

Asana

# Intense Pose

*Uttana Asana*

**Starting Position:** erect, feet close together.

Firmly press one knee against the other so as to naturally perform Mula Bandha. Inhale and raise your arms upwards. While exhaling and shifting the barycentre back, bend your torso onto the lower limbs; maintain spontaneous breathing.

The position can be held from 30 seconds to 2 minutes.



**Contraindications:** abscesses; phlogoses of neck and head area; glaucoma; heart trouble. Incorrect execution of the posture when suffering from protrusions or hernia in the lumbar region can cause harm.

**Benefits:** deep relaxation of the diaphragm; activates digestive functions, lymphatic drainage and purification of the body; increases agility and helps control weight. When lengthening the static phase of the posture, its action on the nervous system is similar to those of reversed positions.