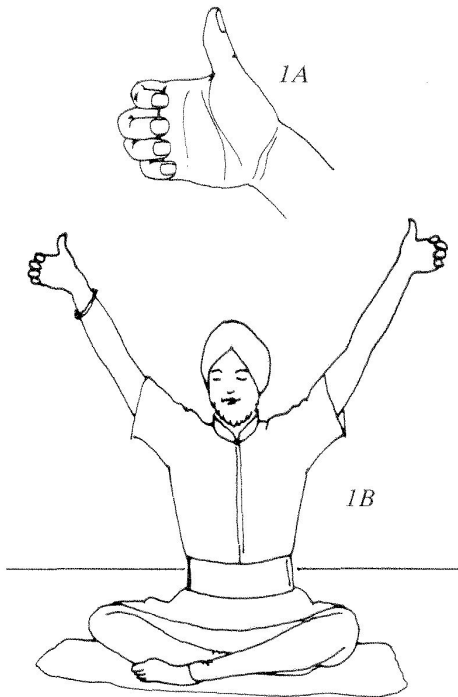
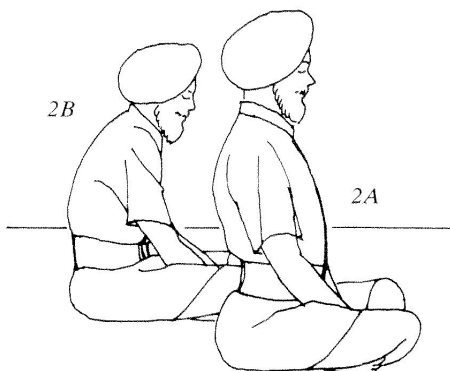


Kundalini Yoga for Elevation [KY kriyas](#) (from Keeping up with Kundalini Yoga)



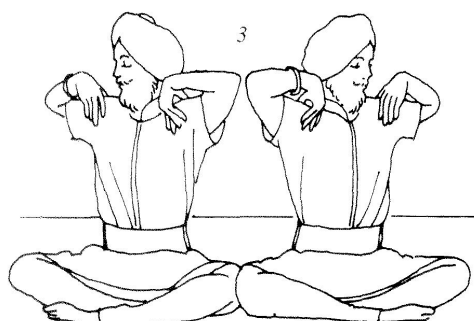
1) Sit in an easy pose. Extend the arms up at a 60 degree angle to the horizontal, palms facing forward. Curl the fingertips into the pads of the palms just below the base of the fingers. Extend the thumbs. (A) Angle the wrists so that the thumbs are pointing straight up and the other fingers are parallel to the ground. (B) Begin breath of fire and continue for 1-3 minutes. Then inhale deeply and hold the breath as you bring the thumbtips together above your head. Then exhale and apply the mool band. Hold the breath out briefly. Then inhale and relax.

*This exercise opens the lungs, brings the hemispheres of the brain to a state of alertness consolidates the magnetic field..*



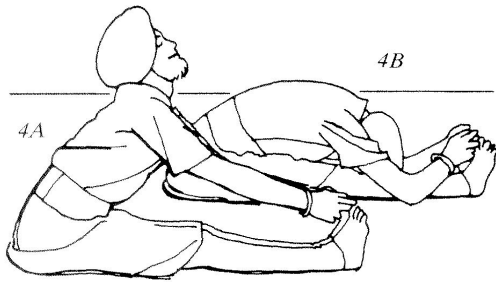
2) Sitting in easy pose, grasp the shins with both hands. As you inhale, flex the spine forward. (A) As you exhale, flex the spine back, keeping the shoulders relaxed and the head straight. (B) Continue rhythmically with deep breaths for 1-3 minutes. Then inhale. Exhale and relax.

*This exercise stimulates and stretches the lower and mid- spine.*



3) In easy pose, place the hands on the shoulders, arms parallel to the ground, with the thumbs in back and the fingers in front. Inhale as you twist the head and torso to the left. Exhale as you twist to the right. Continue for 1-3 minutes, then inhale, facing straight forward. Exhale and relax.

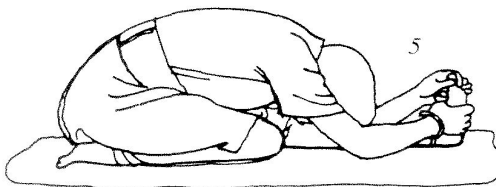
*This exercise stimulates and stretches the lower and mid-spine.*



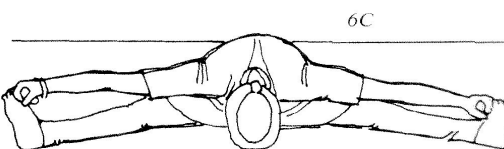
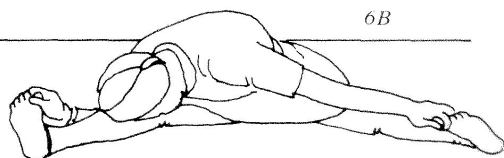
4) Stretch both legs straight out in front. Grab the big toe of each foot by locking the index finger around the toe and pressing the thumb against the toenail. (If you cannot reach the toes, grab the ankles.) Inhale and stretch the spine straight, pulling back on the toes and keeping the knees straight. (A) Exhale and bend forward, pulling the elbows to the ground and the head to the knees. (B) Continue with deep, powerful breathing for 1-3 minutes. Inhale up and hold the breath briefly. Stay up and exhale completely, holding the breath out briefly. Inhale and relax.

