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Enjoy & Thank you, Namaste!

## PAVANAMUKTĀSANA - II

### Abdominal Series - Udarapoṣaṇāsana

This series of exercises is designed to awaken the strength of the digestive system and abdominal area. Physically, the series increases intestinal peristalsis, making excretion and digestion easier, and improves overall physical fitness and strength. Energetically, this series is even more interesting. It can improve willpower and self-confidence, and create a warm perception of one's inner center and how it is grounded in the earth below. The more we feel the strength of this center, the more we can live without fear.

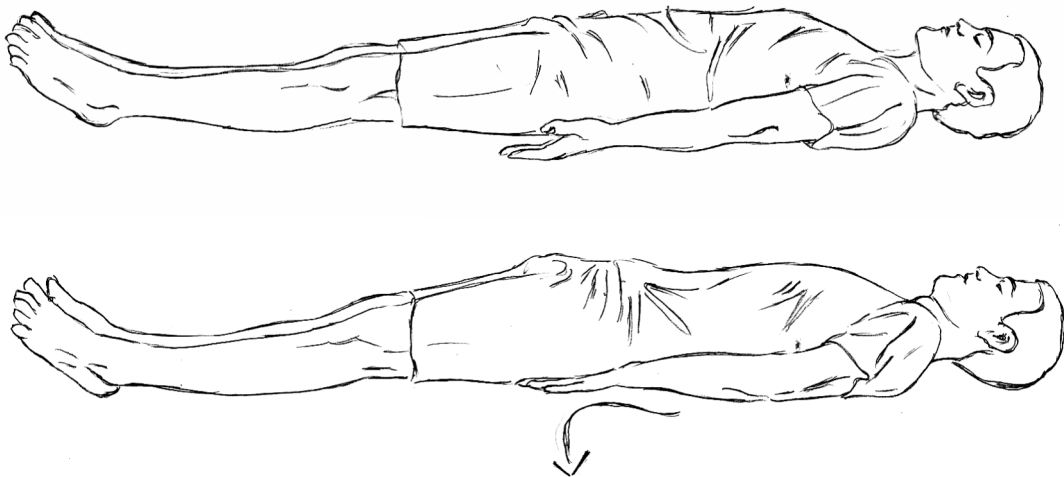
Since these exercises are meant to work with one's energy body, rather than just the physical body, it is crucial to practice them with a firm focus on breath and rhythmic movement.

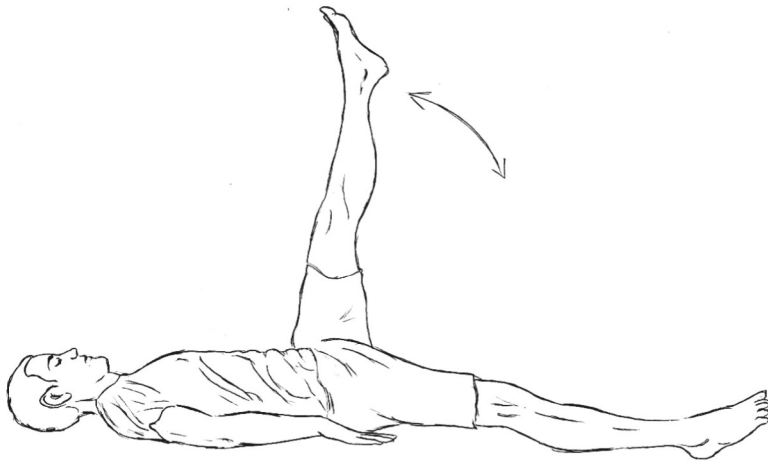
Duration: Approximately 60-90 minutes.

### *Dr̥dha Uttānpādāsana*

Dynamic Raised Leg Posture. Lie on the ground with your legs together and stretched out, and your arms alongside your body, palms facing downwards on the floor, and hands stabilizing the hips from the sides. Palms are pressing downwards the body active.

Raise the right leg while inhaling, and lower it to the ground while exhaling.

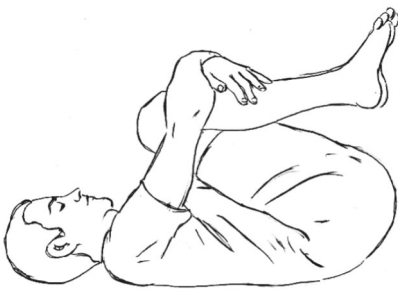




Inhale and raise the left leg, exhale and lower it to the ground. Continue in this manner, making sure your toes are pointing away from your body. Begin slowly and gradually, but then increase the pace. Stabilize your hips with the back of your hands and make sure your lower back is stable and safe.



