

Asana

# Half Moon Pose

*Ardha Chandra Asana*

**Starting Position:** erect, feet separated a little more than the width of the shoulders.

Rotate the right foot by 30 degrees inwards and place the fingertips of the right hand 20-40 cm in front of it. Balancing on the right foot, raise the left leg so that it becomes parallel to the floor.

Once the posture is assumed, the trunk and the raised leg remain aligned; the right hand can remain on the floor, or can be raised; the supporting leg remains perfectly stretched, with the angle between the legs a little more than 90 degrees. The foot of the raised leg remains parallel to the floor, with the toes slightly turned downwards. Gaze directed towards floor, just in front of the supporting foot; spontaneous breathing.



Maintain from 20 seconds up to a maximum of 60 seconds. Repeat in an identical way on the opposite side.

In order to learn the correct alignment it is possible to use a wall as witness.

**Contraindications:** serious pathologies of lower limb joints.

**Benefits:** very useful for improving the sense of equilibrium and the distribution of weight on the lower limbs; reinforces and renders elastic the musculature of the feet and the lower limbs; stimulates the pelvic organs; improves perception of the centre and the awareness of the perineal region and the lower abdomen; helps in reducing excess fat and liquids in the thighs and the glutei.