

Asana

## Legs at Right Angle

**Starting Position:** supine, lengthen the cervical region, lightly closing your chin.

Tucking the abdomen inwards, stretch the lower limbs upwards; in order to guide the movement, imagine that the heels push upwards delicately. The breath expands your thorax, especially sideways; Ujjayi breathing would also serve well.

It is possible to insert movements of your ankles.

For a prolonged static period, keep your legs against the wall or a cushion under your pelvis.



### Dynamic Phase

Grasp your big toes. With your feet together and your lungs empty, inhale and spread your legs while engaging Mula Bandha. Exhale as you close your legs. It is also possible to insert a static phase with your legs spread for 30-90 seconds.



**Contraindications:** only for the dynamic phase, coxarthrosis of a notable kind.

**Benefits:** drainage and decongestion of lower limbs and abdomen; favours deepening of thoracic breathing; renders the perineal region elastic and strong thus beneficially affecting the whole body; positive action on constipation and fatigue. The dynamic phase is very energizing.