

Asana

Meru Mountain Pose with Rotation

Parivritta Meru Asana

Starting Position: Meru Mountain Pose.

Stabilize the position and become aware of the tip of the sacral bone, the perineum and the lower abdomen.

Without moving the hips (maintaining a stable centre), raise the left hand, rotate the trunk from its base, and grasp the right ankle with the left hand. Increase the rotation by pulling at the ankle with the left hand, but with delicacy.

Breathe spontaneously. Hold for 30 seconds up to 90 seconds; repeat in an identical way on the opposite side.



Contraindications: fragility of the wrists, periarthrosis of the scapulo-humeral joint, advanced arthrosis or serious shoulder related ailments.

Benefits: improves mobility of the vertebral column and the sense of equilibrium, even more so than the classic posture.