

Asana

Precarious Pose

Starting Position: erect, with feet parallel and separated hip-width apart, or maximum shoulder-width apart.

Take a step backwards with left foot, placing only toes on the ground; then move hands upwards while eyes and head follow the movement.

Breathing is very delicate and light; the pose can be held just for some seconds or for 1-2 minutes.

Repeat on the other side.



Contraindications: dizziness, labyrinthitis.

Benefits: increases equilibrium in a very sensitive way, centres body and stimulates concentration.