

# Kriya for Healthy

This Kriya is meant to activate and balance the body's energy. The backwards bends energise and open the upper back and chest and open up the heart chakras. The other exercises circulate the energy to the brain and the final powerful meditation balances the mind. The bow pose massages and revitalises the internal organs and strengthens the abdominal muscles. This also expands the chest thus the breathing capacity. The came pose not only brings flexibility to the spine but also adjusts the navel centre (also known as the Hara centre; it is the area below the navel and pubic bone) It can relieve the stomach from the effects of overeating. A combination of the bow and camel pose stretch the quadriceps muscle (the muscle of the upper thigh) which controls the calcium-magnesium balance in the body. This balance being necessary for both the physical and mental wellbeing. The Lion breath done with the tongue out of the mouth is a cleansing breath that clears the toxins from the body. The Frog pose stimulates the energy of the first 3 chakras and is associated with personal health and will. It moves and circulates the energy to the heart and higher chakras. The celibate pose with arms backward is also a chest opener and with snake like movements work on the digestive system. The head to knee with bounce is an ancient yogic exercise use to balance the sexual chakra. It is important to finish this Kriya with a minimum of 10 minutes of relaxation on your back.

## Bow pose with Lion Breath

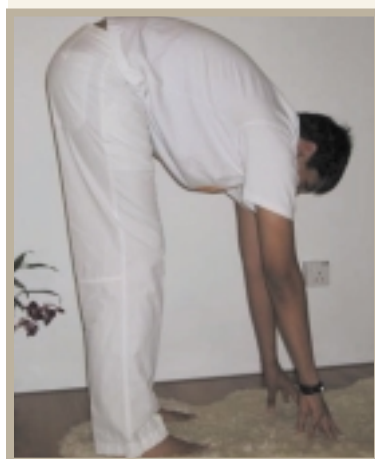
Lie on your stomach and reach for your ankles. Inhale as you lift your head, chest and thighs off the floor, arching your spine. Lift and open the chest by stretching the head back, creating tension between the straight arms and legs to stretch up as high as possible. Breathe deeply for 1 to 2 minutes, then for the next 1 to 1 1/2 minutes, keep the tongue pulled out as far as possible and breath heavily through the mouth (Lion Breath). End by inhaling, exhaling and relaxing.



## Camel Pose

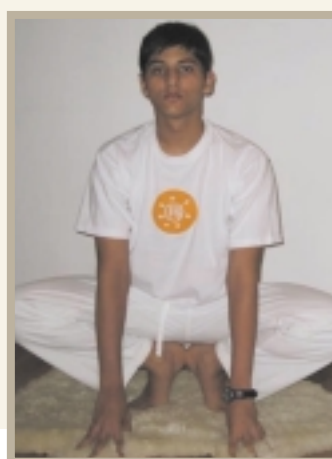
Sit on the heel in rock pose, come into a tall kneel. Reach back with your hands to take hold of your heels. Use the abdominal muscles to push the pelvis forward and arch the body up. Keep the arms straight. Heart centre is open with the chest lifted up and head dropped back. Stretch out the tongue for

Lion Breath. Continue this pose with this breath for 1 to 2 minutes.



## Frog Pose

Squat down with the buttocks close to the heel. The heels are together and raised off the floor. Finger tips are on the ground in front of you and the arms are straight between the knees which are open. Keep the back straight and head in neutral position. Inhale and straighten the legs, bringing the head down and close as possible to the knees, ensuring that the legs are straight with heels still slightly off the ground. Exhale back into the squat. Continue this for a count of 26 or, if you feel energetic up to 108 counts (one inhale and exhale count as one).



# Mental Balance

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## Celibate pose

Sit on your heels in rock position and slowly move the heels outwards to the side so that the buttocks rest on the floor. Spread your knees as far as possible. Interlace the finger and clasp the hands behind your back. Now lower your body towards the floor moving from side to side, like a snake, continue for 1 to 3 minutes.



## Head to Knee with bouncing motion

Lying on your back, draw your knees up to the chest. Warp your arms around your shins. Lift up your head towards your knees and holding this position, bounce the body up and down. Continue for 2 to 7 minutes.



## Power breath

Sit in easy pose with elongated spine, straight long neck and chin slightly tucked in. Rest the hands on the knees. Inhale and exhale powerfully so that the breath from the nostrils sounds like the mantra "har" (the infinite one). Press the naval towards the spine on the exhalation, feeling the force all the way from the navel to the nostrils. The rib cage will lift with the power of the breath. Continue for 2 to 5 minutes



## Lie on your back and relax for at least 10 minutes

NOTE: This Kriya may be difficult for persons with knee problems. Use a firm pillow or cushion under the buttocks, this will ease the pressure off the hips and knees and one still gets the benefits of the whole Kriya. YL

