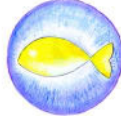
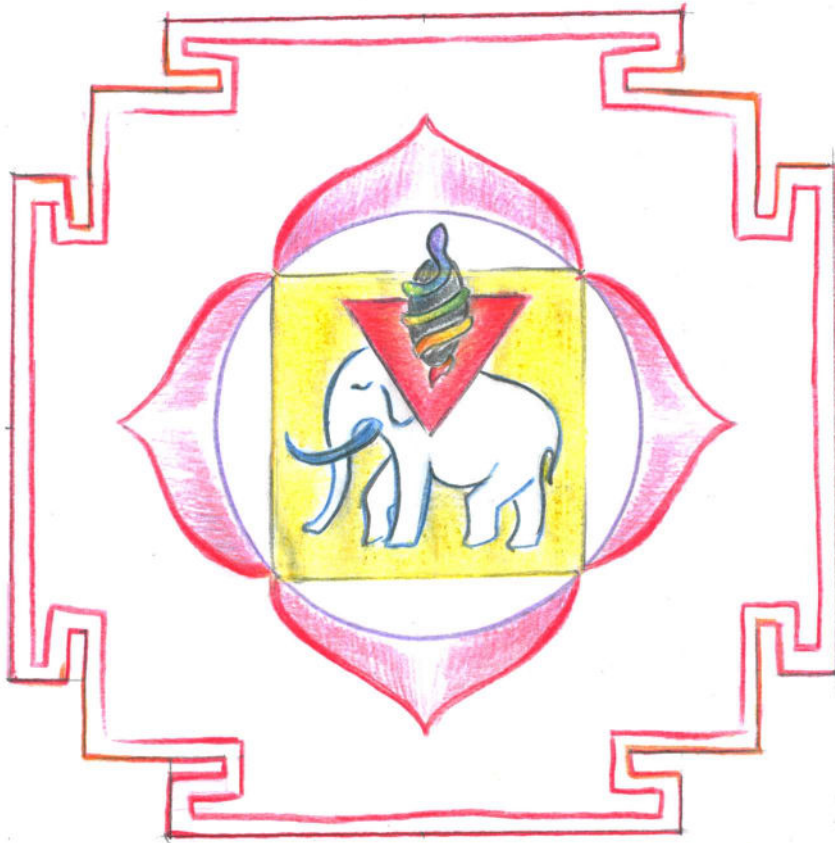


MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

KRIYĀ



Dear Yogi!

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Enjoy & Thank you, Namaste!

MATSYA MŪLĀDHĀRA KRIYĀ

The action for strengthening the *mūlādhāra*. *Mūlādhāra* is the golden fire of your presence, it is your will be to, the very basic strength and vitality.

Perform alongside easy breathing pauses between the exercises.

