

Asana

Half Circle Pose: Dynamic

Ardha Chakra Asana

Starting Position: erect, with your feet separated shoulder width apart and parallel.

While breathing in, move your right arm up and rotate it backwards with a slight torso rotation. When your right arm moves down, the left one moves up. Maintain a full retention.

Moving back to the erect position, your right arm moves up rotating backwards and the left one moves down. Maintain a full retention.

While breathing out, your right arm moves down.

Invert and repeat. Practice from 3 to 15 repetitions on each side.



Contraindications: none.

Benefits: brings flexibility to vertebral column; deepens breath; increases body agility.