

Asana

Archer Pose

Akarna Dhanur Asana

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

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

Slide the right foot along the left thigh in the direction of the groin; consciously pull the right side of the abdomen inwards and open the hip as much as possible. When feeling ready and during exhalation, bring your right foot near your right ear, as though it were a telephone receiver; the right knee points outwards.

The left hand, attached to the corresponding foot, facilitates the movement of the right foot towards the ear. In the position, your breathing is fluid and spontaneous; maintain for 20 to 60 seconds. Repeat on the opposite side in an identical way.



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 the spleen; provides determination and increases willpower.