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## PAVANMUKTĀSANA III

Energy Unblock Exercises – Śakti Bandha Vyāyāma

This remarkable series was first introduced to the Western world by the esteemed teacher Swami Satyānanda. It is a part of *sūkṣma vyāyāma*, the subtle yogic exercises.

The *pavanamuktāsana* series focuses on the flow of energy, examining how vitality can be stimulated and channeled toward the core. This sequence significantly activates *apāna prāṇa* as well, the energy circulating through the hips, abdomen, and legs. *Apāna prāṇa* fosters the will to live, self-confidence, digestion, and sexual vitality. The series is particularly intriguing as it not only enhances the overall flow of energy, but also redirects it to the foundation, promoting essential warmth, confidence, and strength.

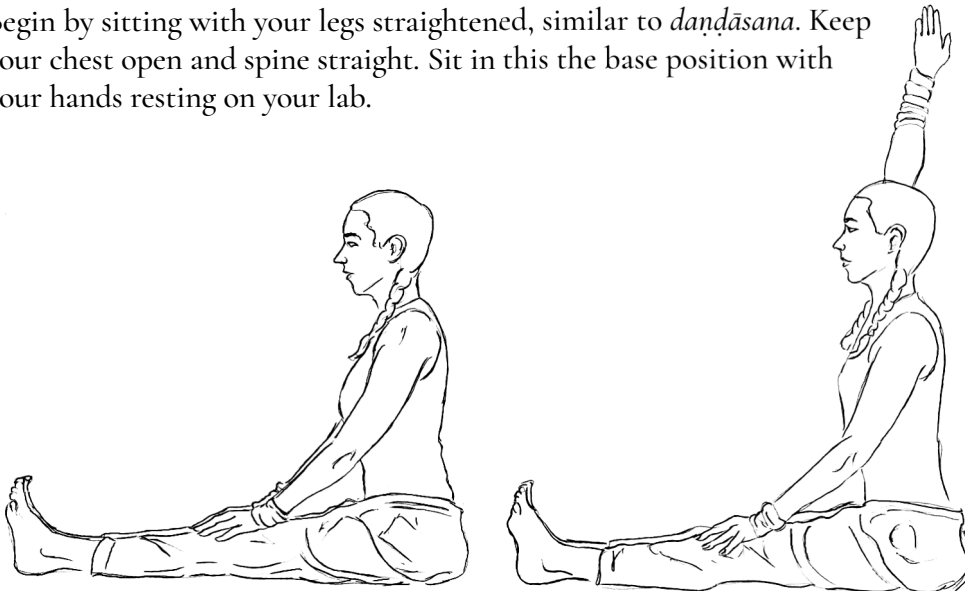
The way I present this series here is aligned with how we practice it in our Kundalini Yoga tradition. Embrace its beauty!

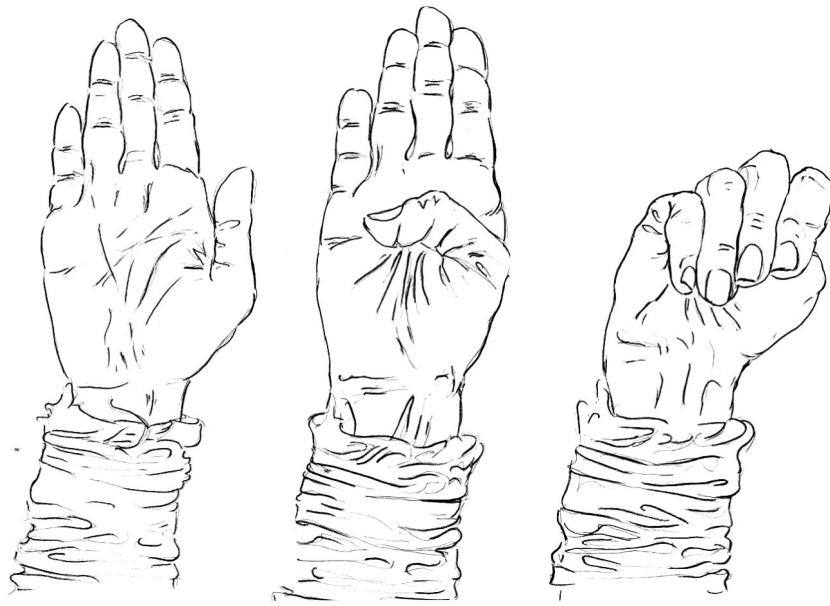
As these exercises are designed to be subtle and work with one's energy body rather than the physical body, it is essential to practice them with a strong focus on breath and rhythmic movement.