60 – 90 minutes

Sūryanamaskāra

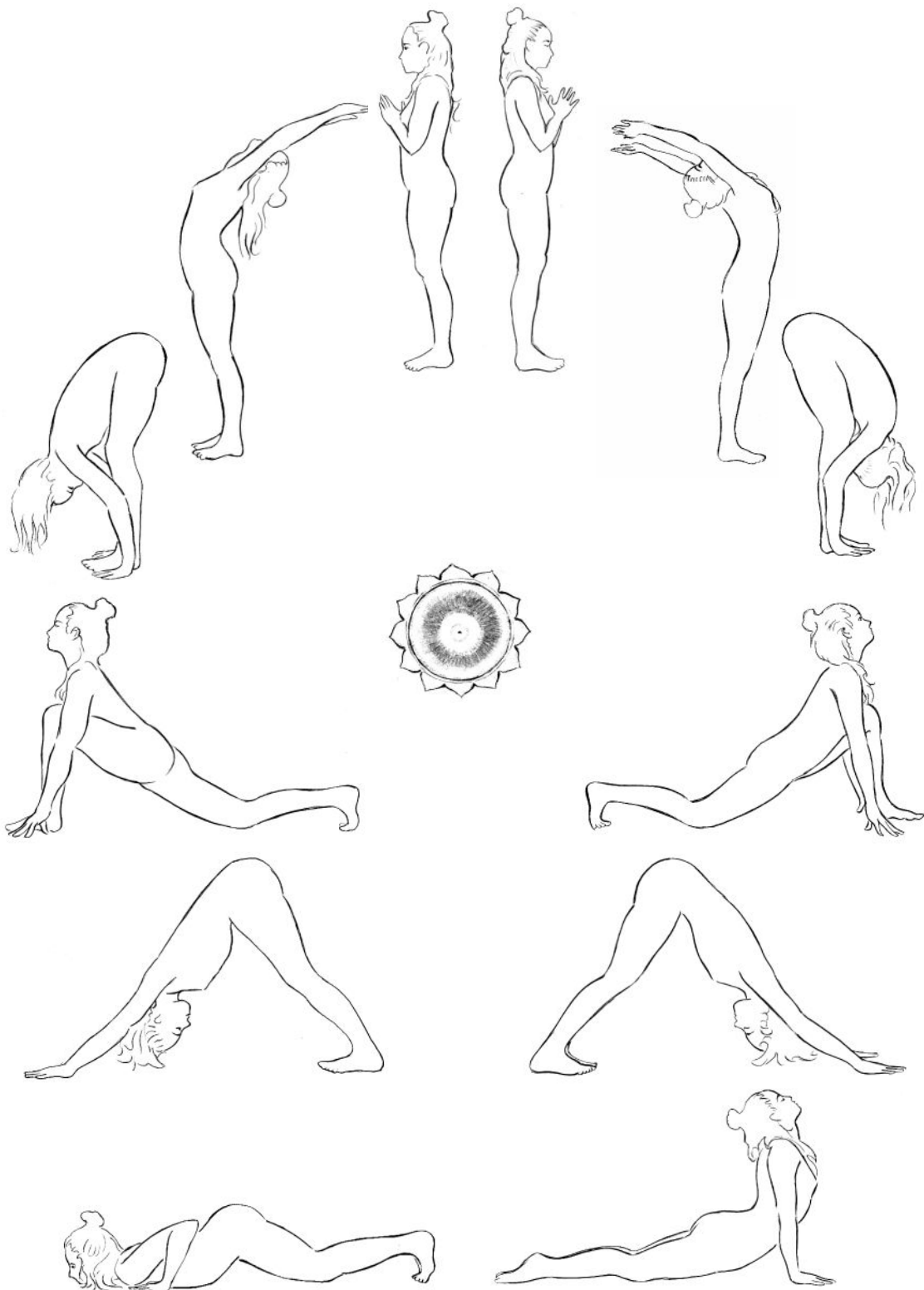
Salutations to the sun. The sun is red when he rises. He is earth and fire unified in a mystical marriage. Stability and loving passion conjoined, rising to nourish the world. Perform this *sūryanamaskāra* with a *kapālabhāti* pulse from the navel for each position. Do not stretch! Each position should only be slightly touched by the hand of the rising sun. Stay dynamic and open.

Inhale when you change positions, exhale sharply and pull the navel when you touch each position. Take a shower in the sun's rays.

Practice 12–108 times.

The twelve positions of *Sūryanamaskāra* and its corresponding *bījas*.

<i>Hrām̐</i>	– <i>Pranāmāsana</i>	– <i>Prayer pose</i>
<i>Hrīm̐</i>	– <i>Hastottānāsana</i>	– <i>Raised arms pose</i>
<i>Hrūm̐</i>	– <i>Pādahastāsana</i>	– <i>Hands to feet pose</i>
<i>Hraim̐</i>	– <i>Aśva Sañcalanāsana</i>	– <i>Horse riding pose</i>
<i>Hraum̐</i>	– <i>Parvatāsana</i>	– <i>Mountain pose</i>
<i>Hrah̐</i>	– <i>Aṣṭāṅga namaskāra</i>	– <i>Eight points salutation pose</i>
<i>Hrām̐</i>	– <i>Bhujāṅgāsana</i>	– <i>Cobra pose</i>
<i>Hrīm̐</i>	– <i>Parvatāsana</i>	– <i>Mountain pose</i>
<i>Hrūm̐</i>	– <i>Aśva Sañcalanāsana</i>	– <i>Horse riding pose</i>
<i>Hraim̐</i>	– <i>Pādahastāsana</i>	– <i>Hands to feet pose</i>
<i>Hraum̐</i>	– <i>Hastottānāsana</i>	– <i>Raised arms pose</i>
<i>Hrah̐</i>	– <i>Pranāmāsana</i>	– <i>Prayer pose</i>



