

Asana

Lateral Cross Bar Pose

Parshva Parigha Asana

Starting Position: Thunderbolt Pose.

The foot of the open leg is rotated externally by 45 degrees, internal malleolus along the axis of the knee; complete adherence of the foot and the big toe with the ground. Stretch upwards before opening to the side.

The lifted arm is kept in line with the trunk; fingers stretched. The head is slightly bent to the side opposite to the open leg.

Keep careful control over the abdomen. Breath opens the side of the trunk opposite to the open leg, from the hip to the armpit.



Hold pose for a minimum of 30 seconds and to a maximum of 120–180 seconds.

Contraindications: knee bursitis, gonarthrosis, lesions of the meniscus. Moderate troubles can be obviated with the use of a thin folded blanket.

Benefits: improves breathing; expands chest; favours blood circulation; stimulates immune system.