

Asana

Meru Mountain Pose, Dynamic 4

Meru Asana

Starting Position: Meru Mountain Pose.

While inhaling, move to Plank Pose; the abdomen is engaged and restrained, the elbows are slightly flexed.

While exhaling, return to the Meru Mountain Pose.

Repeat from a minimum of 5, up to a maximum of 11 passages.



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

Benefits: compared to the classic pose, it significantly strengthens the arms, shoulders, back and abdomen; increases aerobic resistance and awareness of the integration of mind-body-breath.