

Asana

Meru Mountain Pose, Dynamic 7

Meru Asana

Starting Position: Meru Mountain Pose.

Raise the right leg and stabilize the position for a few moments.

While exhaling, bring the right thigh close to the abdomen, shift the body forward and try to touch the right upper arm with the right knee. Inhaling, return to the position where the right leg is raised high.

Repeat a minimum of 3 times, and a maximum of 11 times. Repeat in an identical way on the opposite side.



Contraindications: fragility of the wrists, scapulohumeral peri-arthritis, advanced arthrosis, and other serious ailments of the shoulders; inflammations in the abdominal area.

Benefits: compared to the classic pose, it reinforces the abdominal musculature in an especially profound way; improves perception of the body and awareness of movement along the horizontal plane.