

Asana

Meru Mountain Pose, Dynamic 6

Meru Asana

Starting Position: Meru Mountain Pose.

While inhaling, lower into the Crocodile Pose. Descend until horizontal and also perform the dynamic phase of the Crocodile Pose – ready to pounce – and then raise the head and shoulders a little. Maintain maximum abdominal control.

While exhaling, return to the Meru Mountain Pose.

Repeat from a minimum of 5, and up to a maximum of 11 times.



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

Benefits: compared to the classic pose, it significantly strengthens arms, shoulders, abdomen and back; improves the perception of the body and the awareness of movement along the horizontal plane; helps remove tension and aggression and increases psychological security.