

## Asana

# Bowing Pose

**Starting Position:** erect with knees joined and tips of toes apart.

One foot moves one step forward along the axis of the third toe; hands are joined at the back, fingers interlinked (or better, the hand opposite to the forward leg grasps the other wrist).

The movement requires a backward shift of the barycentre. The twist is performed along the middle line of hips with the help of the hands: the hand corresponding to the forward leg is slightly drawn in the opposite direction. The flexion of the leg is from side towards shoulder; head directed towards foot.

Foot may be lifted or not; lifting the tips of toes (as shown in picture) significantly increases perception of the backward sliding.



Pose is kept stable for a minimum of 20 seconds, up to a maximum of 2 minutes. It is repeated in an identical way on the other side.

**Contraindications:** some types of slipped disc.

**Benefits:** very precise awareness of the barycentre; perfects movement and improves agility; improves mobility and flexibility of the entire body, especially spine and pelvis; increases psychological security.