

Asana

Elephant Pose: Dynamic Sequence

Gaja Asana

Starting Position: erect with feet parallel on the outer edges and separated hip width apart, or at most separated to the width of your shoulders.

While exhaling, bend your neck and torso and slide into the Elephant Pose.

While inhaling, and with the sensation of re-inflating the body, slowly move back to the standing position.

Repeat from 3 to 11 times.

After the last repetition, stay in Elephant Pose for about 15-30 seconds.



At the end of the exhalation, while inhaling, move down into Squat Pose. While exhaling, move back up into Elephant Pose.

Repeat from 3 to 11 times.

After the last repetition, move back into Elephant Pose and then return to the starting position.

Stretch your arms upwards, and move down into Squat Pose. Then from the Squat Pose move back into Elephant Pose; the circuit ends with the move into Erect Pose.

Repeat from 3 to 11 times.



Contraindications: heart troubles; joint movement limiting pathologies.

Benefits: strengthens back and legs; improves perception of the barycentre and helps physical and psychological centering; deepens the breath; increases resistance to fatigue, especially when practicing the sequence often and with many repetitions.