



(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  
3<sup>rd</sup> 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  
3<sup>rd</sup> 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  
4<sup>th</sup> chakra / heart  
like a flower opening  
green colour



exhale round back elbows out  
like a flower closing

2.5 min.

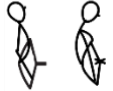

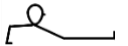
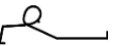























































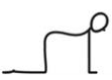







inhale up and 3 full b  
like first krya



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   upward plank	 leg behind head  	 lobster claw interlace feet straighten legs, bend elbow eight angle pose   forward bend  back bend / throat stretch	

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