

Preparatory Exercises

Pressing Heels Together: Mula Bandha

Starting Position: prone.

Bend the knees and bring the heels together.

1. Press the heels against each other and simultaneously engage Mula Bandha. The pressure of the heels engages Mula Bandha almost automatically. Repeat 5-7 times.
2. Press the heels against each other, simultaneously engage Mula Bandha and raise the knees from the ground. The raising of the knees deepens Mula Bandha, and makes it more complete and perceptible. Repeat 5-7 times.



Contraindications: functional impediments.

Benefits: helps in perfecting Mula Bandha, bringing about all the benefits of Mula Bandha.

Mula Bandha creates a centre of stability that is both physical and psychic; it generates an ascending energy movement and favors purification and wealth. Useful in case of incontinence, menstrual pain, prostate ailments, prolapse of uterus and other organs or inner muscles of the pelvis; precious tool during pre-menopause and menopause and to reduce the effects of andropause. Anti-aging practice par excellence. The perineum is the physical location of Muladhara Chakra, it's the foundation for all that is above. The benefits of this gesture, when correctly and gently performed, are inestimable.