

Asana

Eagle Pose: Variation

Garuda Asana

Starting Position: erect, feet together and knees slightly pressing against each other.

Round your back and bend the torso onto the lower limbs as you slide backwards with the barycentre and bend the knees. Keeping your stomach adherent to the thighs, slide the knees forward, the barycentre further backwards and lengthen the spine, bringing your torso parallel to the ground. Extend your head and align the back of your neck with the sacral bone. Then open your arms to the sides with the palms facing down.



Keep your gaze directed towards the ground exactly under your eyes. Have your weight on the anterior part of the feet, arms aligned and breathe deeply.

Contraindications: nothing in particular.

Benefits: reinforces and creates elasticity in the lower limbs; exercises a decisive vertebral stretch and brings awareness of the alignment between the sacrum and the neck – an awareness that comes to be maintained in the erect position, thus favouring an improved postural equilibrium.