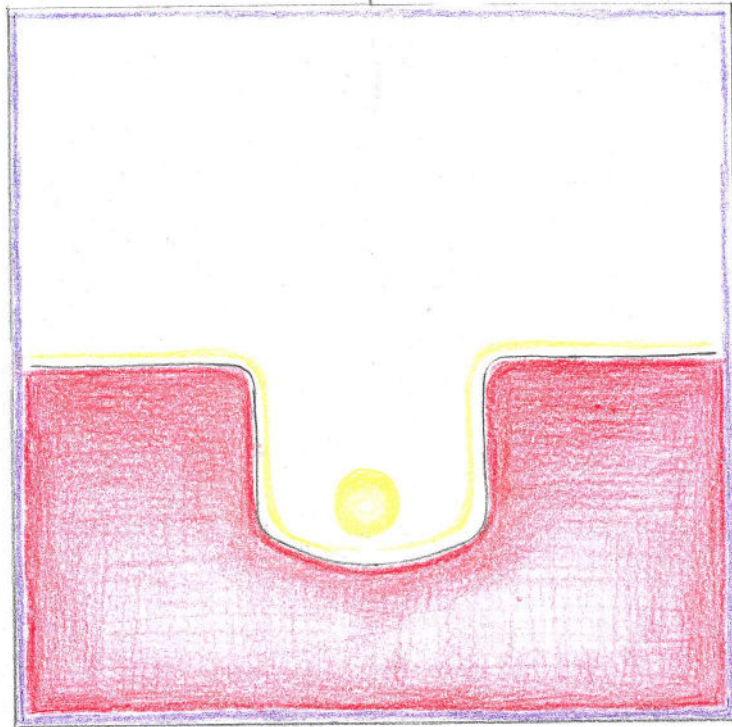


MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

KRIYĀ



www.yogamatsya.com

Created with love by Matsya Kundalini Yoga Academy

15

If you want to use this material commercially, please link us to your website or blog.

MATSYA APĀNA KRIYĀ

The action for *apāna prāṇa*.

This is the internal movement of consciousness. It strengthens the reproductive system of the body and helps the flow of digestion. It will further increase the body's regenerative power and overall comfort.

Approximately 20 minutes.

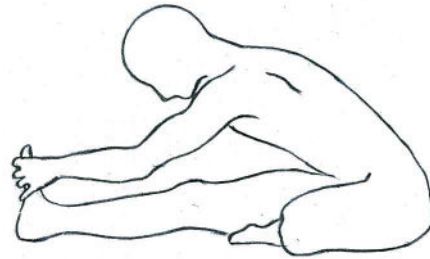
Kapālabhāti with Mūlabandha

Sit in *vajrāsana*, or another favorite sitting pose, hold *mūlabandha* tightly and start a deep *kapālabhāti*. Finally, raise your arms, breath in, expand your belly, hold and feel the centre. Exhale, hold and feel the silence.

Practice for two to three minutes.

Jānuśirāsana

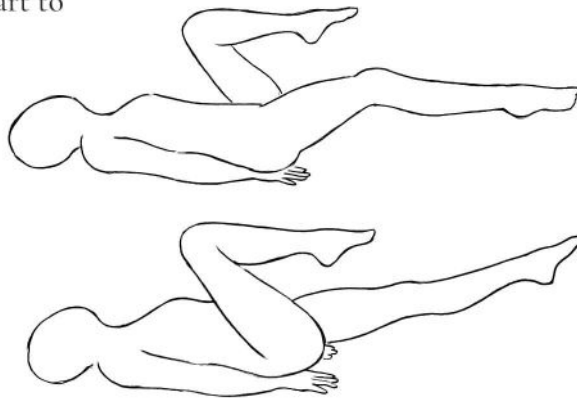
Head to knee pose. Keep your spine straight at all times. Place your heel against your perineum and feel its pressure. Look at your big toe and press your thumb gently against the toe.



One minute of intense *kapālabhāti* for each side. In the end inhale, hold, exhale, hold and relax.

Pāda Sanchalanāsana

Cycling pose. Lay on your back. Support your hips with your hands and elevate your legs 90 degrees above the ground. Start to engage rhythmically in a cycling movement. Do this playfully, just enjoy. When you pull your left knee into the body, breathe out. When you pull the right knee in, breathe in. Finally, slowly elevate both legs 90 degrees and hold in your breath. Then slowly breathe out and relax.



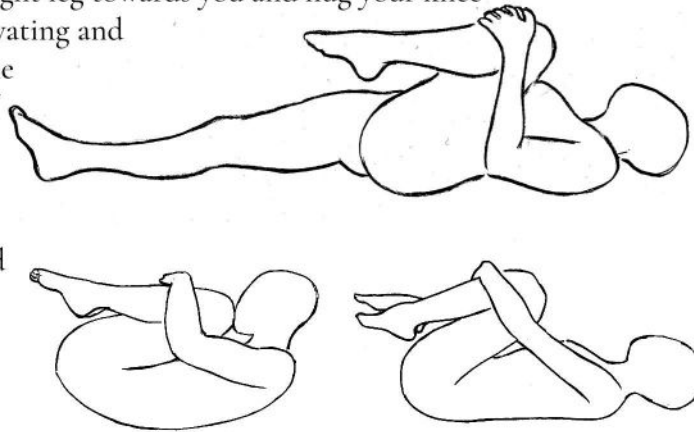
One minute with strong and deep breathing. Be motivated.

Supta Pavanamuktāsana

Leg lock pose. Pull the right leg towards you and hug your knee tightly. Gently begin elevating and lowering your head to the knee with the rhythm of your slow breathing.

