

Asana

Tiger Pose

Vyaghra Asana

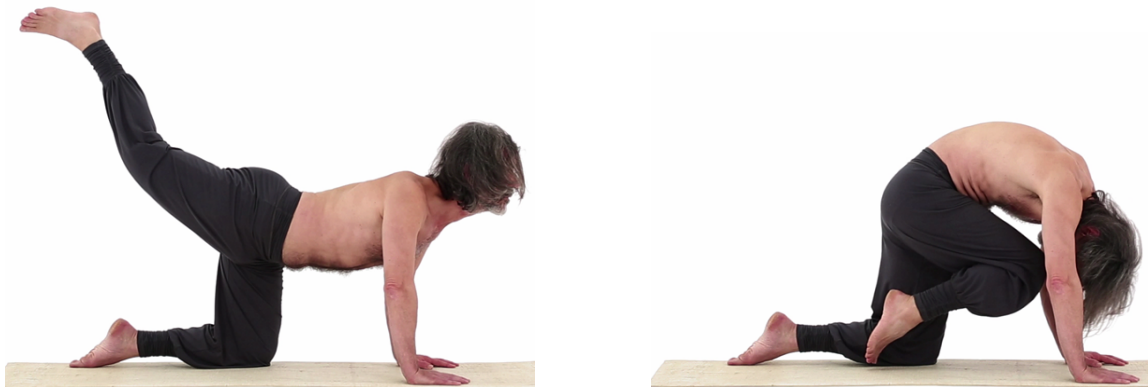
Starting Position: on all fours; knees as wide apart as the hips and your arms and thighs perpendicular to the floor.

While inhaling, lift your leg backwards and upwards and extend your back and neck. Keep your knee bent so that your heel moves upwards, not backwards.

While exhaling, bring your thigh towards your belly and your chin towards your chest, moving your knee and chin as close as possible or until they are in contact. Your chin closes when your knee completes its movement; a correct and complete movement engages your abdomen starting from the pubic region.

Your foot never comes in contact with the ground; if you are having problems with your wrists, place your fists on the floor.

Perform 5 to 11 repetitions for each side, practicing deep breathing.



Contraindications: wrist and knee related pathologies.

Benefits: engages the whole body and confers perception of symmetry; excellent to deepen and balance breathing; activates pelvic and abdominal organs; balances polarities; improves coordination between movement and breath.