Duration: Approximately 60 – 90 minutes.

### *Rajju Karṣanāsana*

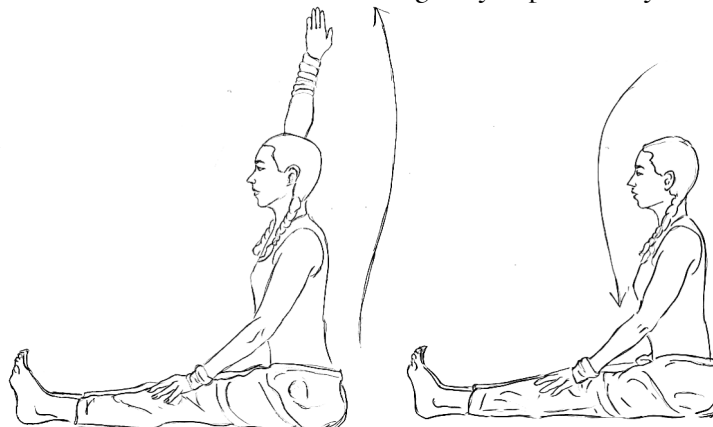
Begin by sitting with your legs straightened, similar to *danḍāsana*. Keep your chest open and spine straight. Sit in this the base position with your hands resting on your lap.





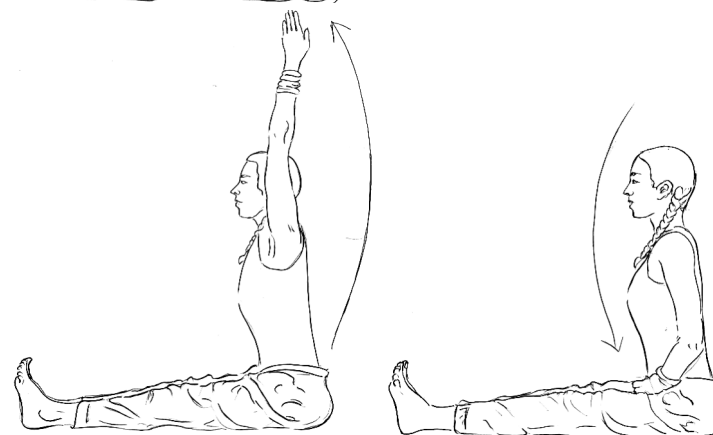
Then, to start the exercise form fists with both hands and let them rest in your lap. Inhale and raise your right arm sideways, opening your hand. Close your hand again, enclose you thumb in your palm and grasp an imaginary rope above you.

Then exhale and pull your hand downward, gently tapping it against your lap. When you feel your fist gently pressing against your thigh, engage *mūlabandha* and acknowledge the energy. Alternate between right and left sides in this manner.



Finally, push your hand down, exhale, and hold the center.

Practice with deep, rhythmic breathing, gradually increasing the pace, for 1-3 minutes.



### *Titali Āsana*

Relax in the butterfly pose. Draw your knees towards your chest, gently open them, and bring your hands to your feet. Interlace your fingers beneath your feet, with your thumbs resting on the big toes. Inhale and lengthen your spine, then exhale and lean forward, letting your feet rest on the ground as you deeply relax. Advanced students can practice *bhrāmarī* to enhance the experience. Remember that *bhrāmarī* is a gentle expansion of oneself, an appreciation of one's inner beautiful sound that flows into the eternal space. It resembles the humming of bees, calming the mind and expanding the self. When exiting *titali āsana*, lift your knees passively with the assistance of your arms, this avoids engaging the adductors and helps to promote hip opening,

Breathe deeply for 1-2 minutes.



