

Asana

Spinal Column Pose

Meru Danda Asana

Starting Position: sitting with crossed legs.

Loosen the legs and bring the soles of your feet in contact with each other. With the index finger, middle finger and thumb of each hand, grab the corresponding big toe. Move so as to balance on the ischia and seek a state of stability in balance.

Phase 1: While inhaling (if possible practicing Ujjayi breathing), stretch each leg alternately. Keep the gaze fixed but relaxed and maintain abdominal control.

Phase 2: Inhale and spread both legs simultaneously, then rejoin the soles of the feet.



Phase 3: Spread both legs and then join them in front of you, maintain the posture without moving. Your elbows open externally. Maintain subtle breathing and abdominal control.

The gaze remains softly fixed on a point. Gazing slightly up facilitate execution and helps keep the spine straight.

Contraindications: coxarthrosis in advanced stage.

Benefits: improves concentration, sense of equilibrium and psychosomatic integration; benefits pelvic and abdominal organs.