

Asana

Camel Pose, Dynamic

Ustra Asana

Starting Position: Thunderbolt Pose (*Vajra Asana*).

While bringing the right arm up, inhale, clench the glutei and rise from the Thunderbolt Pose until balanced on the knees; rotate towards the right and bring the right hand onto the right foot while synchronously straightening the left arm upwards (keep it perpendicular to the floor).

Briefly hold the breath as you move the right arm up and lower the left one; while exhaling, lower the right arm on the right thigh and sit back down on the heels.

Repeat in the same way on the other side. Movement is fluid and continuous, gaze can be directed towards upper or lower hand; repeat at least 6 passages and up to a maximum of 18 passages in total.



Contraindications: discopathy, slipped disc, abdominal and groin hernia (because the diaphragm moves downwards and pushes ligaments from inside when inhaling); disc protrusion, labyrinthitis, knee related troubles. If suffering from problems in the knees, start from the upward position and practice without moving up and down.

Benefits: increases agility and flexibility of the whole body, particularly the spine, deepens breathing; prepares for the static pose.