



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

lower body circles without bolster



lower body circles
2nd chakra
energy-playful-red smoke ball
hand on knees
both directions



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
breath of fire (bellows breathing)
forceful inhale and forceful exhale
left side 50 x



3 b
full clearing breath



bhastrica pranayama
right side 50 x



3 b
full clearing breath

ribcage side to side and circles with bolster if the hips are tight



ribcage side to side
3rd chakra
glowing yellow star
hands around ribs – thumb on back
shift ribcage from side to side
project other hip to the ground



ribcage half circles in front
chest high up
hands on knees



full circles
both sides



inhale up and 3 full b
like first krya

back open and round with bolster if the hips are tight



inhale open up
elbows in
4th chakra
heart chakra
green colour



exhale round back
elbows out



inhale up and 3 full b
like first krya

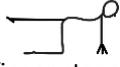
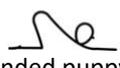
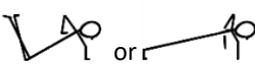
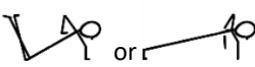
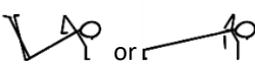
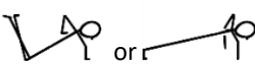
spinning from side to side with bolster if the hips are tight

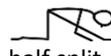
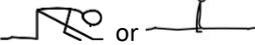
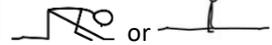
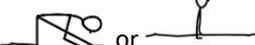
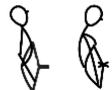


spinning from side to side
head moves with the arms
hold elbows up
breath naturally



inhale up and 3 full b
like first krya

| | | | | | | |
|---|--|---|--|--|--|---|
| 1 |  circle ankles both ways  core cross ankles both ways |  forward bend  reverse one hand and wave then the other hand |  upward plank  wrist stretch both sides turn fingers back hands together, little fingers touch lean back |  lift butt and right leg  lift butt and left leg |  lift butt |  finger stance one leg back then the other |
| 2 |  transition  extended puppy pose |  5 b heel push ups  transition |  transition  transition |  stack hips draw yourself like a bow |  transition | |
| 3 |  dolphin push ups 10 x |   neck stretch both sides |   slowly up and down 3 x holding on different levels |  locust pose fingers interlaced | | |
| 4 |  shoulder stretch 90° project shoulder down |  finger stance |  wide arm push ups 5 x |  wide arm push ups 5 x |  wide arm push ups 5 x |  wide arm push ups 5 x |
| 5 |  up dog  high lunge squat up and down |  down dog  transition |  one leg up  extended side angle twist |   knee to armpit and hold or supported flying splits |  pyramid  reverse one hand and wave then other one |  supported warrior iii squat up and down  standing split  plank hold  up dog |
| 6 |  transition |  camel pose hands on butt or inner thigh |  lift one knee then the other |  gate pose fist / hold wrist |  revolved head to knee pose | |

| | |
|----|---|
| |  <p>lift hip open ribcage one hand behind you</p>  <p>hand to heel on same side lift hips and other arm up</p>  |
| 7 |  <p>transition</p>  <p>lift both knees up</p>  <p>jump up and land softly</p>  <p>tuck feet under on the top of the feet</p> |
| 8 |  <p>down dog</p>  <p>right leg up</p>  <p>right leg out</p>  <p>low lunge rocking side to side</p>  <p>half split</p>  <p>low lunge twist opposite leg/arm</p>  <p>half or full split</p>  <p>low lunge hold foot same leg/arm</p>  <p>half or full split</p>  <p>lizard lunge crawl under leg</p>  <p>half or full split</p>  <p>pigeon pose</p>  <p>flow through vinyasa</p>  |
| 9 |  <p>bound angle forward bend</p>  <p>butt walk</p>  <p>bound angle and lift hips up</p>  <p>bound angle lift chest up / round back</p>  <p>legs bend or straight</p>  <p>bound angle forward bend</p>  <p>shake legs out</p>  <p>upward plank</p>  <p>hip and one leg up both sides</p> |
| 10 |  <p>cow face</p>  <p>garuda legs</p>  <p>twist</p>  <p>garuda legs</p>  <p>straighten bottom leg</p>  <p>straighten both legs</p>  <p>hands interlaced against chin open up chest / backbend</p>  |
| 11 |   <p>shoulder stand or legs up the wall</p> |

10 shavasana



just allow yourself letting go as you make your way into shavasana
begin unsqueezing your brain
by this I don't just mean to relax the mind
what I mean I consciously as if your brain was a muscle unsqueeze
allow this to be like waves of unsqueezing
whenever a secondary thought comes in, you start thinking about lunch
or your bike, how you need to clean your house
immediately bring your practise back to unsqueezing the brain
until you are able to cultivate waves of relaxation
and allowing those waves to move from the brain down the spinal cord
releasing the nervous system
waves of relaxation from the brain down the spinal cord then all the way out to the finger- and toe tips
then drawing the attention to the source of attention
having the understanding that the body can take care of itself right now
and then allowing the relationship to the thoughts to be disinterest
recognizing, that the mind can also take care of itself
allowing your awareness to move into the vast expanse of the internal sky
the presence out of which all experiences arise and set

begin to bring the awareness back into your physical body