

Asana

Mountain Pose, Dynamic Variation

Tada Asana

Starting Position: erect, with the feet parallel on the outer edges and hip width apart.

While exhaling, lift the arms upwards.

While inhaling, lower the arms in line with the shoulders, keeping the forearms and the hands vertical.

While exhaling, lift the arms upwards again.

The movement of the upper limbs is always fluid, never forced, and well synchronised with the breath.

Keep a gentle abdominal control and maintain awareness on the centre of gravity.

Repeat from 5 to 30 times.



Contraindications: shoulder related pathologies with movement restrictions.

Benefits: prepares and completes the static phase; develops balance between the muscular chains; relaxes the diaphragm and deepens the breath; favours contact with both telluric and celestial energies. It promotes willpower and decision-making.