Breathe out and elevate your head to the knees. Breathe in and lower your head. After some time change sides. Then pull both legs towards you and hug your knees tightly.

Continue this movement pattern slowly and deeply for one minute. Then relax while hugging your knees.



Practice for about two minutes with deep breathing.

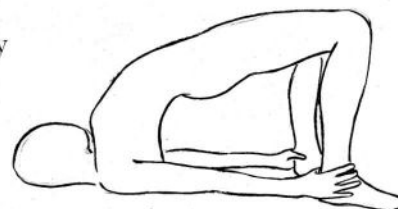
Halāsana

Plow pose. Lay on your back in *śavāsana* and elevate both legs 90 degrees off the ground with your feet touching each other. Support your body with your arms stretched out alongside your body and the palms pressing the floor, then gently bring your legs over your head. Don't try to force your feet to reach the ground. If it happens, let it be natural. When you are stable interlace your fingers and stretch your arms. Breathe deeply in this position. Do this for 30 seconds, then come to *śavāsana* and relax



Kandharāsana.

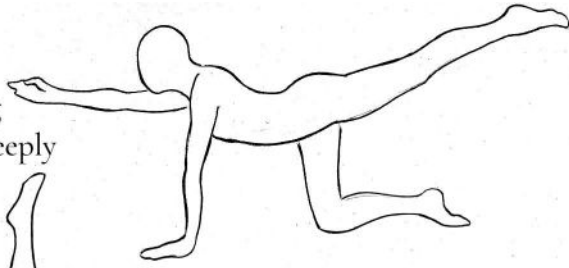
Shoulder pose. Bring your feet to your buttocks and hold your ankles in your hands. Come gently into *kandharāsana*. Push yourself as high as possible, open above and start with gentle *kapālabhāti*. Relax by hugging your knees in the end.



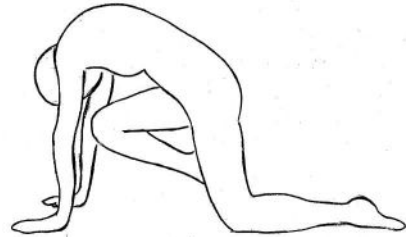
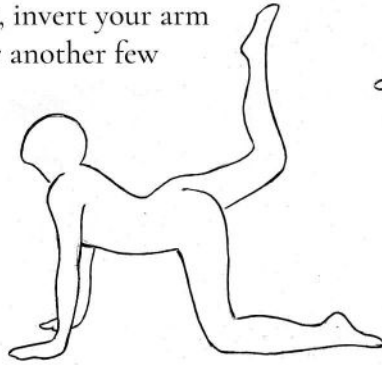
Practice for one minute with deep breathing or *kapālabhāti*.

Vyāghrāsana

Tigers pose. Stay in this posture. Stretch out your right arm and left leg horizontally. Look forward. Breathe deeply and stay here. Then, invert your arm and leg and stay for another few breaths.



Then, start with the slow and deep dynamic tiger pose. Stretch one leg out up and bend it over your back while

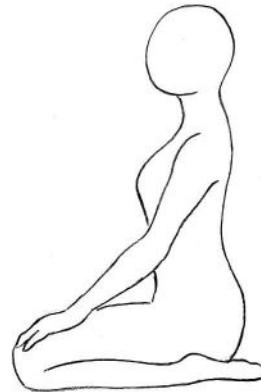


looking up. Breathe out and bring your knee inwardly to the forehead. Breathe gently. Change sides. Enjoy the dynamism.

Do this for over one minute.

Aśvinī Mudrā

Sit in *vajrāsana*, arms stretched out on the knees. Breath long and deep. When you inhale contract your sphincter muscles gently, when you exhale relax them.

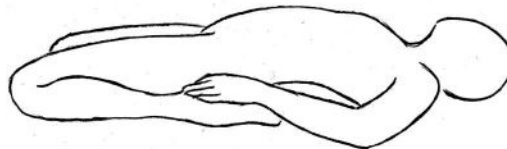


Listen to the music of your breathing. Breathe deeply and practice for one minute.

Supta Vajrāsana

Sleeping thunderbolt. From *vajrāsana*, slowly bend backwards and open your chest. Let your hands rest behind you and keep your fingers pointing backwards. Come down and back as much as is possible. Eventually you will be able to lay your back down and stretch your arms over the ground behind you. This is the last stage of this exercise. Elongate your spine and chest. Feel the sky.

Stay here for one minute and breathe deeply.



Bālāsana

Child pose. Come back to *vajrāsana*, stretch up and bend forward as in *śaśankāsana*. Surrender. Then bring your arms up next to your body.

Stay here for one minute and breathe deeply. Internally repeat the mantra “Om Mā”



Bija nyāsa

Sit in meditation posture with your hands outstretched and fixed. Perform *mūlabandha* at the beginning of each sound. Perform our *bija nyāsa*.

Finally, perform *namaskāra mudrā* and breathe deeply.

Summary

<i>Kapālabhāti</i>	Cleansing the forehead breath
<i>Jānuśīrāsana</i>	Head to knee pose
<i>Pāda Sanchalanāsana</i>	Bicycling pose
<i>Supta Pavanamuktāsana</i>	Leg lock pose
<i>Halāsana</i>	Plow pose
<i>Kandharāsana</i>	Shoulder pose
<i>Vyāghrāsana</i>	Tigers pose
<i>Aśvinī Mudrā</i>	Gesture of the Horse (Anus Lock)
<i>Supta Vajrāsana</i>	Sleeping thunderbolt pose
<i>Bālāsana</i>	Child pose
<i>Bija nyāsa</i>	Placing the seed sounds.

