

Asana

# Locust Pose, Variation 1

*Ardha Salabha Asana*

**Starting Position:** prone with your forehead on the floor and your arms alongside your ears.

While inhaling, lift your right arm and your left leg. Hold still for 7–10 seconds. While exhaling, bring down both your arm and your leg; alternate and repeat.

Avoid lifting your foot too much; the crests of the ilium are always kept in contact with the ground. The lifted foot is relaxed; the pushing action of the gluteus corresponding to the lifted lower limb is precise. Your head moves until you can see the lifted hand. Your lifted hand can be horizontal, at 45 degrees, or with the palm facing towards the inside; be aware of your shoulder's agility and act accordingly.

It is useful to cultivate a feeling of being stretched, as though being pulled by the heel and the tip of your middle finger; the upper and lower limbs in contact with the floor are relaxed. The exercise is repeated from 10–30 times.



**Contraindications:** none.

**Benefits:** prepares for the static variation of the posture; tones the body, especially the posterior part and the paravertebral musculature in a selective way; increases the sensitivity to elongation, which is useful in all postures, in particular when erect or seated.