

Kundalini Yoga

Master Your Domain – Our Command Center:

- Gives spirit of a saint and fearlessness of a warrior
- Help us act from the center of our being.
- Mentally, hold and project a thought, idea, into reality.
- Physically, circulate blood from core to limbs and glands.

Practice:

1. Double Leg Raises 2 -5 min. Breath of Fire through open mouth

Lie on back – legs straight; feet flexed. Hands on floor beside body or under buttocks for back protection.

Legs up and down

Inhale – legs up – hold briefly, then down. Rest 30 seconds

2. Alternate Leg Raises 1-2min.-same breathing pattern as above -same position

Raise and lower one straightened leg at a time – feet flexed
rest a few seconds

3. Extended cow pose #1. 2-4 minutes

Hands and Knees- head is up, chin pointing up spine slightly arched down. Same breathing pattern.

raise and lower alternate legs extending them as high as possible without twisting the pelvis.

Inhale deeply, stretch up; Relax

4. Extended cow pose #2.1 – 2 min.

Same position as #1, breath and movement same except, add:

Raising opposite arm to leg

Inhale deeply, relax

sit on heels for 30 sec. circulate internal energy

5. Frog Pose 15-52 repetitions

Squat- hands on ground; legs turned out; heels lifted and touching

Inhale – straighten legs head towards knee;

Exhale – squat

move at own pace

End – sit with legs in front; shake them for a few seconds

Master your Domain (cont.)

6. Arm movements 2-5 min. – powerful breath

Sit in easy pose –navel in; chest out, chin down slightly; spine lifted

Inhale -Arms straight up by ears

Exhale – straight arms out to side in v shape

“Do this as a powerful drill keeping spine and arms straight”

(Physically, stimulates the heart, circulatory system, and glandular system. It works powerfully on the mental realm, training us to concentrate and gain control of our minds.)

7. Meditate – - 2-5 min.

Sit in easy pose

Breathe long and deep

8. Heart-cross – 5 min.

lie down, legs folded at ankles, hand crossed on heart.

Relax, breathe long and deep

“Reap the benefits of your hard work as you dwell in the heart center.”

