

Vajrasana – Lightning Bolt or Thunderbolt Pose



Linda in Vajrasana

Vajrasana often serves as a seated posture for meditation. It helps open the hips, ankles and knees.

In a kneeling position, smooth the calf muscles towards the feet and sit back on the heels. Check to be sure that the feet are pointing straight back and press the shins and tops of the feet into the earth and ground through the little toe sides of the feet. Reach back with both hands to draw the sitting bones and buttock flesh back diagonally so that you are resting more on the front edge of the sitting bones, which are resting on the heels. This helps release the groins and any gripping in the lower abdomen. With this release, the shoulders will rest more toward the back of the body and the chest will open more easily. If you experience a sense of tightness in the skin of the knees or shins, reach down and with your hand draw the flesh of the knee up and back toward the body.

Lift the rib cage evenly from all sides and lengthen through the crown as you relax your shoulders. Lengthen the head away from the torso with the chin

parallel to the earth and let your gaze be relaxed resting at the horizon. The hands can rest on the thighs, with the elbows hanging directly below the shoulders. The palms may be facing upward or downward, or in your Mudra of choice (perhaps **Vajrapradama Mudra**).

Modifications:

- ☪ If there is discomfort in the ankles, place a blanket under the shins and ankles with the feet resting on the floor.
- ☪ If the calves or knees are uncomfortable, place a blanket under the hips to soften the asana.
- ☪ Perform the pose with knees wide and feet together.
- ☪ Half Vajrasana: one leg extended and then bend that knee and bring the sole of the foot to the floor in front of the sitting bone.

Variations:

- ☪ Half Vajrasana: with one leg extended out straight in front of you.
- ☪ Fold a yoga mat in half and roll it up beginning with the folded side. While standing, place the mat tightly behind the knees and, pressing the calf flesh down toward the feet, come to a squat. Gently sit back in Vajrasana and make whatever adjustments that are needed as mentioned above to be comfortable. Experiment with placing a block between the feet and under the sitting bones to elevate the body to ease any discomfort. This variation helps reopen the knee joints and soften the calves and hamstrings. Alternate between engaging the calf and thigh muscles to squeeze the mat and hold for 3 breaths, and then completely release and relax for 3 breath. Continue for several rounds. Then remove the mat and sit back in Vajrasana savoring the sensations.



Linda in Vajrasana Modification



Linda in Vajrasana Variation

Practice some form of this asana at least 5 minutes every day.