

Asana

## Suspended Pose

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

From Tada Asana, glide into the Elephant Pose (Gaja Asana); without pausing the movement, keep your lower abdomen adherent to your thighs and move your arms up away from the floor, allowing the knees to glide forward. The torso follows the arms, the transition is firmly supported by the legs. Bring torso and arms up, keeping your knees gently bent and arms raised high, with your hands together or separated, as preferred.

The pelvis remains very mobile, and your breathing fluid.

Maintain for a minimum of 30 seconds, up to 180 seconds.



**Contraindications:** gonarthrosis of a notable type, marked hallux valgus (for the variation performed on tiptoes).

**Benefits:** improves equilibrium and perception of the barycentre.