



### Kundalini Kryas and Pranayamas (40 min.)



hands on knees / lower body circles  
visualize ball of smoky red energy  
micro contractions of ashwini mudra  
create the sense of gathering prana in your belly  
ad little hops when you're in front of the circle  
attitude of playfulness, lightness, hint of a smile  
as if your bones were drawn by a magnetic force

other direction (about 3 min. each side)



inhale arms up  
arch spine / head back  
tongue touches the soft pallet  
micro contractions of ashwini mudra  
hold breath  
squeeze energy up



release  
pause  
3 full clearing breath

### A-Symmetrical bhastrica pranayama breath of fire (skip it, if there are issues with the inner ear)



bhastrica left channel  
right hand thumb covers right nostril  
forceful exhale and forceful inhale



3 full clearing breath



### Preparatory pranayama (breaks up deposits in the lungs) (can be done on a bolster)



inhale fully, hold breath / smack torso (collarbone / ribcage front and back) with flat hands / release breath  
inhale fully, hold breath / smack torso (collarbone / ribcage front and back) with tiger claws / release breath  
inhale fully, hold breath / smack torso (collarbone / ribcage front and back) with fists (thumb on the outside) / release breath



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 / hint of a smile  
feel as the bones are moving magnetically  
about 4 min. (can be done on a bolster)



inhale, arms up, squeeze energy up



3 full clearing breath

### A-Symmetrical kapalabhati pranayama (60 breaths each side)



kapalabhati left channel  
right hand thumb covers right nostril  
forceful exhale and natural inhale  
contract ashwini mudra, squeeze energy up at the exhale



inhale, arms up  
squeeze energy up



3 full clearing breath





first half circles

then full circles



and other direction



hands around ribs / elbows in line with the ribs / feel an inner pressure of the weight of the arms

ribcage semi circles from left to right then put hands down on your knees and do full circles

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



inhale, arms up, squeeze energy up



3 full clearing breath



exhale round spine  
elbows out



inhale arching spine  
elbows in hold breath

visualize a green light energy, where the heart is  
feel this energy pulsating, spreading all the way  
down your arms and fingertips and back  
4<sup>th</sup> chakra (anahata chakra)



inhale, arms up  
squeeze energy up



3 full clearing breath

### Butterfly pranayama (3-4 min.)



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

butterfly breathing (like butterfly wings) through the nose super-fast (240 times a minute)

breath is shallow and at the top of your lungs / has not to be even / try not to make sound



inhale fully, hold breath  
squeeze bandhas  
(jalandhara / uddiyana / mula)

exhale

release jalandhara bandha



hold exhale  
squeeze bandhas  
(jalandhara / uddiyana / mula)






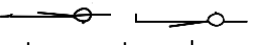

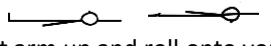





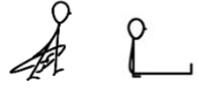

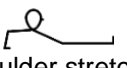
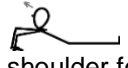
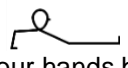

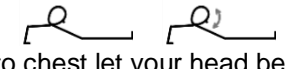
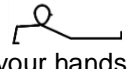
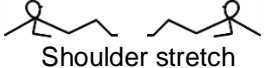



spinning from side to side  
head moves with the arms  
hold elbows up  
breath naturally







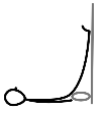


inhale, arms up  
squeeze energy up



3 full clearing breath

1	 <p>wrist therapy turn hands and wave rock back and forth</p>	 <p>wrist therapy reverse hands, wrist and little fingers together rock back and forth</p>			
2	 <p>shoulder stretch right arm to the right</p>	 <p>turn on stomach stretch right arm up and roll onto your back</p>	 <p>shoulder stretch / place right hand under your ribcage, palm facing down roll onto your right side</p>  <p>stretch right arm up and roll onto your stomach</p> 		
3	 <p>Cobra pose</p>	 <p>neck stretch</p>	 <p>transition</p>	 <p>extended puppy pose</p>	 <p>transition</p>
4	 <p>only slightly intense forward fold, rest head on bolster and/or block (6 Min.)</p> <p>Don't fidget and become very still, feel it in your spine and hamstrings Let the mind go still and release all muscular control Bring awareness to the internal landscape, let yourself become very still Hands are passive and soft, let the legs be heavy, become softer and softer Work with the downward moving force, let the fascia release</p>				
5	 <p>shoulder stretch walk hands back, round spine</p>	 <p>push right shoulder forward look over your left / and other side</p>	 <p>walk your hands back a little further</p>  <p>shake it out</p>  <p>chin to chest let your head be heavy turn head to left / middle / right / middle</p>  <p>walk your hands back a little further</p>  <p>Shoulder stretch Keep shoulder, elbow, wrist in line Square shoulders facing forward</p>		
6	 <p>cross ankles coming to all fours</p>	 <p>soft down dog 10 b</p>	 <p>transition</p>		

7	 <p>Butterfly pose</p> <p>only slightly intense forward fold, rest head on bolster and/or block (5 Min.)</p>
8	 <p>cow face pose</p>  <p>with garuda arms 2 min. both sides</p>  <p>and forward bend</p>  <p>reclining bound angle / 5 min. with block between the feet and strap around the torso</p>
9	 <p>place a block above the lower ribs and below the shoulders put something under your head if it doesn't touch the ground 5 min.</p>
10	<p><u>shavasana</u></p>  <p>legs up the wall</p>