

Asana

Meru Mountain Pose, Dynamic 5

Meru Asana

Starting Position: Meru Mountain Pose.

Raise the right leg, and then while inhaling, raise the left heel; exhaling, return the same heel to the ground.

While remaining stable with the right leg raised, inhale and repeatedly raise the left heel, from a minimum of 5 and up to a maximum of 21 times.

Lower the right leg and stabilize, 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.

Benefits: compared to the classic pose, it increases strength and elasticity of the calves.