

Asana

Hanuman Pose 1

Hanuman Asana

Starting Position: with feet as wide as hips, bent knees and hands near feet, take a big step backwards. Or start from the Meru Mountain Pose and bring one foot forward. Make sure that your feet are in line with the hips.

The knee of the front leg stays in line with the space between second and third toe and does not stretch beyond the line of the toes; best if it stops almost above the ankle. The sole of the back foot is almost perpendicular to the ground.

Front knee and back heel pull towards opposite directions; the pelvis is squared.

The knee of the back leg does not touch the ground. Keep the back leg well stretched and stable, with the help of the corresponding gluteus.

Gaze directed slightly towards the side of the forward leg; breathing is calm and deep.

Position is maintained for a minimum of 20 seconds, up to a maximum of 1–2 minutes.



Contraindications: knees and generally, lower limb related pathologies.

Benefits: improves sense of balance, strengthens legs; on a psychological level, aids with a feeling of security and decision-making.