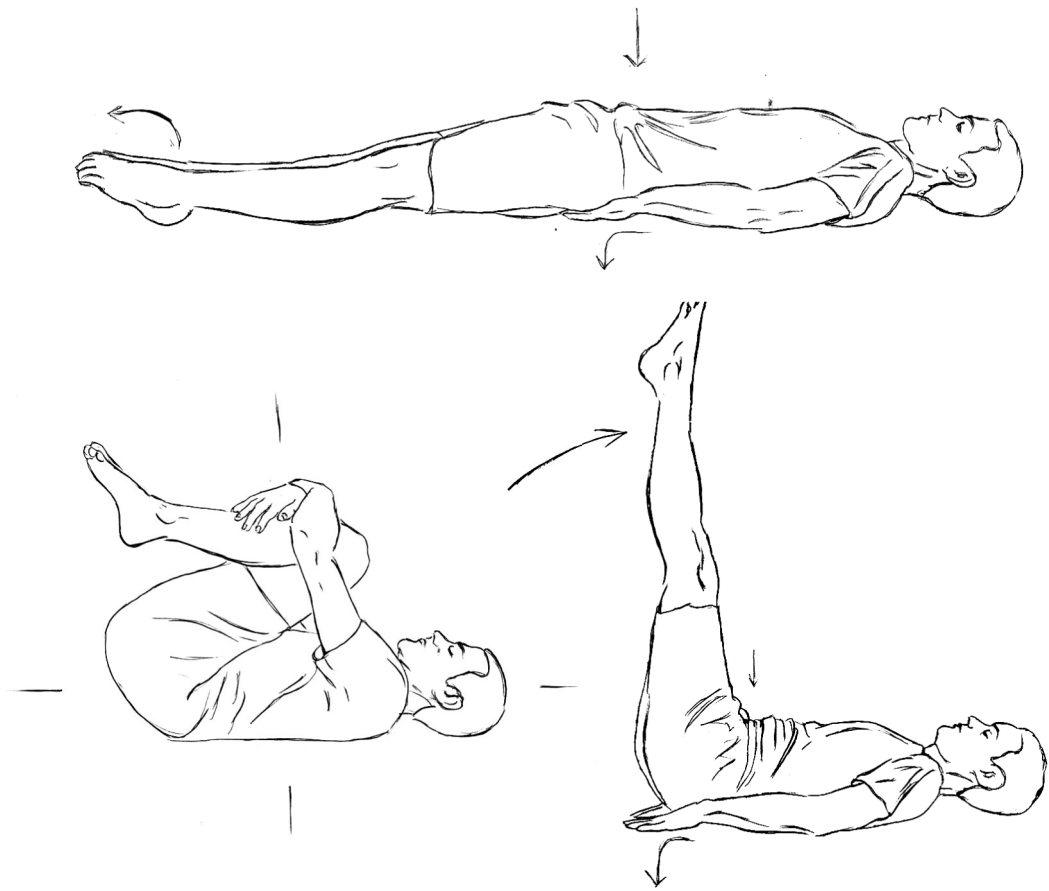
Breathe deeply and rhythmically, moving the belly out on each inhalation and contracting it on each exhalation, massaging the center. Exhale and contract your belly, holding in the center.



Deep, rhythmic breathing, gradually becoming faster, for 1-2 minutes.

Then, perform the same exercise with both legs pressed together, moving with your breath, and stabilizing your lower back with your hands. Relax while pulling your knees to your chest, as in *Pūrṇa Supta Pavanamuktāsana*.

Rhythmic breathing in the belly, gradually becoming faster, for 1-2 minutes.

