

Asana

Pyramid Pose

Starting Position: erect, with feet wide apart and rotated out by approximately 45 degrees; lungs empty, hands joined above head.

While inhaling, bend the knees and bring the hands in front of the chest; while exhaling, bring the hands back up and straighten the legs; repeat 3 times; the breath can be reversed.

When coming down for the fourth time, stop and hold the pose for 30 seconds or more. It is important to keep the knees in line with the feet.



Contraindications: knee related pathologies.

Benefits: increases leg strength; balances and improves awareness of the barycentre.