

Asana

## Pose Dedicated to the Sage Marichi

*Marichi Asana*

Marichi is the son of Brahma, the cosmic creator. He's one of the rishis, the "seers", who intuitively "see" and declare the divine law of the universe, the dharma. Marichi is the great-grandfather of Manu, the Vedic "father" of humanity.

**Starting Position:** sitting with legs outstretched.

Bend the right knee and bring the right heel close to the corresponding gluteus.

Pass the right hand in front of the right leg and take it behind the back, joining it with the left hand; the hands remain relatively low.

Apply the Thunderbolt Gesture and while exhaling, bend the trunk onto the left leg, which remains stretched without being forced.

During the static phase, maintain a general state of relaxation; breathe lightly and subtly, perceiving the breath laterally and posteriorly.

Maintain for about 1 minute and at most for 3 minutes. Repeat in an identical way on the opposite side.



**Contraindications:** functional impediments.

**Benefits:** beneficial for the heart and the abdominal organs; has a calming effect on psychic energy; increases elasticity of the vertebral column and the coxo-femoral joint.