

Asana

Cuckoo Pose

Sarika Asana

Starting Position: Squatting position, with the feet separated and open to shoulder width.

Place elbows on the inside of the knees and apply some contrasting pressure, pressing the knees against the elbows and the elbows against the knees. Each time, Mula Bandha is applied.

Separate the hands and bend the trunk forward to rest the palms on the ground.

Rise to balance on the hands, lifting the feet off the ground. Mula Bandha is applied before raising the feet off the ground and is maintained for the entire static phase. During the static phase, breathe spontaneously.

Maintain for a minimum of 10 seconds and up to 60 seconds. It may be preferable to repeat more than once for shorter periods rather than maintain once for a long time.



Contraindications: fragility of the wrists, arthrosis or arthritis in the joints of the upper limbs, overweight, groin strain, heart ailments.

Benefits: very beneficial for the uro-genital region and the functions related to it; strengthens the pelvic floor; improves the ability to concentrate, the sense of equilibrium and the health of the whole body.