



(kundalini krya practise / preparation)
(micro movements of the spine – creates energy – ideal before practice
spine warms up / some of the nadis are cleared and the energy will flow better)

meditation



come into a comfortable seated position

begin to relax
just start finding your bones

when i say finding your bones, i mean use the structural component that you can start to align internally
and then start to take the bones back as your leaning back just a little bit
and use it as a mechanism to create just a little bit more space in your spine

consciously be lightening the breath

whatever is existing inside of you allow it to kind of arise in front of you
as if you were just examining the sensations, the thoughts
inviting them to play out without following any thoughts or sensational feeling
just noticing, what's there

relaxing your inner ears, the throat, the tongue
relaxing the pelvic floor

we're just working with the bones as a structure to pull the soft tissue
everything else is just softening down

see, that you can breathe all the way down to the bottom of your ribcage
creating a conscious expansion of the breath
just a little bit more of an exhale
as if you were pushing out more dynamically than your natural breathing
as you move with your own breath

slow any sensations and thoughts to continue arising as if they were in front of you like a movie
so making that which is a current running inside of you become something that you can observe

then slowly opening your eye

lower body circles (without bolster)



lower body circles
2nd chakra
energy-playful-red smoke orb
hand on knees
both directions
gathering energy
4 min.



inhale arms up
hold breath
arch in spine
tongue to soft palate
micro pulsation in the pelvic floor
squeeze energy up



3 b
full clearing breath

bhastrica pranayama (with bolster if the hips are tight)



bhastrica pranayama
3rd chakra / solar pranayama
breath of fire (blasebalg)
forceful inhale and forceful exhale
left side 50 x / 1.5 min.



3 b
full clearing breath



bhastrica pranayama
right side 50 x / 1.5 min.

ribcage side to side and circles (with bolster if the hips are tight)



ribcage side to side
3rd chakra
glowing yellow star
hands around ribs – thumb on back
shift ribcage from side to side
project other hip to the ground
1 min.



ribcage semi circles in front
chest high up
hands on knees
1 min.



full circles
both directions
1.5 min. each



inhale up and 3 full b
like first krya

angulating the jurassic spine (with bolster if the hips are tight)



inhale open up elbows in
effortless opening like a flower
4th chakra / heart
like a flower opening
green colour



exhale round back elbows out
like a flower closing

2.5 min.

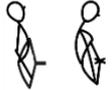
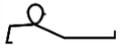


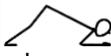
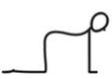
inhale up and 3 full b
like first krya



combine all this movements, let yourself be fluid, allow the head to move naturally
bounce arms can move, head can move, feel, as your conducting an internal electrical storm
breath spontaneously
don't think move and move
fake it until you make it
5 min.

come back to centre, notice the heat
begin searching for the centre channel, contracting the muscles of the pelvic floor, micro constrictions, find your crown
chakra, allowing the mental light improve, get control of your internal pranas, stabilizing through central channel
you must develop the control, micro contractions of the pelvic floor to stabilize your consciousness
slowly opening your eyes

1	 exhale rounding inhale back bending first two fingers around toes	 shoulder stretch walk hands back face fingers forward	 project right shoulder forward look over to the left and other side	 tuck chin in left ear towards left shoulder and other side  reverse both palms, pinkies touching arms straight, lean back
2	 palm flat fingers spread	 plank pose move for and back palms flat and fingers spread	 down dog 4 min.	 child pose rest a few breaths  down dog 2 min.
3	 one leg up	 right leg up	 right leg forward / twist	 pyramid pose  flow through vinyasa
4	 down dog	 right leg up 10 x heel push ups	 pigeon pose 12 b	 3 x heel push ups  plank / hug knee in
5	 down dog	 neck stretch	 staff pose	 lift up reverse hands and lift
6	 hip opener arm underneath lower leg rock leg side to side	 leg behind head  upward plank	 lobster claw interlace feet straighten legs, bend elbow eight angle pose  forward bend	

7	 or  fire log pose  upward plank  lift one leg up 
8	  shoulder stretch make a box   dolphin push ups 10 x  child pose  lift one knee both sides   squeeze knees together and lift up  or  or  hero pose sit between legs / knees together  toe stretch
9	 or  or  camel pose / knees hip with apart  sit back and rest  
10	 extended puppy pose  sphinx pose   transition
11	<p>full wheel practise (camel pose and extended puppy pose are preparations for the full wheel)</p>  5 x <p>hold a bolster or a block between tights or bind them with a strap to parallel the fibre bones hug elbows in, turn hands out, lift hips and come to the top of your head, check elbows and lift up tuck chin in to come down</p>
12	<p>lunar inversions</p>     any lunar inversion / 20 full b
11	<p><u>shavasana</u></p>  <p>begin consciously unsqueezing your brain, just calming down, relaxing unsqueezing the brain and releasing the brain, down the central spinal cord noticing any thoughts that are occurring and continue pulling the signal of your consciousness back towards the source of attention waves of relaxation from the brain all the way down the spinal cord out to your fingers and toes</p> <p>begin bringing yourself back into your beautiful body as if you're returning to your most sacred temple then spreading fingers and toes naturally moving your body eventually bring your knees to your chest slowly bringing yourself up to a comfortable seated position</p> <p>remembering your positions</p>

taking the spine back
put your palms facedown, so it's a passive feeling
just lengthening naturally and easily with the weight of the body back moving back
and use it to create an extension in the spine

becoming aware of any sensations and thoughts arising in your midfield
just keep returning your attention to the source of your attention

with your next inhale lift your arms over your head in invitation of the light into your life
with the exhale drawing them down in front of your heart,
symbolic gesture of all the shared compassion and practise with others

thank you for your practise this morning

namasté