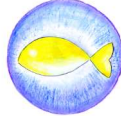
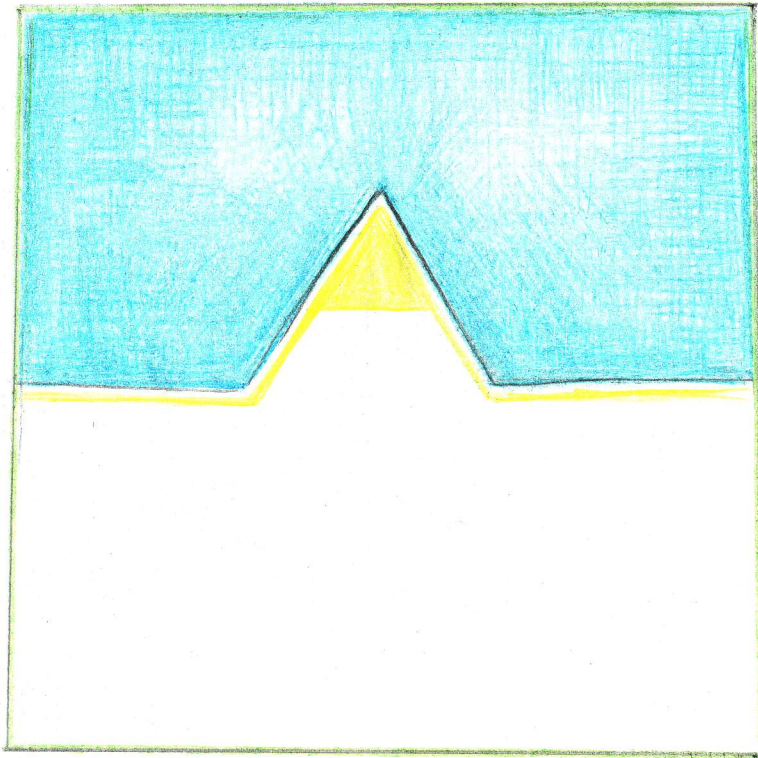


MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

KRIYĀ



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Enjoy & Thank you, Namaste!

MATSYA MAHĀ PRĀṆA KRIYĀ

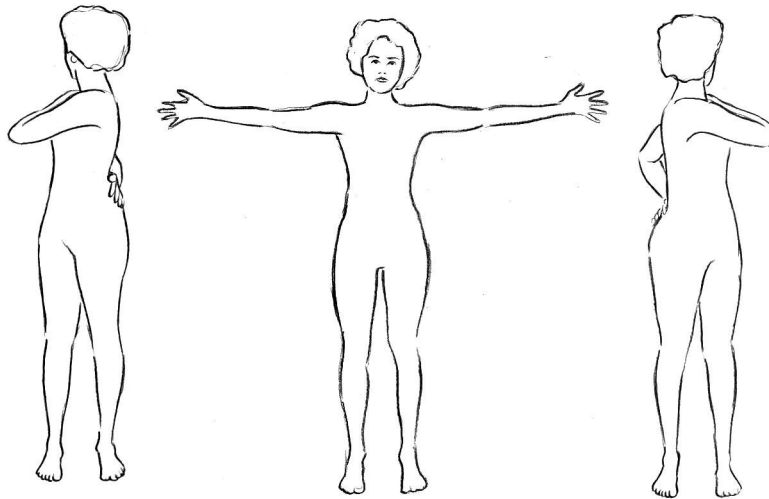
The action that awakens *mahā prāṇa*.

This is the external movement of consciousness. This is the will to live that shines from the heart of all beings. It strengthens the heart and increases openness. It will open your breathing and free your spirit.

Mahā prāṇa is the carrier of life and the principal *prāṇa*. It is in many ways the breath of life *par excellence*. It will defeat the enemies of life that dwell in *tamas* like laziness, dullness, darkness and illusion, *mahā prāṇa* will brighten your mind and heart. It is the great *prāṇa*.

Approximately 20 minutes.

