

Asana

Cross Bar Pose

Parigha Asana

Starting Position: on all fours.

First stretch one leg and then the opposite arm. When coming out of the pose, place your hand on the ground first and then the knee.

During the static phase, it should feel like you are being pulled from your heel and the tip of your middle finger. Keep your foot relaxed.

Maintain abdominal control before stretching your arm and leg, and during the entirety of the static phase.

The stretched hand can be parallel to the ground, or rotated by 45 or 90 degrees; the choice is determined by personal preference and shoulder mobility.

Practice fluid and spontaneous breathing; holding the pose for a minimum of 15 seconds and up to 1 minute.



Contraindications: serious knee related bursitis and arthrosis.

Benefits: deepens awareness of the body and its elongation; helps maintain a healthy and toned vertebral column and the entire supporting structure of the body.