

Asana

Reclining Big Toe Pose

Supta Padangusta Asana

Starting Position: supine.

Phase 1: grasp the right big toe and stretch the leg upward. Your heel pushes upwards and backwards; its action is fundamental for stability in the posture. The lifted leg should be as straight as possible and perpendicular to the floor; if necessary, use a yoga strap. The rest of the body, especially the shoulder corresponding to the lifted leg, is relaxed.



Phase 2: With a movement akin to a screw, with the perineum as its fixed point, lift your head and trunk and move them towards the static extended leg.

The diagonal position of the arm opposite to the lifted leg favours the movement of the trunk. Hold for at least 20 seconds.

Phase 3: start again from phase 1, straighten the leg upwards, and open it towards the right, maintaining an angle of 90 degrees with the trunk.



Try to keep the gluteus opposite to the lifted leg stable and hold the pose for at least 20 seconds.



Phase 4: again, start from phase 1. Repeat phase 2 and then pass the left hand behind the heel; while exhaling, pull the leg towards the face.

The lifted leg remains stretched and straight while the other one is relaxed and stretched out. Hold for at least 20 seconds.

Contraindications: serious coxarthrosis; some typologies of slipped disc (especially when performing phase 3).

Benefits: pose of great effectiveness, favours health of the digestive organs and in general of the pelvic and abdominal organs; makes the body strong and agile; relaxes the nervous system.