

Asana  
**Tripod Pose**

*Tripada Asana*

**Starting Position:** Thunderbolt Pose.

Bend the trunk and with precision, place the three supporting points on the ground.

Place the top of the head in an anterior position, towards the forehead; this pose becomes central to the exercise due to the sliding of the legs and their movement towards the head. Feet come close to the head while keeping legs straight.



When placing legs on arms, put the left one first (right one if left handed) and then the other. When in the pose, the angle between hands – forearms – arms is 90 degrees; weight is for the better part shifted onto the arms.



During the static phase, breath moves towards navel; eyes stay open until completely comfortable in the pose.

Gradually increase timing; hold position for a maximum of 5 minutes.

When coming out of the pose, relax for at least 30 seconds in the Leaf Pose with forehead resting on fists. In any case, keep head and heart in the same line for 30 seconds.



**Contraindications:** weak neck and wrists, cervical osteoarthritis, obesity, phlogoses of the neck and head region, abscesses, glaucoma, cataract, cardiac troubles, aneurysms etc. When feeling excessive pressure on the neck, stop the exercise.

**Benefits:** strengthens neck, arms and shoulders; revitalizes nervous system; improves memory, attention and concentration.