



kundalini kryas



opening meditation



lower body circles (3 minutes each direction)

comfortable seated position - rest your hands on your knees
let your spine be fluid, feel like you are a willow swaying in the wind
visualize the gathering of a red, smoky prana in your belly, red smoky energy
as if you are gathering storm clouds - gather your red smoky prana
notice how fast your moving - try to move just a little bit faster, a little more effort
relax the face, let your tongue rest on the teeth
tune into your inner landscape, directing energy consciously towards the belly
as if with each spinning, each turn, your gathering prana
a hint of a smile, be fluid, really go for it - release all tension, move magnetically
begin adding micro contractions of ashwini mudra - little hops



switch directions

with your next inhale:

inhale – fill the lungs – arms up – arch spine - head back –tongue touches the soft pallet
micro contractions of ashwini mudra - squeeze energy up



with your next exhale, take your hands down
take three full clearing breaths with your eyes closed



open mouth diaphragm pranayama



ribcage side to side & circles / about 2 min. (can be done on a bolster)

hands around ribs / elbows in line with the ribs / feel an inner pressure of the weight of the arms
let the breathing come naturally / push left and right, creating a bobbing sensation
(lift ribcage up to the sides)

visualize a solar ball (golden glowing orb) of energy glowing right beneath,
where the ribs meet the front of your body

begin adding micro contractions of ashwini mudra

if you are comfortable, place your hands on your knees

bobbing left to right, left to right, the head will move to the opposite direction

move right to left as fast as you possibly can

keep a quality of lifting so that the spine is floating continuously longer

imagine there is a string on top of your head towards your back, lengthening the spine longer

move the least amount of muscles possible, move with a kind of magnetism, hint of a smile

semi circles from left to right about 1 min.

full circles about 1:30 min each side

put hands down on your knees and do

visualize a solar ball (golden glowing orb) of energy glowing right beneath

where the ribs meet the front of your body

moving more like a dance, as fast as you can, creating space in the vertebra

at the bottom of the ribcage

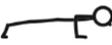
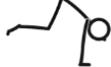
visualize manipura chakra, solar chakra, 3rd chakra, will, commitment, dedication

imagine this is like a glowing, solar star

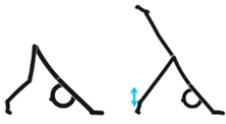


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|   | <p>with your next inhale: inhale – fill the lungs – arms up – arch spine - head back –tongue touches the soft pallet micro contractions of ashwini mudra - squeeze energy up</p> <p>with your next exhale, take your hands down take three full clearing breaths with your eyes closed</p> |
|     | <p>back bending and rounding about 3 min.</p> <p>exhale: round spine - elbows out inhale: arching spine - elbows out</p> <p>looking for this quality of magnetism use the least amount of muscles possible continue to work in a way to create space in the spine 4th chakra (anahata chakra) translusive green quality flowing with passion and unconditional love spreading from the heart, to the lungs and the finger tips and a little bit past move a little faster</p> <p>with your next inhale: inhale – fill the lungs – arms up – arch spine - head back –tongue touches the soft pallet micro contractions of ashwini mudra - squeeze energy up</p> <p>with your next exhale, take your hands down take three full clearing breaths with your eyes closed</p> |
|     | <p>cactus arms spinning side to side</p> <p>spinning from side to side breath head moves with the arms hold elbows up breath naturally move a little faster</p> <p>with your next inhale: inhale – fill the lungs – arms up – arch spine - head back –tongue touches the soft pallet micro contractions of ashwini mudra - squeeze energy up</p> <p>with your next exhale, take your hands down take three full clearing breaths with your eyes closed</p> |
| <p>butterfly pranayama</p>  <p>gyan mudra</p> <p>4 min.</p> | <p>since it is called butterfly breathing, it is as if you are going to take 250 tiny breaths in one minute, almost soundless it's like the flapping wings of a butterfly, it's not going to be even but you're looking for it to be even sometimes you get out of air and you have to reset it's a shallow breath in the chest (at the top of your lungs)</p> <p>keep your mouth closed tilt your face just slightly up, as if there was a soft spring light coming onto your face bring awareness to the point between the eyebrows</p> <p>keep trying, short, fast breaths keep going, short, fast, quiet breathing</p> |
|  | <p>meditation</p> <p>sit still in meditation for 4 min.</p> |

