

Asana

Meru Mountain Pose: One Hand, One Foot

Meru Asana

Starting Position: Meru Mountain Pose.

When comfortable and stable in Meru Asana, lift the right leg until it's in line with the torso and arms.

Become stable in this position with only three supports; then lift the hand and bring the arm back with great care until it's parallel to the floor.

Hold the pose for 30-60 seconds, then place the hand on the ground and lastly the foot.

Repeat on the other side.



Contraindications: wrists fragility, scapulohumeral periarthrititis, serious arthrosis or troubles in the shoulder area.

Benefits: compared to the classic pose, this variation strengthens the body more and increases the sense of balance.