Kaṭi Cakrāsana



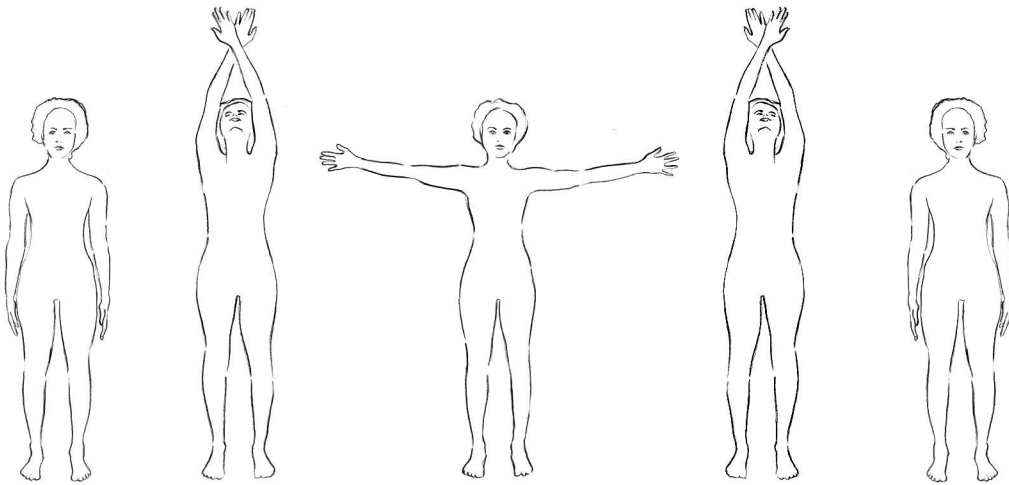
Waist wheel pose. Stand with your feet shoulder wide, stretch your arms to the sides and take a few deep breaths. Keep your fingers open and your chest wide. Breathe in deeply and open your chest. When breathing out, rotate your upper body to the left. Your left arm should swing behind your body, your right arm swinging to the left hip. Breathe in and move to the centre with your arms stretched to the side, then breathe out and rotate to the right.

Swing from left to centre to right and back in a dynamic and easy movement.

Perform for at least one minute, being careful not to strain.

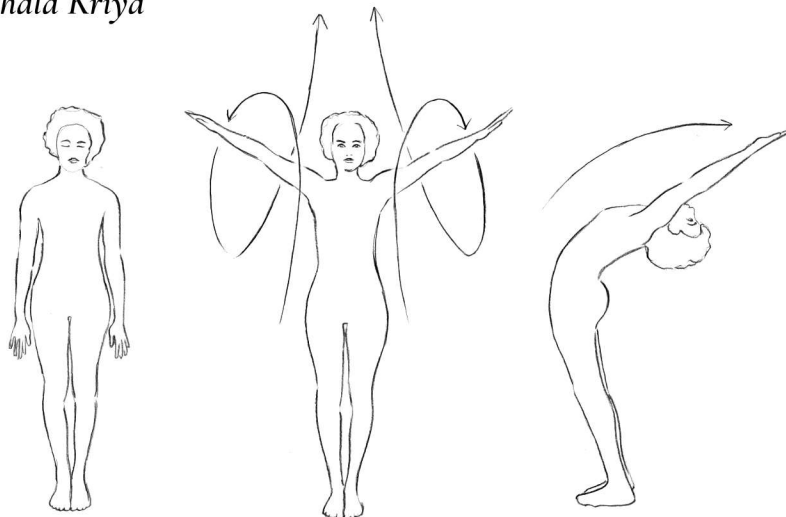
Druta Bandha Hasta Uttānāsana.

Dynamic crossed hands raising pose. stand up straight and start with your arms resting beside your body. Erect yourself. Inhale and raise your arms over your head, cross the wrists, look up and open your chest. Exhale and open the arms horizontally, keep them straight. Inhale bring them up again, cross the wrists the other way and exhale bring your arms down all the way down and cross them in front of your pelvis. Move like this with an open chest, feel the *prāṇa* flow through you. Feel the life.



Move deeply about 1 Minute then lower your arms, breath and relax.

Vakṣa Sthala Kriyā



Activation of the energy of the chest.

Stand relaxed and make sure your feet are closed. Feel the vertical axis of your body and straighten yourself.

