

Asana

Elephant Pose with Crossed Legs

Gaja Asana

Starting Position: erect.

Cross your legs and form a triangle with your feet; your heels remain well separated while the little toes of each foot make contact with each other.

Your big toes are firmly pressing down towards the ground for the duration of this exercise.



While exhaling, softly flex your torso; during this movement, your barycentre slides back.

In this position the big toes and the internal part of your feet remain adherent to the ground. Your torso, head, face muscles, arms, and shoulders are relaxed. The position is completely passive.

Your breath expands the abdomen, which remains relaxed; alternately, you can breath into your back. Your barycentre remains backward for the entire static phase; the anterior leg keeps the posterior leg straight.

Before returning to the Erect Position, press one leg against the other to augment stability. The static phase is maintained for 1-5 minutes on each side.

Invert the cross of your legs and repeat.

Contraindications: ailments of the upper part of your body, like glaucoma, dizziness, abscesses, and aneurysms.

Benefits: with respect to the classic position, the distension of the lumbosacral region is gentler and yet more pronounced at the same time.