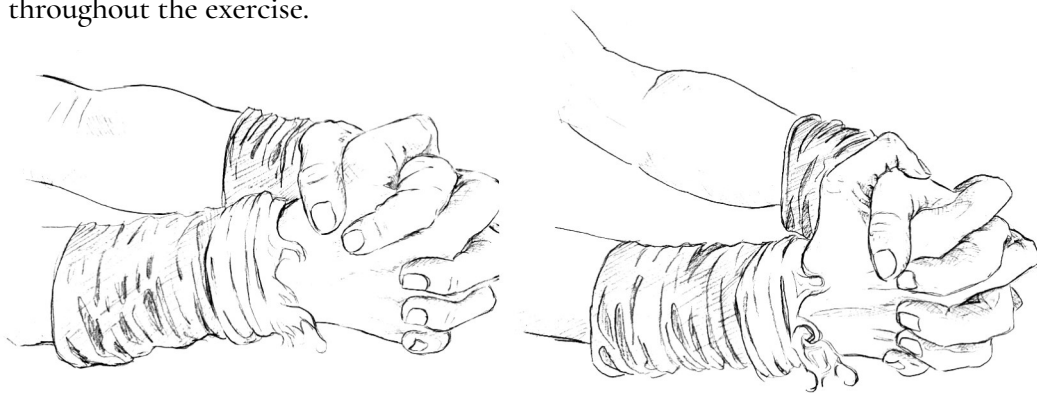
### *Cākī Cāḷaṇāsana*

Churning the mill pose. From *titali āsana* slowly come back to base position - *daṇḍāsana*. Open your legs wide apart and stretch out your arms horizontally over the ground, interlock your

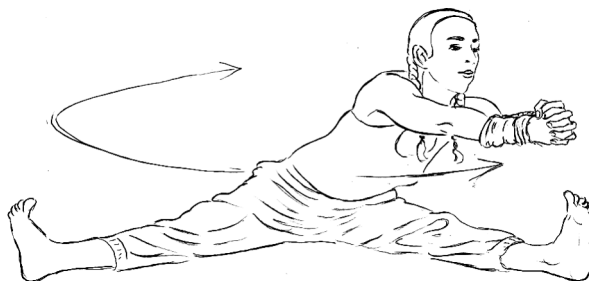


thumbs or all of your fingers, just like if you would hold a stirring stick.

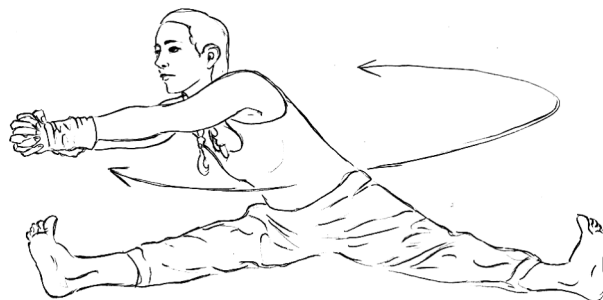
Breath in and elevate your torso, exhale, and move forward in circular grinding motion, exhale and move backwards. The circular motion must originate the hip while your spine must remain straight. Keep the arms parallel and straight throughout the exercise.



Move slowly but with deep breathing. Then, after a while accelerate the pace and deepen your breathing. In the end inhale and elongate your body in the centre, then change direction. When you change directions invert the way you interlocked your fingers and do it the inhabitual way.



