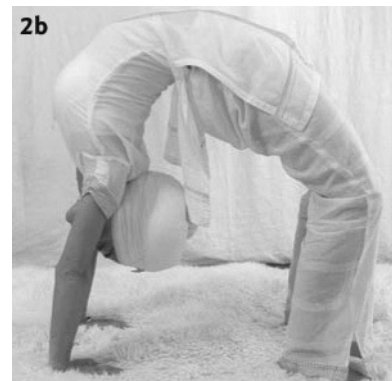




1. Bridge Pose. Begin in a sitting position with the legs straight out. (a) Lean back slightly, supporting the upper torso with the arms locked at the elbows and the palms flat on the floor. Bending the knees, draw the feet in toward the hips with the soles flat against the floor. (b) Inhale and raise the hips so that the body—from the knees to the shoulders—forms a straight line parallel to the ground. Let the head fall back. The arms and the lower legs should be roughly at right angles to the body. Apply Mulbandh, hold the posture with normal breathing. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise strengthens the back and aids in metabolism.



2. Wheel Pose. Lie on the back. The legs should be bent with the soles of the feet pressed against the floor close to the hips. (a) Bending the elbows, place the palms of the hands on the floor behind the shoulders with the fingers pointing back toward the shoulders. (b) Inhale and carefully and comfortably raise the hips so that the body forms one continuous arch from the heels to the palms of the hands. Begin Breath of Fire. Continue for 1-3 minutes. Inhale and slowly and carefully let yourself down and relax. This exercise strengthens the lower back, facilitates the flow of energy through the spine and aids in metabolism.



3. Variation of Locust Pose. Lie on your stomach. Clasp the hands in Venus lock behind the back, interlocking the fingers. Inhale and raise the legs and arms as high as you can, keeping the knees and elbows straight and the legs together. Begin Breath of Fire. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise aids in digestion and strengthens the abdominal muscles.





4. Stand with your feet wide apart. (A) Raise the arms straight over the head with the palms pressed together. Inhale in this position, keeping the elbows and knees straight. (B) Exhale, bending at the waist, and touch the fingertips to the left foot. Inhale up once again and then exhale, bending at the waist and touching the right foot. Continue rhythmically with a powerful breath for 1-3 minutes. Inhale in the upright position. Exhale and relax. This exercise balances the movement of the pelvis and coordinates the muscle groups on opposite sides of the body.



5. Kundalini Lotus. Begin in a sitting position. Grasp the big toe of each foot with the thumb and the first two fingers of each hand, wrapping the fingers around the fleshy part of the toes with the thumbs pressed against the toenails. Raise the legs to an angle of 60 degrees to the floor, locking the knees. Spread the legs wide and keep the spine straight. Begin Breath of Fire. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise helps to channel sexual energy and maintain potency.



6. Come into Cow Pose, supporting the torso on the hands and knees. (a) Inhale, lifting the head up and back and raising the right leg as high as possible keeping the knees straight. (b) Exhale, bring the chin down to touch the chest and drawing the right knee toward the chest to touch the head. Then inhale backup into the original position. Continue rhythmically with a powerful breath for 1-3 minutes. Then inhale. Exhale and repeat the exercise on the opposite side. Continue for 1-3 minutes. Then inhale. Exhale and relax. This exercise balances the leg and abdominal muscles and helps to maintain sexual potency.



7. Deeply relax.



Yogi Bhajan • from Keeping Up with Kundalini Yoga