Your arms are beside your body and straight, palms facing backwards, fingers closed. Inhale and bring your arms upwards describing a full circle, then let them move behind as far as you can. Bend your torso backwards, open your chest and gently retain your breath inside. Exhale and move your arms downwards again describing a full circle till they rest next to your body. Retain the breath outside.

Move slowly, with deep conscious breathing. Retain the breath inside as long as you can.

5 – 10 times to begin with, extend as much as you feel like.

Tādāsana

Palm tree pose. Interlace your fingers and turn your palms upwards over your head. Stretch up as far as you can and feel yourself balancing the sky on your palms. Feel the heels stable on the ground. Start with a deep *kapālabhāti*. In the end Inhale stretch up and hold, exhale stretch up and hold. Inhale and relax. With your breath come back to *samāsthiti*.

Practice for more than one minute with *kapālabhāti*.

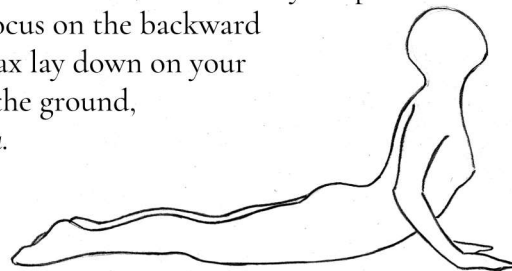
Bhujāṅgāsana

Cobra pose. Come to the ground and relax profoundly in *advāsana* with your arms stretched over your head. From there, place your hands underneath your shoulders and move into *bhujāṅgāsana*. Stretch your arms first, then lower your pelvis to the ground, with your elbows at the chest. Focus on the backward bend. Feel the sky. Breathe deeply. To relax lay down on your belly and stretch your arms over you on the ground, palms facing downwards, this is *advāsana*.

5 – 10 deep breaths, relax into *advāsana*, then repeat the exercise another time.

Matsyāsana

Fish pose. Lay on your back in *śavāsana* from there elevate your chest off the ground. Bring both hands next to, or underneath, your buttocks while supporting



your hips. Open your chest as much as possible and slowly lower your head backwards to the ground until your upper body can rest on your elbows and head. Keep your chest open.

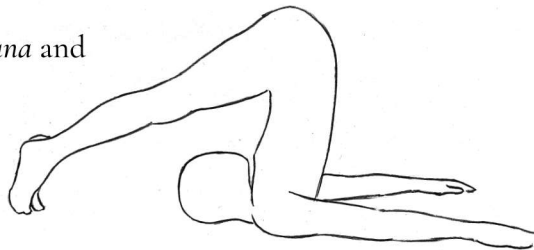


Advanced students can stretch their legs and arms 60 degrees off the ground while maintaining the position—this works the navel more strongly.

Practice for one minute with *kapālabhāti* or deep breathing, then relax by tightly hugging your knees.

Halāsana

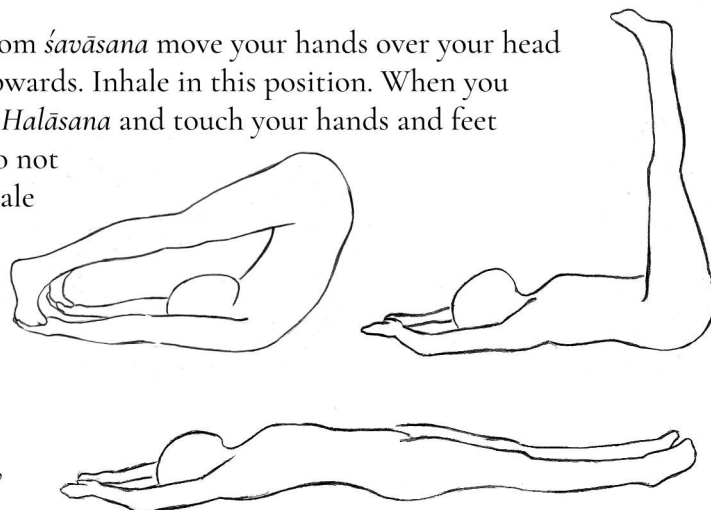
Plow pose. Lay on your back in *śavāsana* and elevate both legs 90 degrees off the ground with your feet touching one another. Support your back with your arms and gently bring your legs over your head. Only allow your feet to reach the ground if it happens naturally. Breathe deeply in this position while concentrating on your breath and stability.



