

Asana

Elephant Pose: Arms Variation

Gaja Asana

Starting Position: erect with your feet hip width apart, or at most as wide apart as the width of your shoulders; parallel on the outer edges.

Join your hands behind your back and inhale deeply. Keeping your knees relaxed and only slightly bent, bend your torso onto your lower limbs. Your arms follow and help with the forward bending. During the static phase your arms are completely relaxed, as are the torso, neck and face.

Your breathing expands the abdomen, which is relaxed especially on the sides. The static phase is maintained from 1-5 minutes.



Contraindications: problems in the upper part of the body such as glaucoma, aneurysms, abscesses, etc.

Benefits: compared to the classical version, it augments stretching of the lower limbs and works on the glenohumeral joint.