

Asana

Tiptoe Pose

Utkata (Prapada) Asana

Starting Position: erect with your heels joined and your feet rotated 30–45 degrees on the external side.

Before assuming the static position, perform some dynamic passages: inhaling, bend your knees, keeping your spine aligned; your knees move forward like you are closing a drawer. As you exhale, return to the Erect position, in this case the mental image is of closing an open drawer with your glutei. You can repeat 3–7 times, then remain in the position.

By bending the knees its possible to keep your arms forward, parallel to the floor and open on the line of the legs. On the returning phase, bend your elbows opening them outwards as you move your hands to the waist to favor the posterior shift of the pelvis.

In the final position your knees are parallel to the floor or slightly inclined towards the ground; your pelvis is in line with your spine, your head is centered and your gaze is still and soft.

Your hands can be placed on your knees, joined in front of your chest, or raised above the head and open to the side. Alternatively, it is possible to perform any other Mudra.

Breathing is deep and slow; it is good to use Ujjayi breathing. Hold the pose for a minimum of 30 seconds and a maximum of 3 minutes.



Contraindications: gonarthrosis, serious arthrosis of the big toe, bunions.

Benefits: strengthens the feet and the lower limbs in general; increases joint elasticity; stimulates blood circulation and deepens perception of barycentre and equilibrium.