

Asana

Meru Mountain Pose, Dynamic 2

Meru Asana

Starting Position: Meru Mountain Pose.

It is possible to start from a position where the heels are raised off the ground, or one where the heels are in contact with the ground.

Then raise one heel while the other stays in contact with the ground; invert and repeat immediately after.

Spontaneous breathing.

Repeat a minimum of 10, up to a maximum of 21 complete passages.



Contraindications: fragility of the wrists, scapulothoracic periarthritis, advanced arthrosis, and other serious ailments of the shoulders.

Benefits: compared to the classic position, it augments the mobility of the ankles and the elasticity of the muscles of the leg.