

Asana

Squat: Variation with Mula Bandha

Mala Asana

The Squat position is used here to perfect the execution of Mula Bandha.

Starting Position: Squat position, with your knees separated to the width of both your forearms when the palms are pressed together.

Place your elbows on the internal side of your knees with your hands united in the Salutation Gesture (Namaskar Mudra), keep a slight upward inclination in your forearms. Stabilize the position.

Inhale and bring your forearms in line and horizontal to the ground and at the same time push your knees in the direction of your elbows; precisely engage Mula Bandha aware of the muscles involved. Hold for a few seconds, and then simultaneously release the Bandha and the pressure of the knees against the elbows. The forearms once again point slightly upwards.

Repeat from 5-21 times. At the end, straighten your spine and remain motionless for 20-30 seconds.

Note. If it is tiring, or impossible to do with your feet fully adherent to the ground, place something under your heels for support.



Contraindications: functional impairments.

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.