*Oṃ mitrāya namaḥ – I salute to you who you are the
friend of all!*

*Oṃ ravāye namaḥ – I salute to you who you are Ravi, the
protector*

*Oṃ sūryāya namaḥ – I salute to the sun who is the source
of all good.*

*Oṃ bhānave namaḥ – I salute to you, who you are full of
rays of light.*

*Oṃ kaghāya namaḥ – I salute to you who you walk
across the sky*

*Oṃ pūṣṇe namaḥ – I salute to you, who you guard all
things*

*Oṃ hirānyagarbhāya namaḥ – I salute to you, who you
are the golden womb of live*

*Oṃ marīcāye namaḥ – I salute to you, who you are the
sparkling dust of light*

*Oṃ ādityāya namaḥ – I salute to you, who you are the
beginning of all*

*Oṃ savitre namaḥ – I salute to you, who you bring
everything about.*

*Oṃ ārkāya namaḥ – I salute to you, who you are the ray
of fire*

*Oṃ bhāskarāya namaḥ – I salute to you, who you are the
source of all light.*

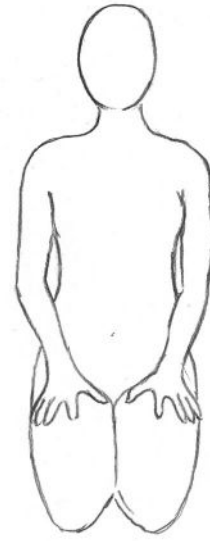
Every single one of the 12 positions of the sūryanamaskāra, is guarded by one of these mantras. May you do the salutation to the sun fast or slow – carry them in your heart.

Vajrāsana

Thunderbolt pose. Sit in *vajrāsana* (sit on your heels), or any favorite sitting posture, centre yourself. Elongate your spine and deeply start to chant the *bīja* of *dharā* (*Laṃ*). Whenever *Laṃ* is chanted pull *mūlabandha* and move the *bīja* through your body.

Practice at least 5 times with contraction of *mūlabandha*

Then start with an gentle *bhastrikā* while moving your belly in and out. Choose a speed that allows your lungs to fill and empty themselves completely. Allow your body to become hyper-oxygenated. In the end breath in and hold with an extended abdomen. Then exhale and contract your abdomen. This is *udara śakti vikāsaka* also known as *ajgari* – the female panther. It is a very powerful tool to bring the energy in the centre, awaken Kuṇḍalinī and induce a meditative state of mind.

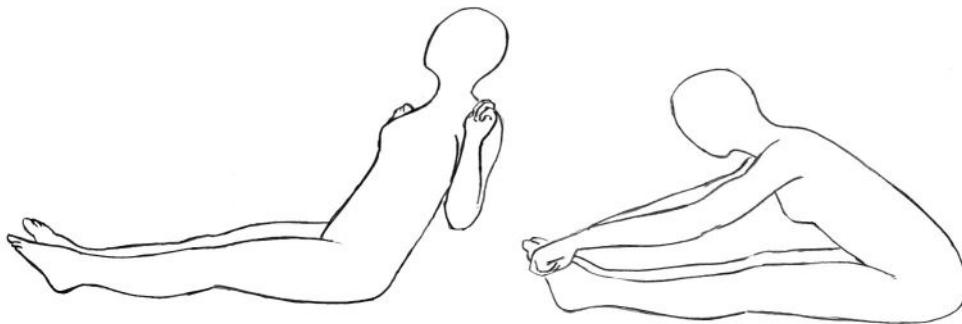


Practice 5-30 times deep *bhastrikā*, *ajgari* and then relax.