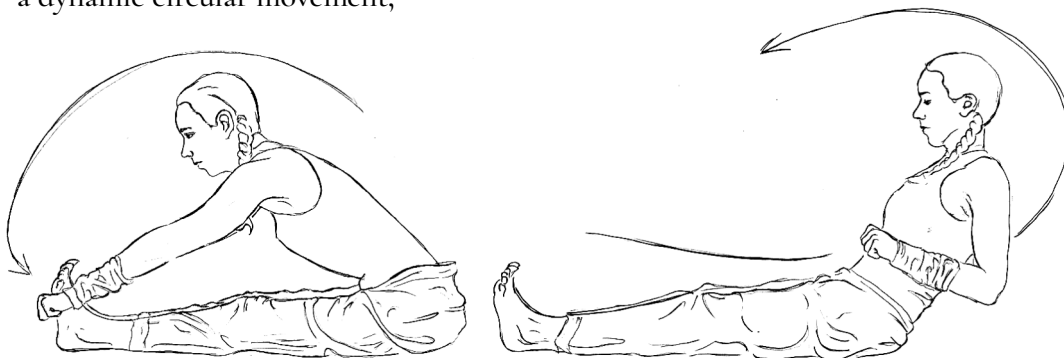
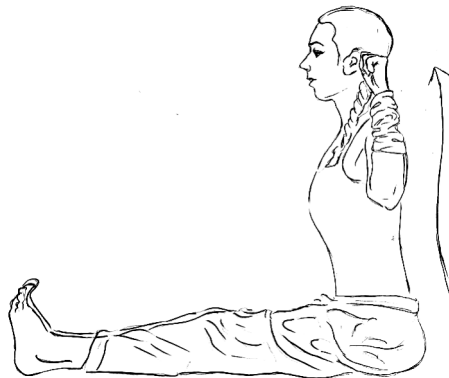
After finishing the exercise, slowly come into *titali āsana* and relax deeply with *bhrāmarī* or deep breathing.



Move with deep, rhythmic breathing gradually become faster, 1-2 minutes each direction.

### *Nauka Sañcālanāsana*

Boat rowing pose, Sit in base position, your upper body erect. Clench your hands just like if you would grasp the oars of a boat then inhale and open your chest, breathe out and bend forward as far as you can, your hands come nest to your feet, bend the knees if necessary. When you inhale, lean as far back as possible bringing the fists next to your shoulders. Do this in a dynamic circular movement,



breath deep. In the end inhale and feel the centre. Relax in *titalī āsana* with deep breathing or *bhrāmari*.

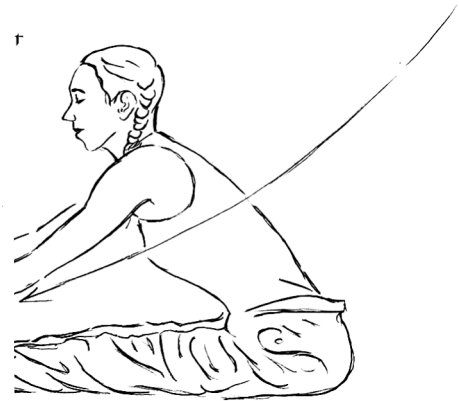
Move with deep, rhythmic breathing gradually become faster, 1-2 minutes each



### *Gatyātmaka Meru Vagrāsana*

Dynamic spinal twist. From *titalī āsana* slowly come back to base position - *daṇḍāsana*. Separate your legs at least hip wide and bend forward carefully taking hold with both hands on your left big toe. Do not bend your knees, and if you cannot touch your toes, grasp your left shin with both hands. With the inhalation take your right arm and turn to the right side, gaze backwards, open your arm and chest to the left. In the exhalation turn forward again, grasp with your right hand the left





arm to the left, turning your gaze and torso to the left backwards. Move in this manner, in a joyful rhythmic motion. In the end inhale in the centre. Then relax in *titali āsana* with deep breathing or *bhrāmarī*.

Move with deep, rhythmic breathing gradually become faster, 1-3 minutes.

