

Asana

Locust Pose 2

Salabha Asana

Starting Position: prone, with the arms alongside the torso.

Close the hands into fists and place them underneath the pelvis, with the thumbs towards the ground; neck extended and chin pointing towards the ground.

Press the heels against each other and engage Mula Bandha; press the fists into the ground and with a contraction of the glutei and dorsal musculature, raise the legs and pelvis off the floor.

Maintain the position from 15 up to 60 seconds; spontaneous breath, gaze directed towards the centre of the forehead.

Multiple repetitions are recommended (around 3, with a short static phase).

N.B. One may also keep the hands on the sides of the hips, with palms on the ground and raise the legs with knees bent.



Contraindications: lumbar and cervical region pathologies; heart troubles.

Benefits: especially useful for rebalancing the uro-genital system; favours purification of the body; significantly reinforces the glutei and back; tones and strengthens the perineal region.