

Asana

Meru Mountain Pose, Dynamic 10

Meru Asana

Starting Position: Meru Mountain Pose.

Raise the right leg up high and stabilize in the position. Exhale, tilt forward with the body and bring the right thigh near the abdomen; from here continue until the right knee touches just above the left elbow. At this point, if possible, stretch the right leg a little. Inhaling, return the right leg to its previous raised position.

Repeat from 3 to 7 times, return to the Meru Mountain Pose by placing the right foot on the ground, and then repeat an equal number of times on the opposite side.



Contraindications: fragility of the wrists, scapulothoracic periarthritis, advanced arthrosis, and other serious ailments of the shoulders; inflammations in the abdominal area.

Benefits: compared to the classic pose, it improves the all-round perception of the body and the awareness of movement along the horizontal plane; reinforces the abdominal region and especially improves the functioning of the liver, spleen and intestines.