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|---|---|---|--|--|
|  inhale rise up |  exhale prayer squat |  inhale rising phoenix |  exhale forward fold |  inhale long spine |
|  exhale top of the push up |  inhale upward facing |  exhale downward dog 5 breaths |  inhale lift the heels | |
|  exhale floating or walking your feet towards the top of the mat |  inhale long spine |  exhale fold forward |  inhale rising phoenix | |
|  exhale prayer squat |  inhale swaying diving all the way up |  exhale release | | |

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|---|---|---|---|--|---|---|--|---|---|
|  |  |  |  |  |  |  | or |  |  |
| | | | | | | | | | 5 push ups |
|  |  |  |  |  |  |  |  | | |
| | 5 breaths | | | | | | | | |
|  |  |  | | | | | | | |

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|---|---|--|--|---|---|---|---|
|  |  |  |  |  |  |  |  side plank |
|  side stretch |  supported side plank |  lift lower leg and hold |  shoulder stretch 90° | | | | |
|  10 x spider push ups |  wrist stretch |  reverse one hand back |  extended puppy pose |  down dog |  |  |  |
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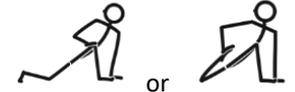
10 heel push ups



knee to armpit hold



lizard pose



flip lower hand (wrist stretch)



pyramid pose



10 warrior iii squats



float back foot across and in front of the front foot
hover and set it down – half forward fold – forward fold



cross legged side bend



half forward fold



straighten your arms and hold



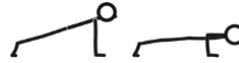
forward fold



lift crossed foot up and
hover it in front of the other foot



step back into
down dog



transition



wide angle forward fold first supported by finger stance
lift heels and go deeper again and again



3 min. sink into the pose with blocks underneath your elbows (chin on fists)



fold one leg in - half transversal split
stretch inside of the outstretched leg



lift straight leg and hold



block between feet
fingers behind you, chest upright
flap your wings



walk the hands a little bit further back
squeeze the block between your feet
3 x pick it up and hold – float it out hold



squeeze the block
pick up your hips and hold



upward table pose
hold



happy baby
rock side to side until knees
touch the floor – massaging the spine

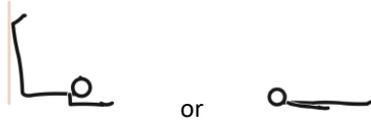


bound angle forward fold reclining

3 minutes of final asanas of your choosing, for example



shavasana



shavasana doesn't just mean, that we're imitating the posture of a dead body
we're actually imitating the mood – and it's the mood of letting go of the external and internal shells

so first let's work with releasing the gross body, the physical gathering
begin unsqueezing from your brain to your fingertips and toe tips
like wavers of relaxation as if your unsqueezing a sponge - allow this to have a visceral sensation
waves of relaxation unsqueezing

to unsqueeze your energy field, i want you to imagine, that you relax the air around you
as if you are unsqueezing the atmosphere around your physical body
do this unsqueezing of the air around you, making it calm and serene 10 times
and then see, if each time you can relax the air just a little bit further around you

and then begin to notice any thoughts, fancies, memories that are playing out across your mind field
as you notice this, see if you can notice little spaces or gaps
begin to relay to the thoughts, emotions, memories, sensations and fantasies as if they were like clouds in the sky
and begin to relay to the spaces however timely or briefly they are, as if it was a vast expanse of sky like mind
and then feeling in your heart, and with your innermost nature, that you are more like the sky and less like the clouds
more like the sky, less like the clouds
feeling expansion as if you became the element of space, so vast and permissible
allowing everything to unfold within you and yet untouched
remain in this space for the next little while, allowing anything to arise
bit keeping your attention in this vast expanse



make your way to a comfortable seated position
gyan mudra – closed eyes

3 min. meditation

lean slightly back as a method to lengthen the spine
lengthen the chest up
tilt your face ever so slightly up
feel the heaviness of gravity
now we are going to become very still
so what that means is, that if you have an itch, you don't scratch it
you don't adjust your position any more
you surrender
allowing thoughts, emotions, sensations, internal reality and external reality
to pour around you as, if you were a rock in the river
become absolutely still



with your next inhale lifting your arms over your head
in invitation of clarity into your life
and with the exhale join the thumbs in front of your heart in a gesture of sharing with all sentient beings

thank you for joining me in practice today
namasté