

KUNDALINI YOGA KRIYA POLARITY BALANCE

Yogi Bhajan • KWTC July 7, 1993

1. Stand up. Balance on the right foot. Extend and stretch the right arm forward and up parallel to the ground, palm down. Left foot lifted back and up 45 degrees and extended straight. Extend through the core of the body. Hold steady 2 minutes. Then switch arms and legs and repeat for **2 minutes**. *Balance is the basis of health.*



2. Stand straight. Spread legs as wide as possible. Extend arms straight out to the sides, parallel to ground, palms down, wrists straight. Squat down so legs form 60-degree angle, about 1/4 way down. Inhale up, exhale down. Continue for **5 minutes**. *This exercise will put pressure on the hips, spine and the muscles along the back.*

3. Keep standing and begin to march in place. With the palms flat and facing each other (fingers together and thumbs pointing up), and the elbows bent, move the arms back and forth with a precise and controlled movement. The left arm should move forward as the right knee comes up. Continue alternating sides. For the final minute, increase the pace, moving powerfully. **5 minutes**.



4. Spread the legs as wide as possible. Place hands, fingers interlaced, behind the neck. Begin to rotate hips in wide circles. The knees stay straight. Allow the entire body to move and rotate. Continue for **3 minutes**.



5. Place hands on hips. March by lifting heels and bend knees but keep toes on the ground. Dance on the toes. The hips will move. The calves will receive a pressure. Continue for **3 Minutes**.

6. Begin "Jumping Jacks." Hands come together over head as legs spread. Arms down by sides as legs come together. Do it in a rhythmic jump. Continue for **3 minutes**.



7. Stand up. Lift alternate arms and legs. Right arm extends up as the left heel lifts up to strike the buttocks. Switch arm and leg. Continue for **3 minutes**.

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8. Face a partner. Do same exercise but grasp hands and lift legs together on alternate sides as legs go back. **1-1/2 minutes.**

9. Stay with partner. Spread legs. Hold hands facing each other. Squat in deep knee bend, then come up. Inhale up, exhale down. Continue for **3 minutes.**

10. Stand up. Be in straight lines, extend arms out to both sides onto the shoulders of partners on each side. Close your eyes and stand still. After **1-1/2 minutes**, begin chanting with the *Bountiful, Blissful and Beautiful* recording. Continue for **4 minutes.**



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11. Sit in easy meditative pose. Fold and hold the hands at the heart center. Listen to the same tape. Meditate at the brow point. **5 minutes.** Then relax.

12. Turn to person next to you and lock hands and wrestle. **30 seconds.**