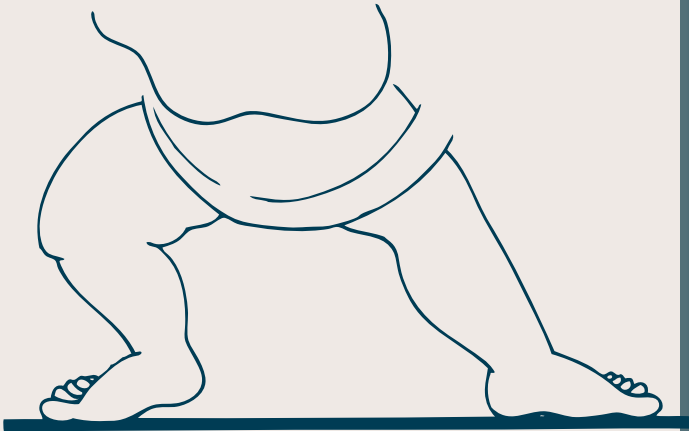


natyasthana

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Hunter's Posture

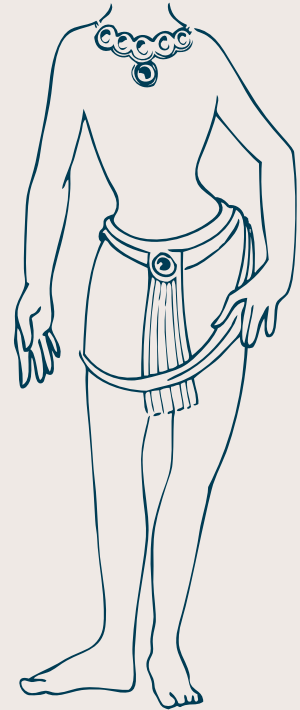
This posture is a symbol of destruction and is usually only for deities in their active forms.



pratyahidha

Triple-Bend Posture

A graceful posture confined to deities in their peaceful forms.



tribhanga

The Posture of Royal Ease

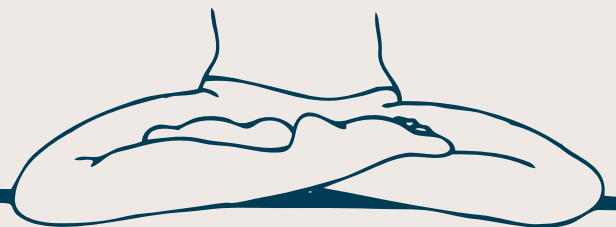
A relaxed posture commonly associated with regal leisure.



rajalilasana

Lotus Posture

Also known as the diamond or thunderbolt pose, this posture is for meditation.



padmasana