

Asana

Squat or Garland Pose: Dynamic Variation

Mala Asana

Starting Position: erect with your feet parallel and hip or shoulder distance apart.

While exhaling roll down into Elephant Pose then bend the knees and move into Squat Pose, with your arms extended in front of you. Inhale, and while exhaling move your arms up. Inhale again, and while exhaling open your arms laterally. Inhale a third time, and while exhaling extend your arms forward again.

Repeat this cycle 3-11 times. Then deeply relax your torso between your knees for 10-120 seconds.

Breathing: deep in the first phase, and spontaneous in the relaxation phase.

Note: if it is tiring or impossible to execute with feet fully grounded, place something under the heels for support.



Contraindications: limiting pathologies of the ankles, knees and hips.

Benefits: improves mobility of the lower limb joints; profound relaxation throughout the lumbar-sacral-coccygeal region; favours purification of the body; improves the connection with the earth element, proper posture and deambulation, alignment and elongation of the spine; helps with constipation.