### *Kāṣṭha Takṣanāsana*

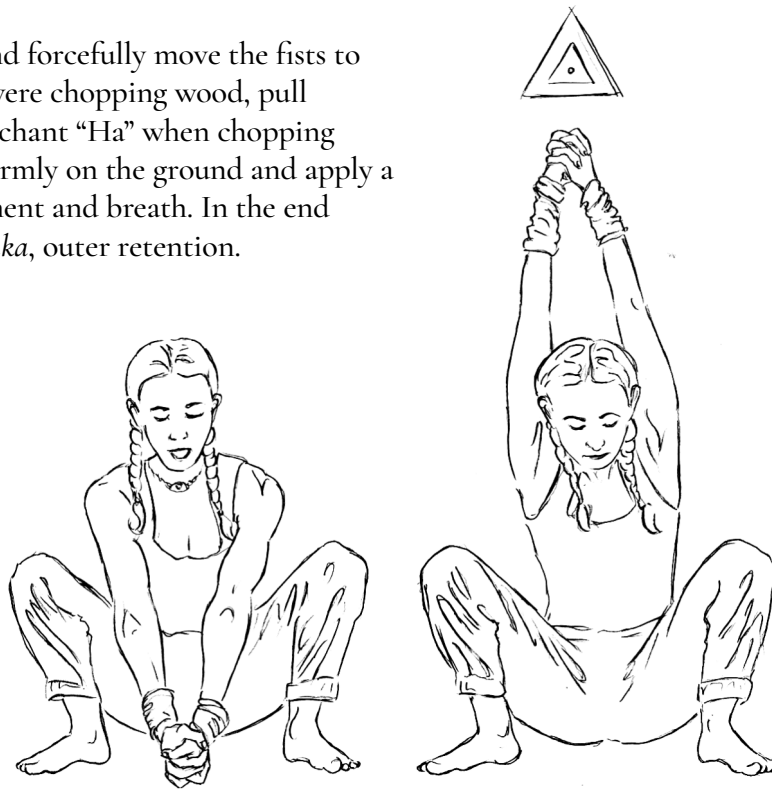
Wood chopping pose. Come up into squatting pose, your feet can be mat-wide apart, toes pointing outwards. Interlock your fingers into a fist and stretch your arms, down to the mat. Focus on the point just in front on you on the mat, where your fists are pointing

Breathe in and elevate the arms so they are in one line with your back. Then exhale



through the mouth and forcefully move the fists to the ground as if you were chopping wood, pull *mūlabandha*. One can chant “Ha” when chopping down. Fix your eyes firmly on the ground and apply a strong pace to movement and breath. In the end perform *bāhyakumbhaka*, outer retention.

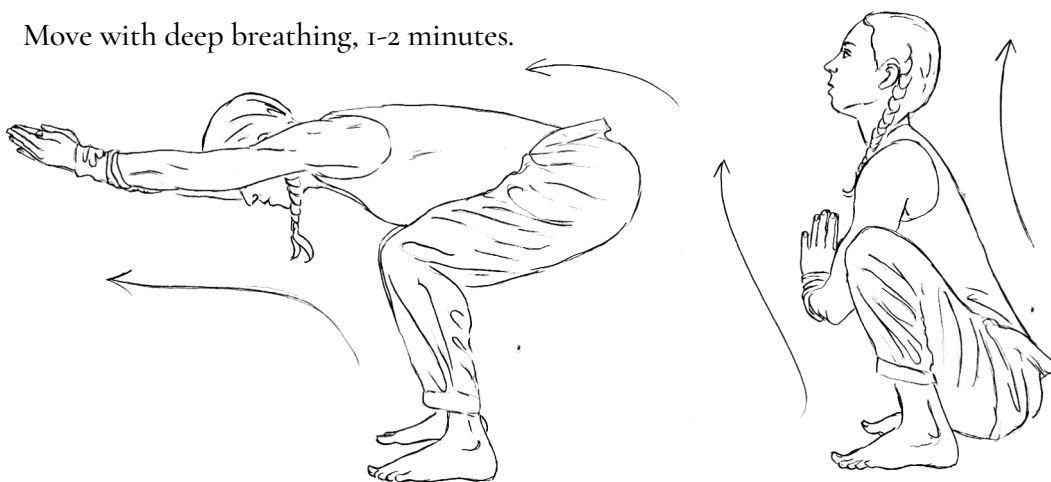
Move with strong rhythmic breathing gradually become faster, 1-3 minutes.



