Santhika Retreat Center

Svadhisthana Set

Yogi Bhajan

www.santhikaretreatcenter.com

" I am a sensory being full of creative potential. I embrace life with passion and enjoy plunging into joy and happiness. My senses are alive, aware and connected."

1. Shoulderstand: Begin lying on your back with your arms along your body. [Enter the shoulderstand slowly] exhale and lift your legs up, as you straighten them, use your arms to support your back. In the shoulderstand, start alternately hitting your buttocks with your heels. Continue for 1.5 minutes.
   Slowly lower your back to the floor and continue kicking your buttocks with your heels. Continue for 1.5 minutes.
   Relax for 1 minute in shavasana. Repeat the entire series 1 more time.
   Benefits: This exercise stimulates the nerve in the reflex area in the buttocks and strengthens the reproductive system.

2. Rock pose (Sitting on your heels), hands in a Venus lock: Palms facing each other. Interlock your fingers so that your left pinky is on the bottom. Place your left thumb between your thumb and forefinger. Use the tip of your right thumb to press down on the soft mount at the base of your left thumb.
   For women, the thumbs are reversed. Remain in this position with a long, deep breath, eyes closed and focused at the brow point for 2 minutes.

3. Legs lifts. Lie down on your back, inhale and slowly raise your legs 90 degrees and contract the genitals, exhale as you lower your legs and relax the muscle tension in the genitals. Contract and release the muscles slowly and gradually, repeat 2-10 times.

4. Completely relax on your back