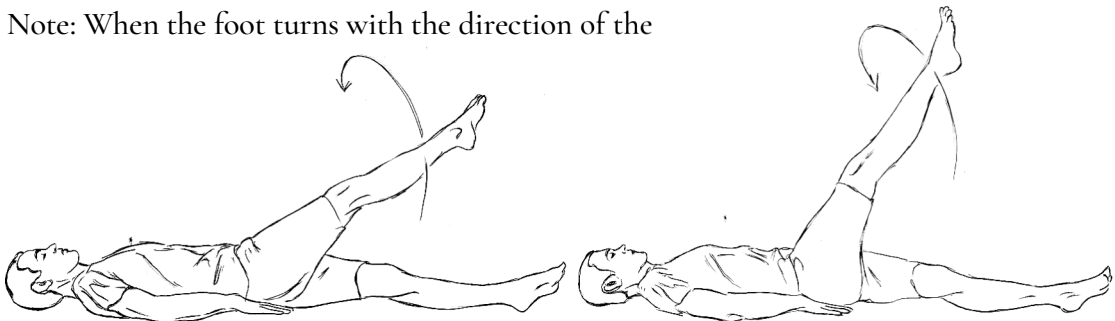


### *Cakra Pādāsana*

Leg Rotation. Bring your arms down alongside your body, palms facing downwards on the floor, and hands stabilizing the hips from the sides.

Raise the right leg and rotate it in a clockwise motion. Move it over the bodily center inwards, then upwards, then outwards, and back to the center.

Note: When the foot turns with the direction of the





inconvenient jumping of the hip joint can be avoided.

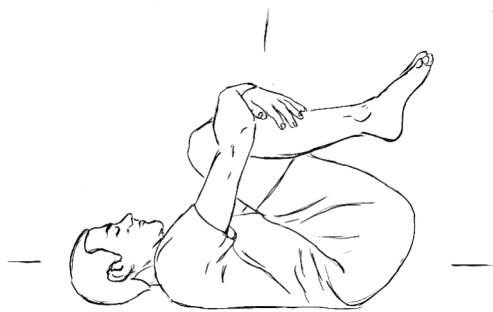
Perform this movement consciously, with deep breathing, moving the belly. First rotate one leg, then the other.

Deep, rhythmic breathing from the belly, for 1-2 minutes each side.



Then, perform the same exercise with both legs pressed together and turning with your breath, stabilizing your lower back with your hands. Turn in one direction, then the other. Relax by pulling your knees to your chest, as in *pūrṇa sūpta pavanamuktāsana*.

*pavanamuktāsana*.

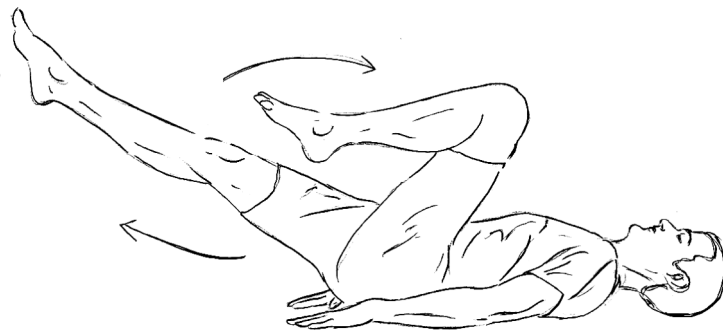
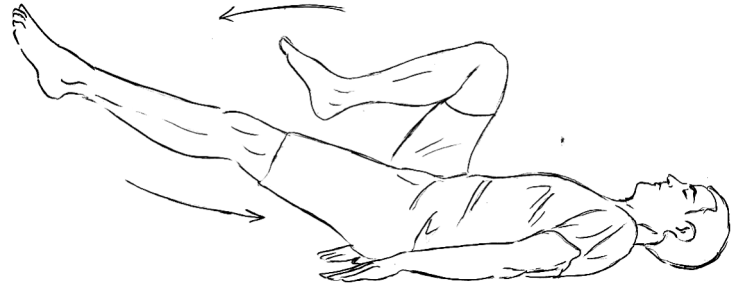


Rhythmic breathing in the belly, for 1 minute each direction.



### *Pāda sañcālanāsana*

Begin by bringing your hands to the side and stabilizing your hips firmly with the back of both hands, left and right from the hip joint. Elevate both knees to the chest like in *pūrṇa sūpta pavanamuktāsana* and take a few breaths. Then, inhale and stretch the left leg so that it is parallel to the ground. From here, start to perform a cycling movement with the legs. Exhale when the left knee moves up to the chest and inhale when the right knee does. This order of breath and movement supports the natural intestinal movement.



In the end, inhale and stretch the legs parallel to the ground and hold. Exhale and bring them to the chest, then relax. Repeat the same exercise but cycle in the opposite direction.