### *Namaskārāsana*

Salutation pose. In squatting pose, perform *namaskāra mudrā*, open your knees with your elbows, keep the spine straight, and breathe deeply. Breathe in, elongate your torso over the ground while stretching the arms horizontally away from your body. Exhale and come back into squatting pose with your spine straight. Keep the hands in *namaskāra mudrā*.

Move with deep breathing, 1-2 minutes.



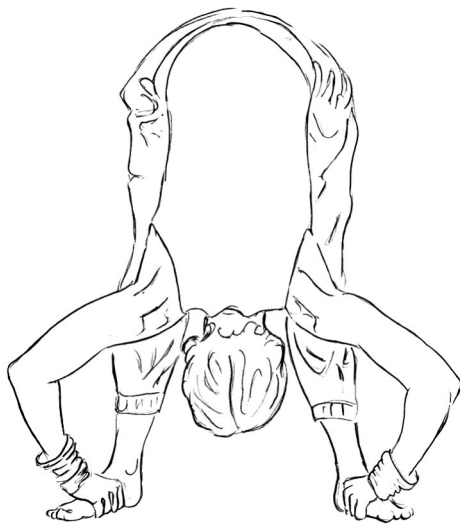


### *Vāyu Niṣkāsa*

Releasing the wind pose. From squatting pose, hold the inside of your feet with your thumbs above, and fingers below your feet.

Inhale in squatting pose, straighten your back and tilt your head backwards, gazing upward, hold the breath and perform *mūlabandha*. Then exhale, straighten your legs and bend forward gazing inwardly. Hold your breath outwardly perform *mūlabandha*. Move in the rhythm of your deep breathing. In the end exhale deep and perform *bāhyakumbhaka*, outer retention.

Move with deep breathing, 1-2 minutes. Then relax in *vajrāsana*.



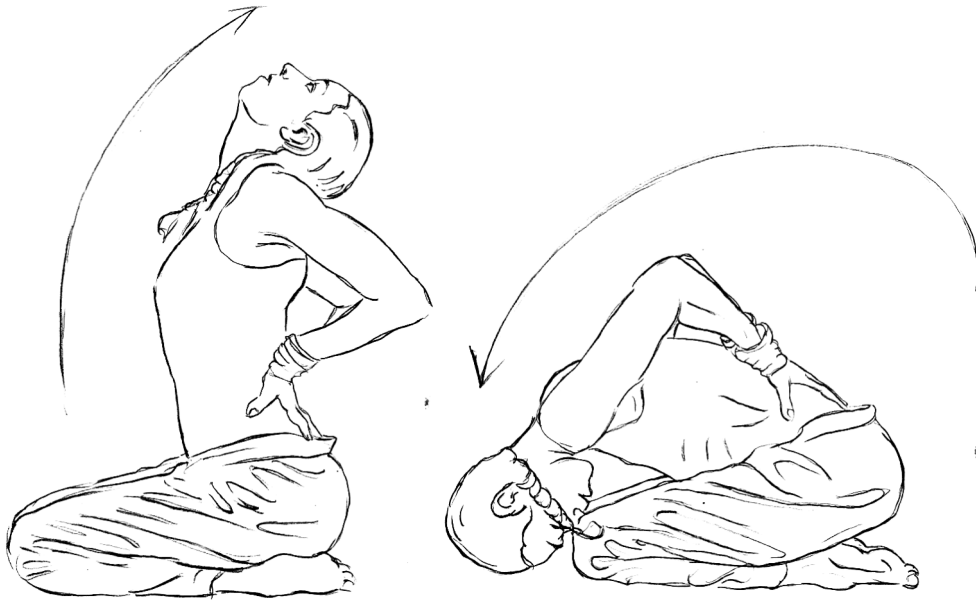
### *Vajra Balāsana*

Dynamic Thunderbolt Child Pose

Begin by sitting in *vajrāsana* on your heels. Bring your arms behind your back with your fingers pointing downward and your thumbs pointing forward. Rest your hands right above your pelvis on your back.

