

Asana

# Crane Pose 1

*Baka Asana*

**Starting Position:** from standing, move down into the Elephant Posture, and from there, flex your knees and come into a squat with the knees open, balancing on the tips of your toes. The shinbones are pressing into the backs of the arms, as close to the shoulders as possible. Your fingers are well spread, with the middle finger pointing directly forwards.

Focus on the perception of your sacrum and your neck, flex your elbows and lean smoothly forward to balance on the hands. During the forward shift, your chin lifts gradually to improve your balance. It is fundamental in order to achieve the correct execution of the movement that your gaze remains fixed on a spot about a meter distance away on the floor. Your breathing should be totally spontaneous.

Maintain the position for 20 to 60 seconds; then place your feet on the ground, unroll your chest and return to the erect position.



**Note:** Until the movements and the position have been well assimilated, place a cushion in front of your face to avoid hitting the ground in case of a loss of equilibrium.

**Contraindications:** pathologies or weaknesses of the wrists, elbows and shoulders; overweight; heart disease.

**Benefits:** increases the sense of equilibrium and psychophysical perception; increases capacity for attention and concentration; strengthens arms and shoulders; on the psychic level it improves self-esteem, the capacity to make decisions and being determined in action.