

Asana

Reverse Thunderbolt Pose

Supta Vajra Asana

Starting Position: Thunderbolt Pose (*Vajra Asana*).

Sit in the Thunderbolt Pose with your knees open at hip distance; pull the calves and glutei out to the sides.

Clenching your glutei inwards (posterior tilt), lean backwards and place your palms on the floor, with the fingers pointing forward.



While leaning further backwards to come resting on your forearms, make sure that you keep the glutei clenched inwards and your pelvis tilted backwards.

Movements are slow and careful; pause or back off whenever excessive tension is felt.

Lower your shoulders towards the hips (shoulder blades in your back pockets) in order to relax the neck completely and release your head back; there shouldn't be any pain or excessive pressure in the neck area.



The hands position is variable. A good solution is to place them under the sacrum, with the forearms on the soles of the feet (gently levering) and the fists under the perineum.

The sternum lifts towards the sky. Breathing is perceived anteriorly with a clear lateral expansion. Hold for a minimum of 1 minute and up to 5 minutes or more.

Contraindications: labyrinthitis, knee related pathologies; groin hernia; slipped disc.

Benefits: anti-aging posture; stretches the entire front part of the body and has a particularly intense and beneficial effect on neck and heart regions; relaxes the nervous system and has a regenerative action.