Nauka Sañcālanāsana

Boat rowing pose, Sit with your legs straight in front of your body, your upper body erect. Breath in open your chest, clench your hands just like if you would grasp the oars of a boat. Breathe out and bend forward as far as you can, bend the knees if necessary. When you breath in you lean as far back as possible bringing the fists next to your shoulders. Do this in a dynamic circular movement, breath deep.

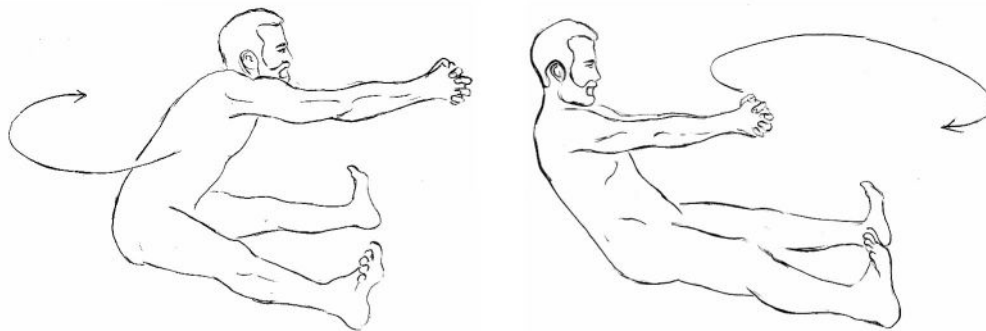
Perform *nauka sañcālanāsana* more than one minute, with strong deep breathing



Cākī Cāḷaṇāsana

Churning the mill pose. Sit with the legs wide apart and stretch out your arms horizontally over the ground, interlace your thumbs or all of your fingers, just like if you would hold a stirring stick.

Breath in and elevate your torso, exhale and move forward in circular grinding motion, exhale and move backwards. The circular motion must originate the hip while your spine remains straight. Keep the arms parallel and straight throughout the exercise.

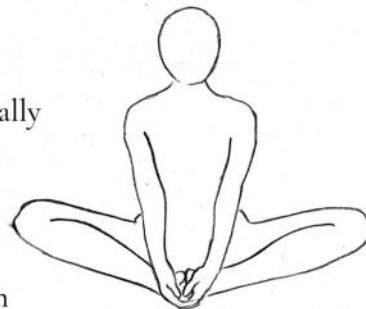


Move slowly and with deep breathing.

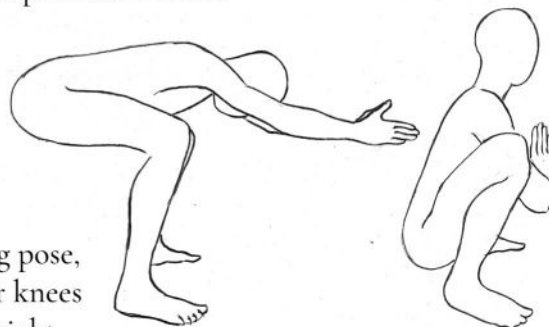
Titali Āsana

Butterfly pose. Come into the butterfly pose. First, playfully perform the butterfly quickly and dynamically for one minute.

Stretch up your spine. Feel the centre and pull yourself up. Enjoy the creative energy underlying this posture. Pull your perineum inward and perform *bhastrikā*. Feel the sky above. In the end breathe in deeply, breath out deeply and hold, this is *ajgari*. Contemplate the centre.



Finally, very slowly bend forward, your head touching your toes, breathing deeply.



Namaskārāsana

Salutation pose. Come into squatting pose, perform *namaskāra mudrā*, open your knees with your elbows, keep the spine straight, and breathe deeply. This *āsana* can be performed with dynamic movement. Breathe in, stretch the upper body and keep your arms horizontal. Breathe out

and come back into squatting with your spine straight. Keep the hands in *namaskāra mudrā*.

Enjoy and perform this for 30 – 60 seconds.

Kāṣṭha Takṣanāsana

Wood chopping pose. After relaxing your feet, come back into squatting pose, interlock your fingers into a fist and stretch the arms in line with your back. Breathe in and raise your arms. Forcefully push them to the ground, pull *mūlabandha*. One can chant “Ha” when chopping down.

