

Shatkarman, Bandha and Mudra

Thunderbolt Gesture

Vajroli Mudra

Starting Position: this gesture can be practiced in numerous positions; during the learning phase the Sitting Position is advisable.

The gesture consists of making the suprapubic area move inwards in a light and focused manner, with a slightly upward direction. For some it is easy, for others, it is apparently impossible, but with some practice one can always succeed.

Place a finger in the suprapubic area in order to have an external reference. With delicacy and without worrying about your breath, try to make the area just above the pubis move inwards, then release.

If you are able to limit the movement to only the area beneath the bellybutton you can be satisfied; with time you will be able to perceive the movement better and better. You can repeat from 50 to 100 times; the rest of your body, glutei included, should be relaxed.



Contraindications: none.

Benefits: permits the development of knowledge of a point of reference which is very important both in the practice of Asanas and in breathing.