

Asana

# Meru Mountain Pose, Dynamic 11

*Meru Asana*

**Starting Position:** Meru Mountain Pose

While inhaling, tilt forward with the body to assume the Lifted Cobra Pose (Cobra Pose 2 with toes tucked under and knees off the floor); the thrust originates in the heels and it is necessary to apply Mūla Bandha and close the glutei inwards with a certain force.

Exhaling, return to the Meru Mountain Pose.

Repeat from 3 to 11 times.



**Contraindications:** fragility of the wrists, scapulohumeral periarthritis, advanced arthrosis and other serious ailments of the shoulders; slipped discs, cardiac ailments.

**Benefits:** compared to the classic pose, it reinforces the shoulders, back and breathing; it is very activating and increases the purification of the body.