

Asana

Pose Dedicated to the Goddess Durga

Durga Asana

Starting Position: erect with your feet separated hip width apart; activate your feet especially your toes.

As in the Lion Pose, it is about making energy rise through the body and projecting it outwards especially through your fingers and your tongue.

The energy flux is fast and starts from your feet. It activates through a compression of your toes, especially the big toes, which push against the ground like claws.

Starting at the bottom of the body, the energy flux moves upwards and, during exhalation, travels up through your legs and torso, your shoulders and throat and is projected outwards through your arms, fingers and tongue as you stretch them out and move the gaze up.

Very important points in the execution of this technique:

- Toes
- Perineum
- Upper abdomen
- Throat



Practice a minimum of 3 repetitions and up to 7.

Contraindications: overdoing it can make throat irritated and lower the voice.

Benefits: purification of energy channels of the entire body; helps to overcome many inhibitions; improves diction and is thus useful when suffering from a stammer.