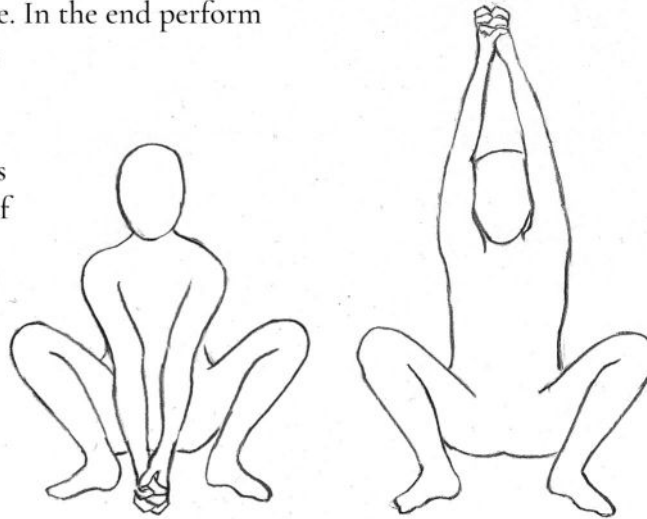
Fix your eyes firmly on the ground and apply a strong pace to your breath.

Perform this for over one minute. In the end perform *bāhyakumbhaka*, outer retention.

Vāyu Niṣkāsa

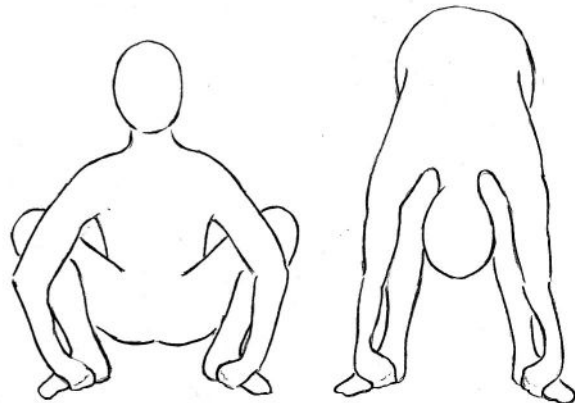
Freeing the wind pose. From this squatting pose, hold the inside of your ankles with your thumbs above, and fingers below your feet.

Inhale in squatting pose, straighten your back and tilt your head backwards, gazing upward.



Hold the breath for three seconds inwardly and perform *mūlabandha*.

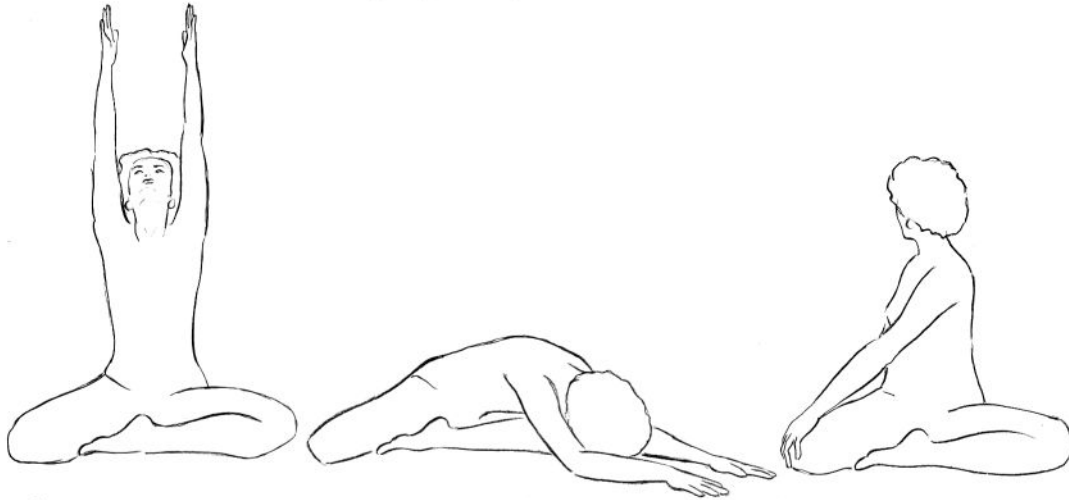
Then exhale, straighten your legs and bend forward gazing inwardly. Hold your breath outwardly for three seconds and perform *mūlabandha*.



