

Asana

## Archer Pose: Variation 1

*Akarna Dhanur Asana*

**Starting Position:** sitting with your legs outstretched and slightly separated.

Maintain the extension of your lower limbs and grasp your big toes with the middle finger, index finger and thumb of the corresponding hand. Breathe deeply.

Slide your right foot along your left thigh in the direction of the groin; consciously pull the right side of your abdomen inwards and open the hip as much as possible.

When feeling ready and while exhaling, bring your right foot near your right ear, as if it were a telephone receiver. Your right knee points outwards.

As it grasps the corresponding foot, your left hand facilitates the movement of your right foot towards your ear. In this position, breathing is fluid and spontaneous; maintain for 20-60 seconds. Release the position near your ear and straighten your leg until the right knee is completely extended. In this position, breathing is fluid and spontaneous; maintain for 20-60 seconds.



Repeat in the same way on the opposite side.

**Contraindications:** limiting pathologies of the hip, knees and the lower back.

**Benefits:** increases mobility and elasticity of the musculature and articulations of the pelvis; beneficially improves the functioning of the abdominal organs, in particular the liver and spleen; provides determination and increases willpower.