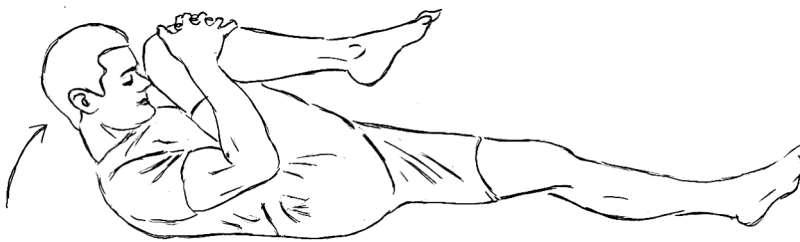
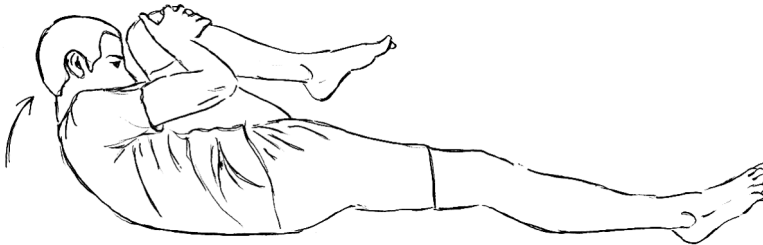
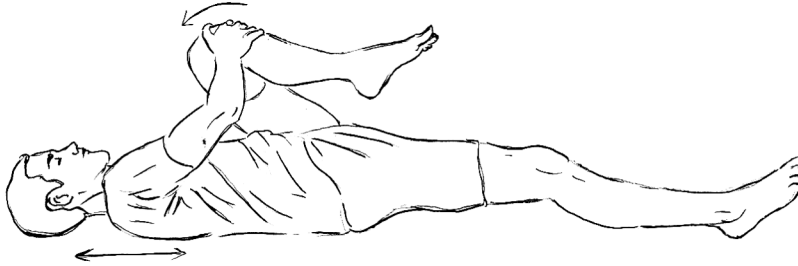
Relax by pulling your knees to your chest like in *pūrṇa sūpta pavanamuktāsana*.

Note: When you breathe, do so intensely and with passion. The belly must move in and out, so focus on your navel. The more passionate the exercise, the more vitality you will gain.

Move with rhythmic movement and breathing in the belly, for 1-2 minutes in each direction.

## *Supta pavanamuktāsana*

The sleeping wind freeing posture. Start by lying on the ground with your legs together. Pull your right knee to your chest, interlock your fingers and take hold of the leg right underneath your knee.



Inhale and lengthen your neck and torso over the ground. When you exhale, slowly bring your forehead to your knee. Inhale and lower your body back to the ground, lengthening your neck. Move up and down in this manner, massaging your belly. After a while, exhale and push upwards, then hold.

Then invert the posture and repeat.

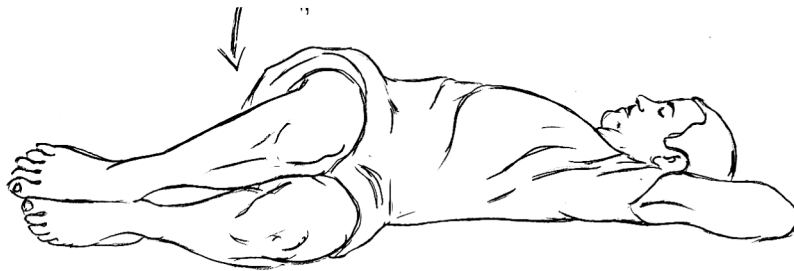
Then bring both legs to the chest to *pūrṇa supta pavanamuktāsana*. Repeat the same

exercise while holding both legs tightly pressed against your chest, massaging your belly. Relax by releasing your legs and stretching out on the floor, with your palms facing downwards.

Move with deep, slow breathing for 1-2 minutes.

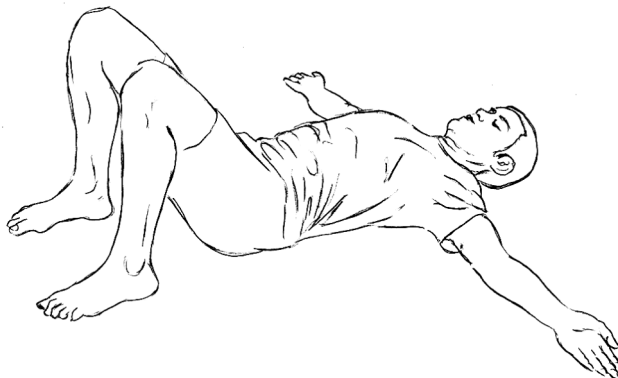
### *Supta udarākarsaṇāsana*

Sleeping abdominal twist pose. Lie on your back and interlock your fingers behind your neck, with your thumbs on both sides of your neck. Bring your knees up and inhale to open your chest. Exhale and let your knees fall to the right side, making sure your elbows stay in contact with the ground. Stay here for a few breaths, focusing inward. Inhale and bring your legs back to the center, then exhale and let them fall to the left side. Twist with deep breathing and stay on each side for at least one minute.



