

Asana

Locust Pose 1

Salabha Asana

Starting Position: prone.

Tilt the pelvis backwards, bring your heels and knees together and lightly press them against one another before arching; this pressure (especially on the heels) is maintained during the entire static phase of the asana.

The action of your glutei is fundamental to entering and maintaining the posture. They are closed inwards and upwards completely, as is the pelvic floor.

The back of your head is in line with your torso. Your gaze is directed towards your forehead. Your shoulders are pulled down. Your breath is directed where the pressure of the abdomen on the floor is strongest.



Maintain the sensation of being pulled in opposite directions by your heels and the crown of your head (polarity), and the sensation of the back of the head lifting.

Your upper limbs can be maintained in different ways: with your hands together behind the pelvis, creating traction towards the feet to favor extension of the back, or with hands on the ground on the sides of the chest to support the trunk, or with your hands stacked on your forehead: with this variation it's easy to maintain a straight neck in line with your back. There are other variations possible, which are not described here.

The static phase is maintained for 15–60 seconds.



Contraindications: even though the arch is less than 30 degrees and therefore not dangerous, it is better to avoid the posture when suffering from some kinds of lumbago and slipped disc, especially if the paravertebral musculature is rigid.

Benefits: purification and equilibrium in the functions of urogenital system; strengthens glutei and back; increases physical and psychological resistance and will power.