

Preparatory Exercises

Chair

Starting Position: erect, with the feet separate wider than the shoulders.

Bend the knees and grasp the heels with the hands.

The back of the neck and sacrum should be on the same horizontal line with your weight on the outside of the feet.

Act as if you are being pulled from the pelvis and the head, as though to distance one from the other. Keep a fluid and profound respiration, eventually *Ujjayi*.



Maintain for at least 30 seconds and up to 120–180.

Contraindications: cardiac pathologies.

Benefits: reinforces the legs; stretches the back; refines perception of the body center.