



Santhika
Retreat
Center

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Hemorrhoids And Inflammation Of The Urethra

Yogi Bhajan

This is a wonderful set of exercises that is useful for inflammation of the urethra and hemorrhoids. The lead time is about 4-8 minutes.



Sit with your left heel under the anus. The right leg is extended forward. Lean back, lean on your hands and lift your right leg up as high as possible, as in the picture. Inhale deeply, then exhale, hold your breath as you exhale, and squeeze the root lock. Breathe in and relax.



Continuing to sit on your left heel, grab the ankle or heel of your right foot with your right hand. Lean back on your left palm. Inhale deeply, then exhale, hold your breath as you exhale, and squeeze the root lock.



Squat with your buttocks on your heels. Heels together, do not touch the floor throughout the entire exercise. Lean on your fingers, hands between your knees. The head is raised, the gaze is directed forward, picture (2c).

As you inhale, lift your pelvis up without lifting your fingers off the floor. In this position, you should see your knees, picture (2d). On exhalation, we return to the starting position - in the frog pose. Do 30 of these reps. After that, inhale, stop in the upper position, hold your breath for a short time, exhale, relax.