

Asana

Meru Mountain Pose, Dynamic 12

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 Mula Bandha and contract the glutei inwards with a certain force. At the end of the extension and having held the breath for 3 to 5 seconds, rotate the head and the upper part of the trunk towards the right, as though looking at the heels.

Exhaling, return to the Meru Mountain Pose and repeat in an identical way, performing a rotation towards the left. Repeat from 3 to 6 times on both sides.



Contraindications: fragility of the wrists, scapulothoracic periarthritis, advanced arthrosis, and other serious ailments of the shoulder.

Benefits: compared to the classic posture, it improves synchronicity of complex movements of the body; refines awareness of psychophysical unity; favours purification of the body; reinforces back, glutei and shoulders.