

Asana

Meru Mountain Pose

Meru Asana

Starting Position: Child's Pose, with your arms stretched forwards.

To perform this Asana, it is necessary to smoothly and consecutively execute four phases: align your arms with your torso and the back of your head to place the cervical and dorsal vertebrae in line with each other; then pull your abdomen inwards and move your pelvis in the direction opposite to the back of your head; finally, move your heels down to the ground.

This pose is effective even when your heels are not placed on the floor: moving your heels down is not fundamental but secondary. When suffering from problems in the lumbar region, it is fine to execute the last phase with bent knees.

The pressure of your hands on the floor is constant during the static phase to prevent your shoulders rolling towards your head. The push originates in the lower outside edge of the palm, and emanates and moves straight along the sides. Your shoulders are never overly strained.

Keep your gaze towards your navel, the electric center of the human body.

The pose is held for a few seconds up to 7 minutes.



Contraindications: fragile wrists, scapulothoracic periarthritis, serious arthrosis or troubles in the shoulder region.

Benefits: helps correct many different weight-bearing and postural defects; improves breathing, strengthens shoulders and increase their mobility; a wellness exercise for the whole body.