



**Santhika  
Retreat  
Center**

## **Kundalini Yoga Maha Mudra**

Yogi Bhajan

[www.santhikaretreatcenter.com](http://www.santhikaretreatcenter.com)

Sit on the left heel, stretch the right leg forward and grab the big toe with the right hand. Pulling back on the toe, grab the heel with the left hand. Keep the chin tucked into the chest and the eyes fixed on the big toe. Inhale deeply - exhale and hold the breath out for 8 seconds keeping mul bhand and diaphragm lock tightly pulled. Inhale. Continue for 3 minutes. Relax for 5 minutes on the back. This exercise is the great seal of yoga: Maha mudra. Its effects fill pages. Some of them are:

- Has enormous physical and spiritual benefits;
- Forms startup practice for meditation;
- Improves digestion, cures stomach disorders;
- Cures consumption, leprosy, colic and deseases caused due to indigestion;
- Neutralizes the effect of toxins in the body;
- Alleviates kapha disorders;
- Cures constipation, enlargement of spleen, chronic fever and tuberculosis;
- Awakens the prana Shakti i.e. life energy, the hyperactivity of ida and pingala nadis subside with subsequent activation of sushumna nadi i.e. central channel of the body;
- Balances sympathetic and parasympathetic nervous systems, generates peace and calmness of the mind;
- Removes afflictions and the causes of death;
- Increases concentration power and self confidence;
- Boost up the immune system and it's functioning capacity;
- Strengthens various muscle groups, mainly muscle of lower back, upper back, abdomen and shoulders;
- It improves the control over sexual potential.

This exercise can be practiced by itself.

