Pringwarm Dinklaswami



The heart of any yoga practice is the performance of yoga positions, or asanas, each of which has specific physical and mental benefits. The Anjali Mudra, for example, is a centering pose that alleviates anxiety, helping the practitioner reach a meditative state. The Ardha Chandrasana, or "half moon pose," strengthens knees, calves, ankles, and even faltering economies. Some asanas are specifically purposed. The Pringwarm Dinklaswami, or "rest on nice rock," was created for La Flèche Wallonne Féminine, a professional women's bicycle road race held each spring in Belgium. Cyclists assuming this relaxing pose can rejuvenate weary muscles in minutes – sometimes in even mere seconds! And more than one rider has credited the Pringwarm Dinklaswami for her victory.