

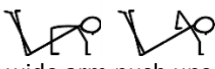



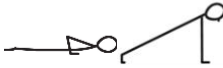

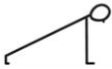



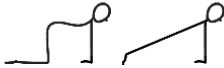


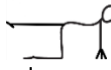












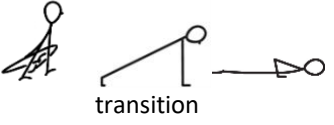












<p>1</p>	  <p>core hold with crossed legs cross legs both ways 1 min.</p>  <p>wide arm push ups 10 x</p>  <p>locust pose</p>  <p>cobra rolls</p>  <p>crocodile pose contract and lift up 3 x</p>  <p>push all the way up</p>
<p>2</p>	 <p>down dog</p>  <p>plank pose</p>  <p>side plank</p>  <p>side stretch</p>  <p>wrist therapy turn hands</p>  <p>wrist therapy reverse hands and straighten the legs</p> 
<p>3</p>	 <p>finger stance / straighten your legs</p>  <p>upper leg up and down</p>  <p>leg to the side</p>   <p>low lunge / twist</p>  <p>warrior I / back heel up squat up and down</p>  <p>transition</p>  <p>low lunge twist</p>  <p>pyramid pose</p>  <p>warrior III</p> <p>or</p>  <p>standing split</p> <p>or</p>  <p>bind</p>  <p>forward fold</p>  <p>rock back and forth 5 times</p>  <p>transition</p>  <p>transition</p>   <p>lift one leg up</p>  <p>leg to the side</p> 
<p>4</p>	 <p>down dog</p>  <p>transition</p>  <p>neck stretch</p>

## Kundalini Kryas



both directions about 2:30 min.

hands on knees / lower body circles  
 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 int 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 and little hops



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



3 full clearing breath

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



bhastrica left channel  
 right hand thumb covers right nostril  
 forceful exhale and forceful inhale  
 about 1 min. (60 breaths)



3 full clearing breath



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



1 min.

then full circles



1:30 min.

and other direction



1:30 min.

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  
 moving more like a dance, as fast as you can, creating space in the vertebrae at the bottom of the ribcage  
 visualize manipura chakra, solar chakra, 3<sup>rd</sup> chakra, will, commitment, dedication  
 imagine this is like a glowing, solar star



inhale, arms up, squeeze energy up



3 full clearing breath



exhale round spine  
elbows out



inhale arching spine  
elbows in hold breath

3 min.



inhale, arms up  
squeeze energy up



3 full clearing breath

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  
4<sup>th</sup> 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



6 min.

combination of all the kryas, start with the first krya

we do a combination of these kryas, now your whole spine is warmed up and prepared  
the next step requires you to allow this magnetism to move through your body  
if you think too much, this will not happen, you have to drop the mind, coming back to the sensations of the body  
the energy starts in shakti prana, this gathering is the beginning movement you want to feel the drawing of energy in  
your belly, next use these little hops to get sensation looking for the back channels it's like a lightening accelerator  
as you do this you have to allow each of these movement to naturally occur in your body  
you fake it until you make it, you have to get outside of your mind  
spontaneous pranayamas will occur and your body will move very freely  
as soon as you get this sensation, the feeling of the electrical storm, the practise is that you  
you direct energy first clearing the lower chakras, root chakra, 2<sup>nd</sup> chakra, 3<sup>rd</sup> chakra  
like you're crating little electrical storms around the chakras  
then you move the energy up, as you move the energy up it will become more intense  
when you develop control, you stop this by going to centre line sushumna nadi,  
this is contracting of yoni mudra (like squeezing your vagina)

6 min.

begin calming down the state, developing control, bring your attention to sushumna nadi  
micro contractions of yoni mudra, find the centre channel, just still the balance  
feel the centre line as it moves up, towards the crown, the centre of your skull at the top  
feel, that somebody was dropping a cooling menthol eucalyptus, drip, drip... a sensation of cooling down the brain  
continue micro contractions of yoni mudra  
cooling down the brain, this quality of menthol eucalyptus spreads to the entirety of your brain  
a quality of cooling and crystallizing as if there is the clarity  
now this cooling sensation finds the centre of the brain at the base where sushumna nadi calms  
feel that you are cooling aagya chakra  
noticing aagya chakra in the front, between the eyebrows and in the back beneath the skull  
micro contractions of yoni mudra  
cooling down aagya chakra, the 6<sup>th</sup> chakra  
quality of menthol eucalyptus crystalline dark blue light  
allow yourself to be easy and restful  
micro contractions of yoni mudra  
allow this cooling sensation to drip down the centre channel sushumna nadi  
moving into the throat chakra, cooling down the throat chakra  
micro contractions of yoni mudra  
allow this cooling sensation to continue dripping down sushumna nadi, the centre channel  
moving into anahata chakra, feeling the energy of the chakra moving out the front and back body  
brilliant, translusive energy, allowing it to cool down and crystalline  
micro contractions of yoni mudra  
allowing this quality of cooling eucalyptus to move down towards manipura chakra  
the solar chakra, the 3<sup>rd</sup> chakra  
micro contractions of yoni mudra, finding centre line

allowing the energy of willpower, commitment, solar star, to be clarified to be still, cool, calm  
micro contractions of yoni mudra, directing the awareness towards sushumna nadi  
allowing this quality of cool crystalline menthol eucalyptus to move to the 2<sup>nd</sup> chakra, house of Shakti prana  
allowing this energy to become balanced and clear and crystalline and calm  
micro contractions of yoni mudra  
a sensation of cooling eucalyptus moving from the crown, down the centre channel all the way to the root  
cool, calm clear distillation of the sacrum chakra, the root, deep red connected energy  
feel the calming state  
micro contractions of yoni mudra  
direct your awareness to the third eye chakra and put your face up slightly  
making micro adjustments in the spine to lengthen allowing yourself to become very, very still and quiet  
resting the awareness on aagya chakra, don't follow thoughts, let them fall away  
feel the calm presence of the centre line sushumna nadi  
take your palms and turn them up, touching your first finger to the thumb (gyan mudra)  
returning the awareness to aagya chakra  
we're staying like this for 4 minutes, making the breath as easy and restful as you can

open your eyes, move your legs out to the front

6 short shavasana (10 min.)

