

KRIYA FOR PHYSICAL & MENTAL VITALITY

1. Leg Crisscrossing. Lie on your back and lift your legs to 30 centimeters. Begin crisscrossing your legs left over right, then right over left. Spread the legs wide. After **5 minutes**, inhale and apply Mula Bandha. Rest for **2 ½ minutes**. Then repeat the cycle. Keep the legs straight throughout.



2. Push-Pull. Lift both legs 2 feet off the ground. Begin a push-pull motion, keeping the legs parallel to the ground. Continue for **5 minutes**. Rest for **2 ½ minutes**. Then repeat the cycle.



3. Arms stretched up in Sukhasana (Easy Pose). Stretch your arms up and interlace your fingers above the head with the palms facing up. Do Breath of Fire for **5 minutes**.



4. Sukhasana (Easy Pose). Grab the opposite shoulders with your arms crossed behind your head. Do Breath of Fire for **5 minutes**. Then inhale, exhale, inhale and hold applying Mula Bandha. Exhale and hold applying Mula Bandha. Repeat the cycle 3 times. Keep the spine elongated and feel the energy moving to the upper chakras. *Variations: Option 1: If the arms are pushing the head forward either cross your arms behind your head at the level of your wrists with the fingers pointing to the opposite shoulder. Option 2: interlace your hands at the base of the skull. Prioritize aligning the top of the head with the rest of the spine.*



5. Savasana (Corpse Pose). Lay on your back and relax completely. Breathe slow and deep and imagine that with every inhale you are filling up the entire room, and with every exhale you are melting into the ground. Continue for **5 minutes**.



After the relaxation chant a mantra that inspires you.

COMMENTS:

This Kriya moves the energy from the lower three chakras in Exercises 1 and

2, through the Heart Center in Exercise 3, and through the Throat Chakra to the Higher Centers in Exercise 4. Mental projection and meditation usually come very easily afterward.

The hardest part of this kriya is the beginning. Do what you can and do it gracefully, breathing consciously throughout. The sexual and digestive energies require a little work to balance.

As you do Exercise 3 feel all the worries of the day drop away. Feel like you are rising above the clouds and that your entire body is filled with the light energy of the breath. In Exercise 4, feel that light energy lift to your head and project your mind into an expansive peacefulness. The hard work brings deep relaxation and the experience that you have the latent power to cleanse and vitalize yourself mentally and physically.