As you inhale, gently raise your chin and arch your back backwards, while keeping your elbows as close together as possible. Breathe slowly and deeply.





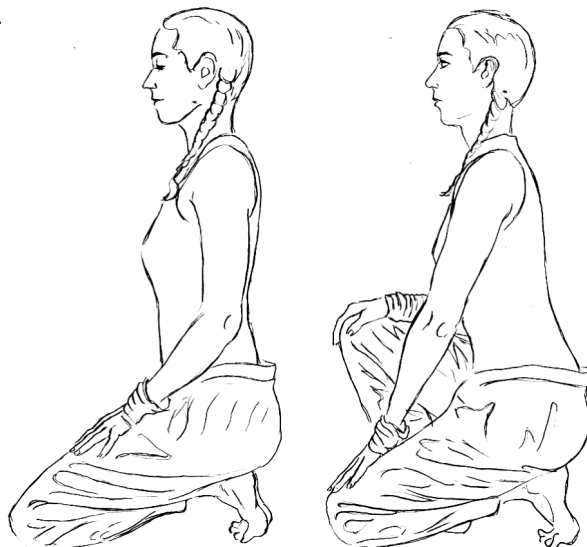
When you exhale deeply, slowly bring your chin back to your chest and bend your upper body forward from your hips. Bring your forehead to the ground and expand the exhalation there.

As you inhale, slowly come up again, bending your back backwards and greeting the sky. Repeat this movement with slow, deep breathing for about one to two minutes.

This pose helps you contemplate your center and relaxes your back while profoundly calming your mind. Finally, relax in *vajrāsana* with your chin on your chest, just like in *jālandharabandha*.

### *Udarākaraṣaṇāsana*

Abdominal massage pose. Sit on your left heel with left knee in front of you on the ground. right foot is next to the left knee. Right knee is upright. Left arm is stretched out and the hand rests on the left knee. Right hand rests on the right knee. This is the starting position.



Inhale and elevate the body gently



turning the whole body to the left, when the body has passes the centre exhale again and make the buttocks rest on the right heel, right knee on the ground and left leg upright. Twist the body to the left, look over your left shoulder so to twist your belly in the exhalation. In this way the body makes a 180 degrees movement and comes to rest in the exact mirrored position. Move and twist your abdomen from left to right in this manner. Feel the heat.

Turn around with deep breathing, 1-2 minutes, awaken the heat. Then relax in *vajrāsana* for three deep breaths, feel the heat of your thigh. Feel the warmth beneath your hands resting there. There sleeps your vital power.

### *Śavāsana*

Corpse pose. Lay on your back and deeply relax, palms facing upwards. Expand gently. Contemplate the following:

Here is strength. Here is life. I deserve to be. I keep nothing because I have everything. Thank you.

**Summary:**

*Rajju Karṣanāsana*

Pulling the rope

*Titalī Āsana*

The butterfly

*Cākī Cāḷaṇāsana*

Turning the mill

*Nauka Sañcālanāsana*

Rowing the boat

*Gatyātmaka Meru Vagrāsana*

Dynamic spinal twist posture

*Kāṣṭha Takṣanāsana*

Chopping the wood

*Namaskārāsana*

Prayer posture

*Vāyu Niṣkāśana*

Wind removing posture

*Vajra Balāsana*

Thunderbolt - child posture

*Udarākarṣaṇāsana*

Abdominal twist posture

*Śavāsana*

Corpse posture