Move in the rhythm of your deep breathing for over one minute. In the end breathe in deep and then out, perform *bāhyakumbhaka*, outer retention.

Śaithalyāsana

Animal relaxation pose. While sitting in *siddhāsana*, stretch over your knees and breathe deeply. Bend forward by breathing out. First left, then right, stretch up in the centre. Invert the folding of your legs.

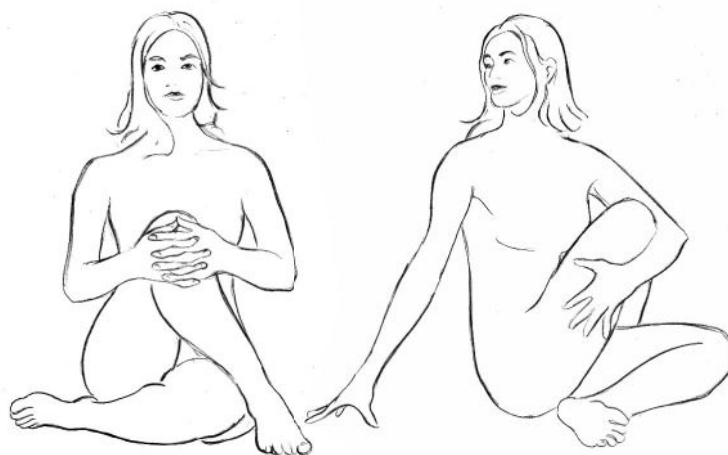


Śaithalyāsana - Change and turn your left leg outward, your foot will be behind the buttocks while the right leg stays inward with the foot touching the thigh. Again, bend forward over the right leg, breathing out. Breathe deep. Next, come up and place your right hand on your left knee and rotate to the left. Breathe. Stretch up in the centre. Change legs. *Śaithalyāsana* will centre your sitting position.

Practice five deep breaths for each side.

Ardha Matsyendrāsana

Matsyendras pose. First, come to rest until your body feels still. Put your left leg over your right thigh, right foot on the left and left foot on the ground on the right side of your body. Hold your knee and feel the beauty of this posture. When you feel its beauty, gently use your breath to rotate to the right.



Breathe deeply, massage your intestines. Change sides.

Perform this for one minute for each side. Breathe deeply or use gentle *bhastrikā* and *ajgari*.

Uṣṭrāsana

Camel pose. Move into *uṣṭrāsana* or to *ardha uṣṭrāsana*. Push yourself deep into the *āsana* and try to fall into the sky. Take 10 deep breaths.



Śaśankāsana

Rabbit pose. Then gently come to *vajrāsana*, open your knees, stretch up and bend forward to *śaśankāsana*. Surrender. Stretch your arms.

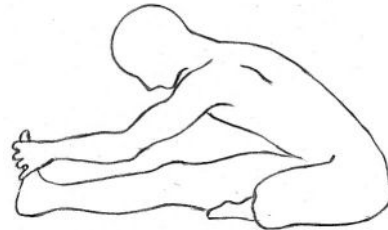
Then, apply *mūlabandha* and begin with one minute of *bhastrikā*, *ajgari* and in the end *bhrāmarī* with your forehead on the ground.



Jānuśīrāsana

Head-to-knee pose. Place your heel in the perineum. Practice five times with deep breathing, then stretch.

One minute of *bhastrikā*, *ajgari* and in the end *bhrāmarī* for each side.



Jānuśīrāsana (variation)

Head to knee pose. Turn the left leg outward and place your foot next to the buttocks. Keep the knees together, stretch the other leg and perform *jānuśīrāsana*. Change sides.



One minute for each side while breathing deeply and using *bhrāmarī*.

Matsyāsana

Fish pose. Lay back and support your buttocks with your hands. Stretch



your legs and arch up your chest.

Practice three times with deep breathing, then one minute of *bhastrikā* and *ajgari*.