Do this for 30 seconds, then come to *śavāsana*.

Druta Halāsana

Dynamic plow pose. From *śavāsana* move your hands over your head and turn your palms upwards. Inhale in this position. When you breathe out, come into *Halāsana* and touch your hands and feet together. Stay stable, do not struggle. When you inhale again, come back to *śavāsana* with your hands over your head. Next time you breathe out, move to *paścimottānāsana* and stretch. While inhaling,



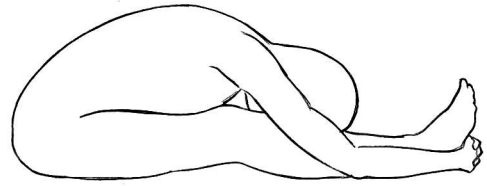
move back into the starting position and continue this cycle.

Druta Halāsana is a beautiful but also very intense posture. If it is early morning and your body is still stiff or you feel unfit for this movement in any manner, perform it very slowly or just perform *gatyatmaka paścimottānāsana* instead. *Gatyatmaka paścimottānāsana* is the gentle movement between laying down and moving up into *paścimottānāsana*, it has similar effects but puts less strain on the back.

Paścimottānāsana

Back stretch pose. Practice with deep breathing, release all strain.

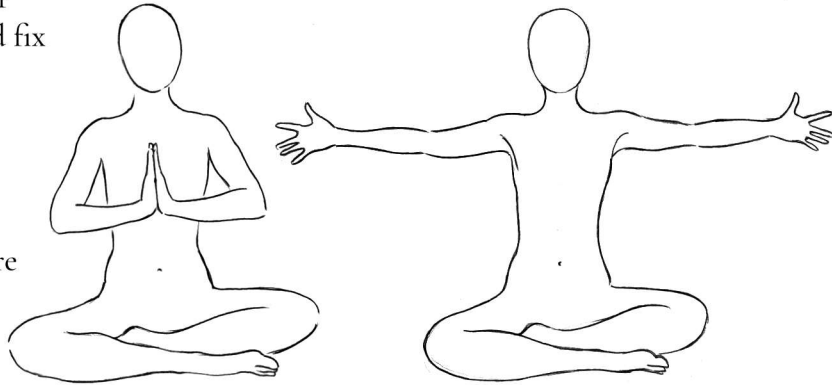
One minute with deep breathing or *bhrāmarī*.



Hṛdayāsana

Heart stretch pose. Come into meditation posture and stretch both arms to the sides. Open your fingers wide and fix your arms horizontally. Breathe very deeply.

Practice for more than one minute with *bhrāmarī*.



Namaskāra Mudrā

Gesture of gratitude. Slowly bring your arms inwards, your palms together. Press each hand against the other and contemplate the vast space within your heart. Breathe deeply and profoundly.

Bīja nyāsa

Sit in meditation posture with your hands outstretched and fixed. Perform *mūlabandha* at the beginning of each sound. Perform our *bīja nyāsa*. Finally, perform *namaskāra mudrā* and breathe deeply.

Summary

<i>Kaṭi Cakrāsana</i>	Waist wheel pose
<i>Druta Bandha Hasta Uttānāsana.</i>	Crossed hands raising pose
<i>Vakṣa Sthala Kriyā</i>	Developing the energy of the chest
<i>Tāḍāsana</i>	Palm tree pose
<i>Bhujāṅgāsana</i>	Cobra pose
<i>Matsyāsana</i>	Fish pose
<i>Halāsana</i>	Plough pose
<i>Druta Halāsana</i>	Dynamic plough pose
<i>Paścimottānāsana</i>	Back stretch pose
<i>Hṛdayāsana</i>	Heart stretch pose
<i>Namaskāra Mudrā</i>	Gesture of gratitude
<i>Bīja nyāsa</i>	Placing the seed sounds

