

Asana

Meru Mountain Pose, Dynamic 9

Meru Asana

Starting Position: Meru Mountain Pose.

Raise the right leg up high and stabilize in the position. Flex the right knee and, using the strength of the right arm, impart a rotation to the whole body, starting from the right hand and affecting the whole trunk, hips and the right knee.

Hold the pose for 15 to 30 seconds, then stretch the right leg, realign the body, and then place the right foot on the ground.

Repeat on the opposite side. It is possible to do even more repetitions, but always with great moderation and care.



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

Benefits: compared to the classic pose, it improves the sense of equilibrium and the all-round perception of the body; moreover, the action of external rotation specially affects the lumbosacral region and the coxofemoral articulation in a favourable way.