

Asana

## Pose Dedicated to the Sage Vasistha

*Vasistha Asana*

**Starting Position:** lean on one side of the body, not completely aligned but so as to create an angle; hands below the shoulder, fingers open. The foot in contact with the ground is perpendicular to the body to stabilize the pose and the other foot is coupled with the one below.

While inhaling, lift the body from the side; gaze directed towards the hand on the ground. The upper arm can rest on the body or be stretched upwards.

Spontaneous breathing; hold the pose from a minimum of 15 seconds, up to a maximum of 1 minute.



**Contraindications:** serious cardiac troubles; fragility of wrists and shoulders; hip-related pathologies.

**Benefits:** increases willpower and sense of equilibrium; strengthens arms and shoulders; promotes concentration.