

Preparatory Exercises

Feet: Toes-Heel Static

Starting Position: Elephant Pose

Phase 1: transfer the weight forwards and raise your heels, remaining in rest on the tips of the toes; maintain for 1 to 3 minutes.



Phase 2: transfer the weight on the heels, flexing the feet; maintain for 1 minute.

Return to the Elephant Pose and then unroll yourself, returning to the Mountain Pose.

Contraindications: cardiac pathologies, lower limb pathologies.

Benefits: stabilizes the ankles; makes walking light and elegant.