

Asana

# Elephant Pose: Variation with Mula Bandha

*Gaja Asana*

**Starting Position:** Tada Asana.

Starting with the head ,slowly roll your self down, moving into Elephant Pose. In this case the knees end up being quite bent. Relax completely.

Begin with the Thunderbolt Gesture and then engage a full Mula Bandha. While inhaling, lengthen the torso by raising it; like a push that originates in the perineum and stretches through the entire vertebral column until it reaches the head.

While exhaling, relax Mula Bandha and the entire torso. Repeat from 3 to 11 times, and then slowly return to Tada Asana.



**Contraindications:** functional impediments.

**Benefits:** This variation 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.