

Asana

Head to Knee Pose

Janu Shirsha Asana

Starting Position: seated.

Stretch and open your lower limbs, then bring one foot in contact with the opposite thigh; your heel towards your groin; pelvis squared as much as possible.

While pressing the ischium corresponding to the outstretched leg into the ground, rotate your pelvis towards the outstretched leg. Draw your lower abdomen inwards and then bend from the hips, searching for contact of your stomach, then of your chest, and finally of your face with the leg. The movement of the torso towards the outstretched leg is constant and always in the same direction; when your limit is reached, stop, try to relax, and eventually move a little more along the same axis.

Practice fluid and spontaneous breathing, which is felt in your back and in your sides; hold the pose for at least 30 seconds and up to 2-3 minutes.



Anyone who finds the position too difficult or tiring can use this variation: bring the left ankle under the right knee and then flex the torso on the right leg. For the rest, follow the instructions set out for the full version.



Contraindications: slipped or herniated disc.

Benefits: increases mobility and elasticity of the vertebral column; invigorates the nervous system; activates pelvic and abdominal organs.