

Asana

Balance Wheel

Starting Position: sitting in Thunderbolt Pose (Vajra Asana).

Move both feet to the same side, and cross your ankles; maintain abdominal control, keeping your shoulders aligned with your sides and your ear lobes in line with your shoulders.

Stretch your arms upwards, keeping them in line with your ears, with your fingers clasped together, palms facing upwards. Stretch your torso towards your legs; the opposite side of the torso expands. Direct a deep and complete breath into this area.



Hold the static phase of the posture for 30–120 seconds.

Contraindications: painful or limiting knee and shoulder related pathologies.

Benefits: balances energy, deepens breathing, mental clarity and perception of lateral space.