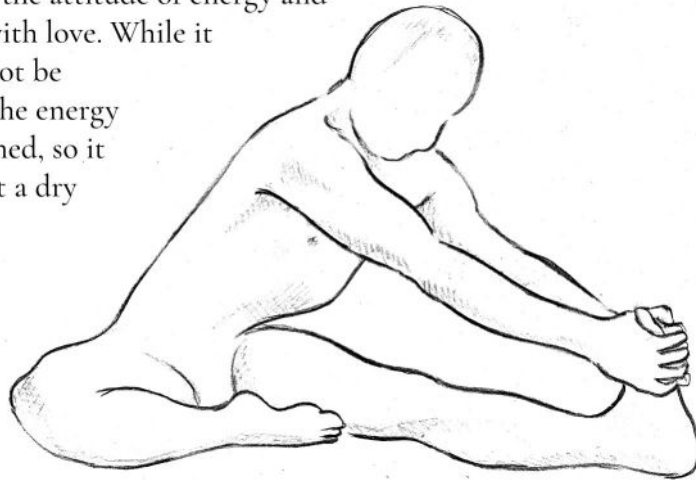
Paścimottānāsana

Back stretching pose. Practice with deep breathing, *bhastrikā*, *ajgari* and in the end *bhrāmari*.



Mahāmudrā

This is the great seal. It is the attitude of energy and can only be understood with love. While it requires intensity, it cannot be performed brutally. It is the energy itself that must be awakened, so it must be a celebration, not a dry exercise. If you discover yourself performing this without passion, stop immediately and realign your intention. Begin again while dancing with the Goddess. Celebrate!



This is *pratyāhāra*, making it an internal process. It is not your body and its twitching alone that you observe. This *mudrā* occurs within. Turn your gaze inwards. Internalize yourself...

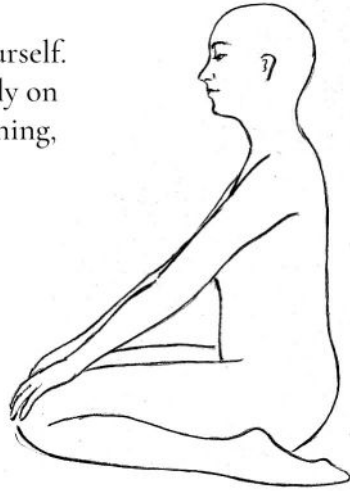
Sit in *danḍāsana*. Stretch your right leg out, sit on your left heel and let it press against the perineum. If this is difficult move into *jānuśīrāsana*. Make yourself stable and comfortable. If necessary, let your buttocks be supported from the side. Sit straight and lean forward with your forehead facing front (not down). See the internal sky above. Hold the big toe of your right foot with both hands. Breathe deeply. Breathe in as deeply as you can, then pull *mūlabandha* forcefully. Hold the breath as long as is comfortable. Then, very slowly, breathe out. When the breath is still within you, pull *mūlabandha* hard. See the energy accumulate and rise to the sky. Enjoy the bliss.

Perform for as long as possible. Change sides, reverse legs. Feel at home. This is the giver of great energy. Remember that it happens within.

Alternative: Maṇḍūkī Mudrā

Frog pose. Sit in *maṇḍūkī āsana* without straining yourself. Turn your feet outward so that your buttocks are firmly on the ground. If you cannot perform this without straining, place a pillow underneath.

Rest your hands on your knees, keep your spine and arms straight, and stay completely relaxed. The purpose of this exercise is calmness. Open your eyes, perform *nāsikāgra dṛṣṭi* and let your mind become fixed. If your eyes are tired, relax them and then continue. Breathe slowly and rhythmically, like a gentle wave.

