

Asana

Eastern Intense Stretch Pose 2

Vakra Purva Uttana Asana

Starting Position: sitting with your legs outstretched and your feet separated a little more than shoulder width apart.

Rotate your torso and bring your right hand behind your back at about 20-30 cm from the glutei, leave your left arm resting gently on your right leg.

Your head rotates with your torso and your eyes are focused without tension on the hand placed on the ground.

While exhaling, raise your body, with your glutei acting as the center of the movement. In order to raise up, execute a double movement: slide forward by flexing your knees, then push with your feet, engage your glutei and perform the final stretching and rotation.

Your feet remain parallel and in contact with the ground; your pelvis is as horizontal as possible; your right arm is relaxed and allowed to find its own position; your gaze is directed at the hand on the ground. Repeat on the opposite side in a similar way.



In the execution of this Asana, there is often a significant difference between one side and the other. Insist with moderation on the side that is weaker or less flexible.

Contraindications: disorders of the wrist or shoulder, certain pathologies of the lumbar region, over-weight.

Benefits: strengthens arms and the whole posterior part of the body; beneficial for the urogenital system, favors purification of the body and psychosomatic integration; strengthens will and decision making capacity.