

## Pranayama

# Pendulum

**Starting Position:** standing with your feet parallel and hip- or shoulder-width apart.

Squat down, keeping your torso straight and your heels on the floor; bend your elbows and bring your hands in front of the shoulders (palms facing forward, elbows at the sides of the knees). Your head is in line with the torso, gaze forward.

Exhale completely.

Inhale and straighten your legs and arms while bending your torso to the right; the barycentre shifts to the left. Arms, body and breath move in sync. Exhale and return to the squat, reversing the movement.

Alternate sides and repeat from 3-21 times on each side, and up to 3 cycles.



Ending on the side opposite to the one you started with, squat down, then move into Gaja Asana and finally roll yourself up. Relax in Tada Asana; breath naturally and keep your eyes open or half closed. Sense the balance and stability of your body.

**Contraindications:** important heart troubles; hip or knee related pathologies; slipped disc.

**Benefits:** strengthens the body; increases aerobic tolerance; boosts the sense of balance and the awareness of the barycentre. Helps reduce excess fat.