



**Franziska's notes of the
300/500 h YTT with Rae Indigo
Part 1: The Awakened Energy**

**2017 Zürich
Morning Practice Day 3
Kundalini Kryas**

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
4th 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)



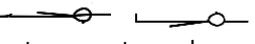
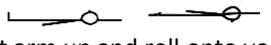
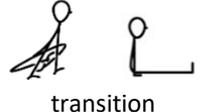
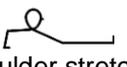
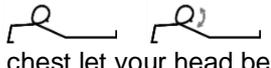
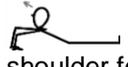
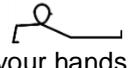
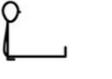
spinning from side to side
head moves with the arms
hold elbows up
breath naturally



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>chin to chest let your head be heavy turn head to left / middle / right / middle</p>  <p>Shoulder stretch Keep shoulder, elbow, wrist in line Square shoulders facing forward</p>	 <p>push right shoulder forward look over your left / and other side</p>  <p>walk your hands back a little further</p>	 <p>walk your hands back a little further</p>  <p>shake it out</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>