

Asana

Meru Mountain Pose, Dynamic 8

Meru Asana

Starting Position: Meru Mountain Pose.

While inhaling, bring the right thigh close to the abdomen, then place your right foot next to the corresponding hand (Equestrian Pose – Ashwa Sanchalana Asana); exhaling, return to the Meru Mountain Pose.

While inhaling, bring the left thigh close to the abdomen, and from here enter the Equestrian Pose; exhaling, return to the Meru Mountain Pose.

A minimum of 5 and up to a maximum of 15 repetitions for each side.



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

Benefits: compared to the classic pose, it improves integrated perception of the body and the perception of the flow of energy.