




















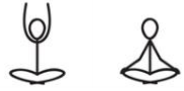
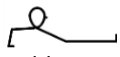
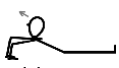



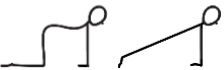



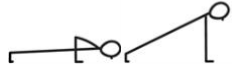

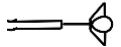


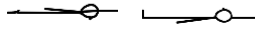

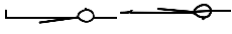
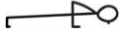


**Franziska's notes of the
300/500 h YTT with Rae Indigo
Part 3: The Awakened Mind**

**2017 Zürich
Morning Practice Day 5
Kundalini Kryas**


Kryas

You can practise the following kryas (1-5) in that order as a nice yoga practise if you don't have time for more
If you're not going into physical practise afterwards then sit and meditate for a while
Meditate on the centre channel sushumna nadi feeling as im menthol eucalyptus was moving into the crown and then dripping
down the centre of your body going through the chakras

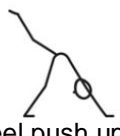
1	<p>lower body circles (without bolster)</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>lower body circles 2nd chakra hand on knees playful / hint of a smile visualize red smoke orb gathering red, smoky prana/energy 2.5 min. each direction</p> </div> <div style="text-align: center;">  <p>inhale arms up hold breath arch in spine tongue to soft palate micro pulsation in the pelvic floor squeeze energy up</p> </div> <div style="text-align: center;">  <p>3 b full clearing breath</p> </div> </div>
2	<p>ribcage side to side and circles (with bolster if the hips are tight)</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>ribcage side to side 3rd chakra / willpower glowing yellow pulsating orb hands around ribs – thumb on back shift ribcage from side to side project other hip to the ground bobbing from side to side lengthening your bones up 3 min.</p> </div> <div style="text-align: center;">  <p>ribcage semi circles in front chest high up hands on knees 1 min.</p> </div> <div style="text-align: center;">  <p>full circles both directions 1 min. each</p> </div> <div style="text-align: center;">   <p>inhale up and 3 full b like first krya</p> </div> </div>
3	<p>bhastrica pranayama (with bolster if the hips are tight)</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>bhastrica pranayama 3rd chakra / solar pranayama breath of fire (bellows breathing) forceful inhale and forceful exhale right thumb blocks right nostril 1:30 min.</p> </div> <div style="text-align: center;">  <p>3 b full clearing breath</p> </div> <div style="text-align: center;">  </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>Inhale fill the lungs completely seal Jalandhara, Uddiyana and mula Bandha and hold the breath exhale fully seal Jalandhara, Uddiyana and mula Bandha and hold exhale</p> </div> <div style="text-align: center;">  <p>3 b full clearing breath</p> </div> </div>

4	<p>angulating the jurassic spine (with bolster if the hips are tight)</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>inhale open up elbows in effortless opening like a flower 4th chakra / heart green blossoming energy in the chest allow it to be translucent allow it to have a crystalline quality</p> </div> <div style="text-align: center;">  <p>exhale round back elbows out like a flower closing</p> </div> <div style="text-align: center;">  <p>inhale up and 3 full b like first krya</p> </div> </div> <p style="text-align: center;">4 min.</p>
5	<p>spinning from side to side (with bolster if the hips are tight)</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>spinning from side to side head moves with the arms hold elbows up breath naturally visualize that green crystalline energy in your chest move as fast as is comfortable, with enthusiasm 2:30 min.</p> </div> <div style="text-align: center;">  <p>inhale up and 3 full b like first krya</p> </div> </div>
6	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>shoulder stretch round spine / walk hands back face fingers forward circle ancles both directions</p> </div> <div style="text-align: center;">  <p>shoulder stretch project one shoulder forward look over the other one both sides</p> </div> <div style="text-align: center;">  <p>contracted boat pose cross ankles both sides</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>cross ankles com to all fours</p> </div> <div style="text-align: center;">  <p>wrist stretch reverse hands / wave</p> </div> <div style="text-align: center;">  <p>wrist stretch turn hands</p> </div> <div style="text-align: center;">  <p>thumb stretch</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>hand therapy finger stance</p> </div> <div style="text-align: center;">  <p>plank / lower step by step</p> </div> <div style="text-align: center;">  <p>10 push ups</p> </div> <div style="text-align: center;">  <p>locust pose</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>sleeping crocodile</p> </div> <div style="text-align: center;">  <p>3 cobra rolls</p> </div> </div>
7	<div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div style="text-align: center;">  <p>shoulder stretch turn hips around</p> </div> <div style="text-align: center;">  <p>transition to back</p> </div> <div style="text-align: center;">  <p>shoulder stretch palm under ribcage</p> </div> <div style="text-align: center;">  <p>transition to stomach</p> </div> </div> <div style="display: flex; justify-content: space-around; align-items: flex-start; margin-top: 20px;"> <div style="text-align: center;">  <p>aligator 5 x push up and hold</p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  <p>reverse push up to down dog</p> </div> </div>


8



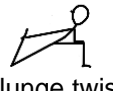
down dog
1 min




heel push ups
15 x




low lunge
rock forth back




low lunge twist




half splits




pyramid pose




supported warrior III
15 squats




forward fold
cross-legged



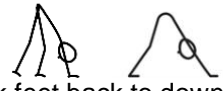
side bend
cross-legged




feet hip distance apart
squat slowly down / slide hands from knee
down to heels, until ribcage touches thighs




hold heels and straighten legs to
forward fold




walk feet back to down dog




9



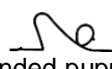
down dog




transition




neck stretch both sides



extended puppy pose

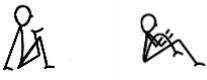


transition




wrist to ribcage
hug knees in

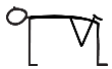
10




put ankle on fibre bone
thread fingers through and rock




twist / hold upper heel or
place elbow in the arch of the foot




reversed tabel pose




one foot to calf muscle / put block/bolster under forehead
let yourself become soft / THA / 5 min.




upward plank



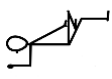
arch back
forward fold




11




Thread the needle twist with prana mudra
(squeezing index finger toward the palm
push upper leg away




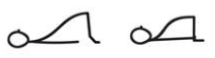
thread the needle pose



extend both legs
walk hands down



forward fold / rock a little forth and back, masaging the lower back

bridge pose / 10 b

12 shavasana

