

Shatkarman, Bandha and Mudra

# Gesture of the Pond

*Tadagi Mudra*

**Starting Position:** lie down on the floor with your knees bent; your lumbar region is in complete contact with the ground. Before starting the exercise, breathe deeply for a minute in order to accumulate oxygen for a greater retention.

Exhale completely until it feels as though there is no more air in your lungs and close the nose with your right hand. While maintaining an empty retention, expand and lift your ribcage as much as possible (the belly is passively sucked in). Hold the breath as long as possible with no strain. Before inhaling, relax the ribcage.

Repeat between 3 and 7 times. Before starting a new repetition, breathe deeply for a minute in order to accumulate oxygen.



**Contraindications:** heart disease; ulcerations of every nature in the abdominal area.

**Benefits:** beneficial for all abdominal organs, this exercise favours cleansing of the body and is very effective in case of constipation.