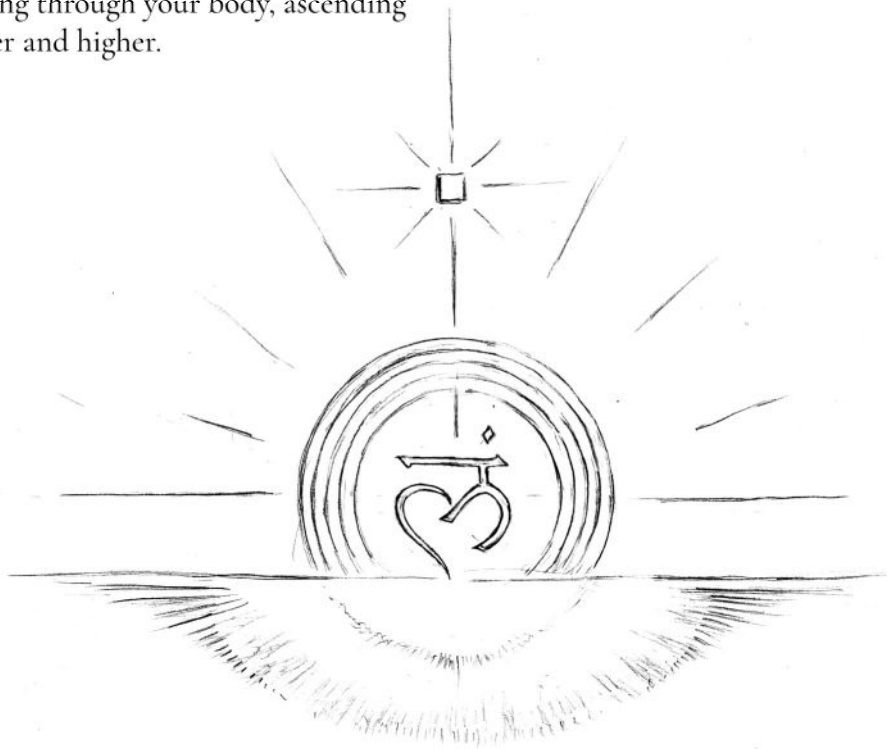


Concentrate on *mūlādhāra* in silence.

Perform for as long as possible. Feel at home. This is the giver of great peace.

Visualization & Bija Nyāsa

Sit comfortably with your spine erect, and imagine a red, lively sun rising in front of you. Visualize this sun, glorious and radiant, shedding its rays into the sky, moving through your body, ascending higher and higher.



Utilize your imagination, which has the power to manifest reality. As you breathe, let these warm rays travel from the sun into your base, and as you exhale, let your breath merge back with the center of that magnificent sun. Breathe deeply from *mūlādhāra*.

Contemplate on this breath for some time.

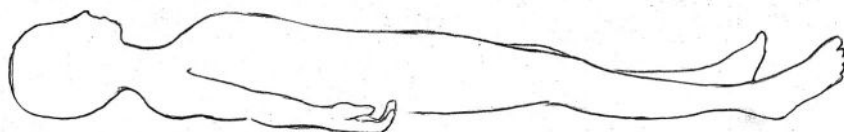
Towards the end, imagine the radiant *Lam* - symbolizing home, love, trust - shining from within the sun. Chant *Lam*, silently or aloud, at least three times.

Finally, perform your *bīja nyāsa* with sincerity. Let the sounds rise through your being.

Śavāsana

The corpse pose. Lay supine on the ground. Surrender completely.

Contemplate. I am what I am. I am being.



Summary

<i>Vajrāsana, Lam & Bhastrikā</i>	Thunderbolt pose with bellows breath.
<i>Nauka Sanchalanāsana</i>	Rowing the boat
<i>Cākī Caḷaṇāsana</i>	Churning the mill
<i>Titli Āsana</i>	Butterfly pose
<i>Namaskārāsana</i>	Salutation pose
<i>Kāṣṭha Takṣanāsana</i>	Chopping the wood pose
<i>Vāyu Niṣkāsa</i>	Wind releasing pose
<i>Śāithalyāsana</i>	Animal relaxation pose
<i>Ardha Matsyendrāsana</i>	Half spinal twist.
<i>Uṣṭrāsana</i>	Camel pose
<i>Śaśankāsana</i>	Hare pose (rabbit pose)
<i>Jānuśirāsana</i>	Head to knee pose
<i>Matsyāsana</i>	Fish pose
<i>Paścimottānāsana</i>	Back stretch pose
<i>Mahāmudrā</i>	the great seal
<i>Bīja Nyāsa</i>	Placing the Seed sounds
<i>Śavāsana</i>	The corpse pose

