

Asana

Meru Mountain Pose, Dynamic 1

Meru Asana

Starting Position: Meru Mountain Pose.

Stabilize in the position and become particularly aware of the sacrum, the perineum and the lower abdomen.

While exhaling, move chin close to the manubrium of the sternum and inhaling, stretch the chin away from the manubrium of the sternum.

Repeat from a minimum of 5 and up to a maximum of 21 complete passages.



Contraindications: fragility of the wrists, scapulohumeral periarthritis, advanced arthrosis, and other serious ailments of the shoulders.

Benefits: compared to the classic position, it reinforces the neck, and the shoulder region.