



## NORTON SIMON MUSEUM

### STRIKE A POSE MEDITATION

### GRADES K-5

Posture, or how we hold our bodies, can have a great effect on how we feel and see ourselves. Studies show that students feel more confident and comfortable while sitting up straight rather than in a slumped-over position. You can explore this concept with your students before beginning the meditation by asking students what their bodies would feel and look like if they were sad, discouraged or worried. Once they've demonstrated these poses, ask them what their bodies would feel and look like if they were happy and confident.

The Hindu god Vishnu is known as the protector of the universe. He is seen here as the boar-headed *Varaha*, one of Vishnu's ten avatars that save the world from destruction. Varaha rescued the

Earth after she was taken captive by a demon and dragged to the bottom of the ocean. Here, Varaha stands in a heroic pose with his chest extended. His right leg is planted firmly on the ground and he leans into his left leg, which is bent to step forward. Echoing his bent left leg, his right arm is bent to flex his muscles and his hand makes a fist. His other arm is straight and his left hand presses down onto his raised thigh, lifting his broad shoulder upwards. His snout is also pointed upwards and the rescued Earth, in the form of a woman, is perched on its top.

**Look closely at Varaha and take on his pose.**

**Close your eyes and begin to scan your body by noticing how your feet, your legs, your arms, shoulders, neck and head feel in this position.**

**Take a few deep breaths and repeat to yourself:**

**"I am strong."**

**ABOVE:** *Varaha, the Boar Avatar of Vishnu*, India: Uttar Pradesh, Mathura, 5th century, The Norton Simon Foundation