

Asana

Reverse Thunderbolt Pose, Variation 1

Supta Vajra Asana

Starting Position: sitting in the Thunderbolt Pose.

Firmly place fists on the soles of the feet.

Starting the movement in the pelvis, raise the trunk and thighs until they are aligned or slightly beyond. The chin remains in contact with the manubrium of the sternum until the end of this phase, and then it opens.

Maintain for 5 to 15 seconds, return with care to the Thunderbolt Pose, and then from there, move into Child's Pose. Repeat one or more times.



Contraindications: labyrinthitis, acute lumbago and pathologies of the lower back and knee.

Benefits: reinforces the glutei and the entire perineal region; mobilizes feet and ankles; favours the purification of the body.