*This exercise works on the lower and upper spine.*

5) Sit on the right heel with the left leg extended forward. Grasp the big toe of the left foot with both hands, applying a pressure against the toenail. Bring the elbows to the ground and the head to the knee. Begin breath of fire. Continue for 1-2 minutes. Inhale. Exhale and stretch the head and torso forward and down. Hold the breath out briefly. Inhale and switch legs. Repeat the exercise using the opposite side. Relax.



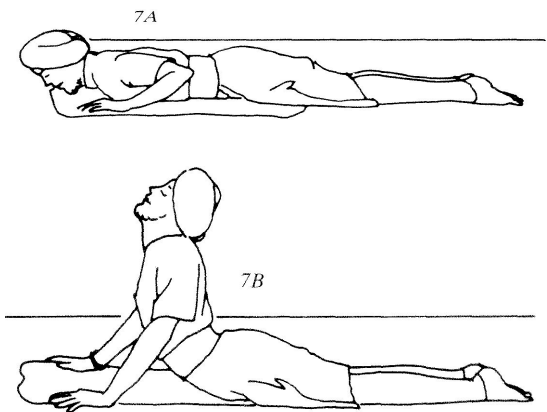
*This exercise helps elimination, stretches the sciatic nerve and brings circulation to the upper torso.*



6) Spread the legs wide, grasping the toes as in Exercise 4. Inhale and stretch the spine straight, pulling back on the toes. (A) Exhale and, bending at the waist, bring the head down to the left knee. Inhale up in the center position (A) and exhale down, bringing up the head to the right knee (B). Continue with powerful breathing for 1-2 minutes. Then inhale up in the center position and exhale, bending straight forward from the waist, touching the forehead to the floor. (C) Continue this up and down motion for 1 minute, then inhale up, stretching the spine straight. Exhale, bringing the forehead to the floor. Hold the breath out briefly as you stretch forward and down. Inhale and relax.

*This exercise develops flexibility of the lower spine and sacrum and charges the magnetic field.*

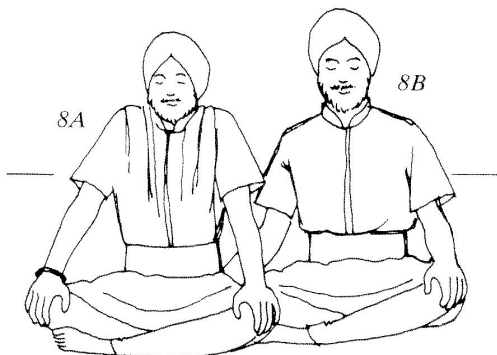
7) Cobra Pose. Lie on the stomach with the palms flat on the floor under the shoulders (A). The heels are together with the soles of the feet facing up. Inhale into cobra pose, arching the spine, vertebra by vertebra, from the neck to the base of the spine until the arms are straight with the elbows locked. (B) Begin breath of fire. Continue for 1-3 minutes. Then inhale, arching the spine to the maximum. Exhale and hold the breath out briefly, apply mool band. Inhale. Exhaling slowly, lower the arms and relax the spine, vertebra by vertebra, from the base of the spine to the top. Relax, lying on the stomach with the chin on the floor and the arms by the sides.



*This exercise balances the sexual energy and draws the prana to balance apana so that the kundalini energy can circulate to the higher centers in the following exercises.*

8) Sit in easy pose. Place the hands on the knees. Inhale and shrug the shoulders up toward the ears.

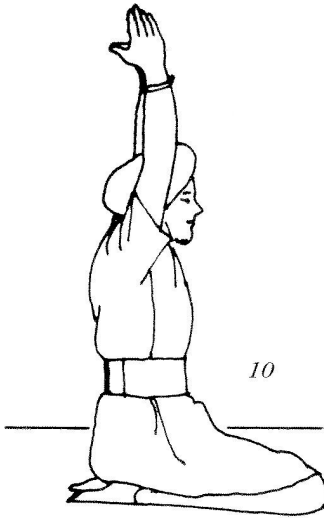
(A) Exhale and drop the shoulders down. (B) Continue rhythmically with powerful breathing for 1-2 minutes. Inhale. Exhale and relax.



*This exercise balances the upper chakras and opens the harmonal gate to the higher brain centers.*

9) Sit in easy pose. Begin rolling the neck clockwise in a circular motion, bringing the right ear toward the right shoulder, the back of the head toward the back of the neck, the left ear toward the left shoulder and the chin toward the chest. The shoulders remain relaxed and motionless, and the neck should be allowed to gently stretch as the head circles around. Continue for 1 - 2 minutes, then reverse the direction and continue for 1 - 2 minutes more. Bring the head to a central position and relax.





10) Sit on the heels in the Sat Kriya position. Stretch the arms over the head so that the elbows hug the ears. Interlock the fingers except for the index fingers which are pressed together and pointed up. Begin to chant “Sat Nam” emphatically in a constant rhythm about 8 times per 10 seconds. Chant the sound “Sat” from the navel point and solar plexus, and pull the navel all the way in toward the spine. On “Nam” relax the navel. Continue for 3-7 minutes, then inhale and squeeze the muscles tight from the buttocks all the way up the back past the shoulder. Mentally allow the energy to flow through the top of the skull. Exhale. Inhale deeply. Exhale completely and apply the mool band with the breath held out. Inhale and relax.

*Sat Kriya circulates the kundalini energy through the cycle of the chakras, aids in digestion and strengthens the nervous system.*



11) Relax in easy pose or on the back with the arms at the sides, palms up.

*Deep relaxation allows you to enjoy and consciously integrate the mind/body changes which have been brought about during the practice of this kriya. It allows you to sense the extension of the self through the magnetic field and the aura and allows the physical body to deeply relax.*

**COMMENTS:**

*This easy set of exercises is excellent as a warm-up and a tune-up. It systematically exercises the spine and aids in the circulation of prana to balance the chakras.*