

Asana

Meru Mountain Pose, Dynamic 3

Meru Asana

Starting Position: Meru Mountain Pose.

Bending the knees and inhaling, bring the thighs close to the stomach, maintaining the vertebral column in elongation.

Exhaling, straighten the knees and, if possible, touch the ground with the heels.

Repeat from a minimum of 10 to a maximum of 21 complete passages.



Contraindications: fragility of the wrists, periarthrosis of the shoulder joint, advanced arthrosis of the shoulders or serious disturbances of the same.

Benefits: with respect to the classic position, it augments the mobility of the ankles and the elasticity of the muscles of the legs; deeply stretches the lumbosacral region and relaxes all tensions there.