

Asana

Yoga Seal Pose

Yoga Mudra Asana

Starting Position: the Lotus Posture where possible, or even the Comfortable Posture

The pose can be performed with joined hands and stretched arms or with the Swan Gesture, that is, with hands joined between shoulders-blades.

Prepare for the pose by performing a few deep and complete breaths; perform Thunderbolt Gesture and then Mula Bandha and while exhaling, bend forward with straightened torso; once the maximum bending point is reached, engage the abdomen and place your forehead on the floor.

Hold the pose with light breathing, which is perceived on the sides and in the back.

The asana can be maintained for a minimum of 30 seconds and up to a maximum of a few minutes.



Contraindications: knees and glenohumeral joint related pathologies.

Benefits: pose of great effectiveness and power, favours deep purification of energy channels; activates very intense and subtle energies.