

Asana

# Pose Dedicated to the Goddess Parvati

*Parvati Asana*

**Starting Position:** sit with crossed legs, if possible in the Lotus Pose. As an alternative, sit in the Thunderbolt Pose.

Prepare for the pose by taking a few complete breaths.

Interlace your fingers and stretch your arms upwards so as to create a continuous line with the torso, the neck, the head and the upper limbs. The inner upper edges of the shoulder blades feel near to each other. Hold the pose, breathe completely and deeply.

The hands maintain a measured but constant tension upwards.

The static phase is maintained for a minimum of 30 seconds up to a maximum of 5 minutes.



**Contraindications:** scapulohumeral joint related pathologies.

**Benefits:** this position especially enhances one's concentration capacity; deepens and balances breathing; corrects poor posture.