

Asana

# Elephant Pose

*Gaja Asana*

**Starting Position:** erect with your feet separated hip width apart, or at most as wide as your shoulders. Keep them parallel on the outer edges.

Relax your body, starting from the top as though your head, neck and torso are progressively deflating. Your head comes down first and then follows the torso until it is completely bent onto your lower limbs; your barycentre slides backwards with the downward movement of your torso. Your legs are relaxed and your knees are slightly bent (or significantly bent in case of lower back problems).

In the pose, the torso, head and arms are completely relaxed; your upper limbs can also be crossed, in which case your forehead can rest on your forearms. The position is totally passive. While in the pose, your breathing expands your abdomen, which remains relaxed especially on the sides.



Maintain the position for 1-10 minutes.

**Contraindications:** problems in the upper part of your body such as glaucoma, aneurysms, abscesses, dizziness, phlogosis, etc.

**Benefits:** anti-fatigue pose and a tonic for the heart and for blood circulation, beneficial for the cervical vertebrae and the whole spine; guarantees excellent oxygenation of all organs of the head; calms thoughts and deepens psychophysical relaxation.