### *Makra vyāyāma*

The crocodile exercise. From a supine position, take a few deep breaths in your belly. Bring your knees up with your feet close to your buttocks on the ground, keeping your feet about 20-30 cm apart. Open your arms and turn your palms upwards, stretching them out resting on the ground. Inhale and open your belly and chest. Exhale and let your legs fall to the left while turning your head to the right, gazing into your open right palm. Inhale and bring your knees back up and turn your head to the center. Exhale and let your knees fall to the right





while turning your head to the left, gazing into your open left palm.

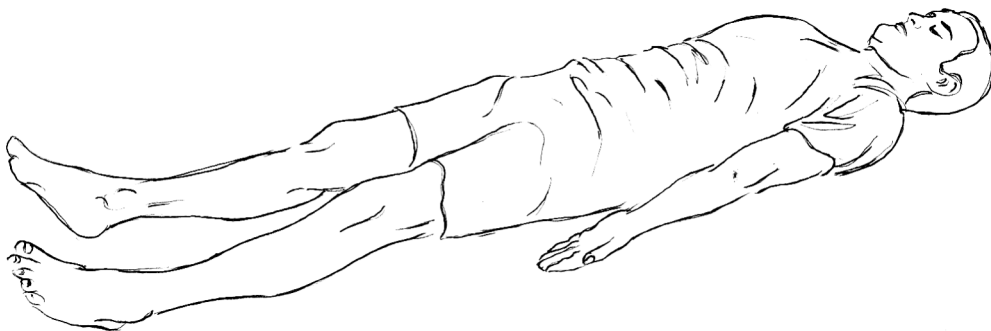
Finally, come to *śavāsana* and rest for at least one minute.



To intensify the effects of this exercise, you can repeat it with your feet and knees together. This variation will allow the energy to move from the hips upwards into the spine and belly.

Start with slow, deliberate movements, then gradually increase your pace of breath and movement. Remember to stay present and focused on your breath throughout the exercise.

These exercises stimulate the spinal channel like no other. A deep rest for at least one minute is mandatory. Move in this manner with deep, rhythmic breath, from one side to the other for 2-3 minutes.



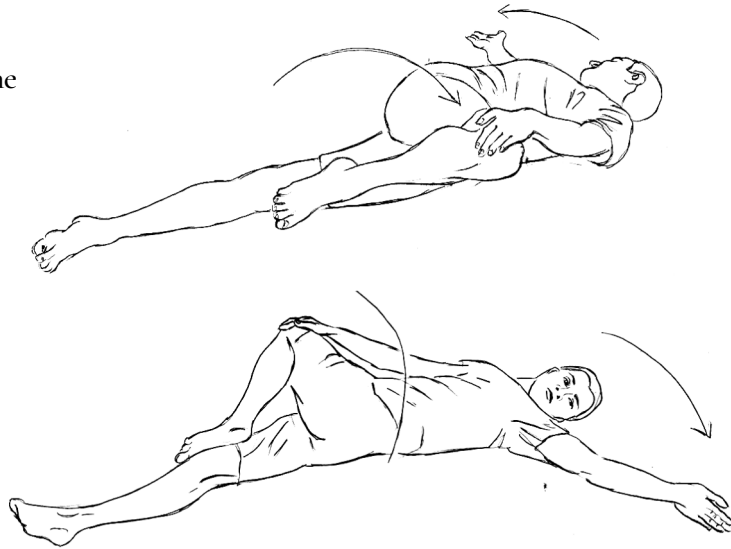
### *Śava udarākarṣaṇāsana*

Universal Spinal Twist (The corpse abdominal twist).

From *śavāsana*, lift your right knee and place your right foot above your left knee on the left thigh.

Lift your left hand and take hold of your right knee. Stretch out your right arm over the ground with the palm facing upwards. Now, pull your right knee with your left hand to the left while

turning your head to the right, looking at your right-hand palm. Breathe deeply. After a while, reverse the position. Deep breathing and remain on each side for at least one minute.



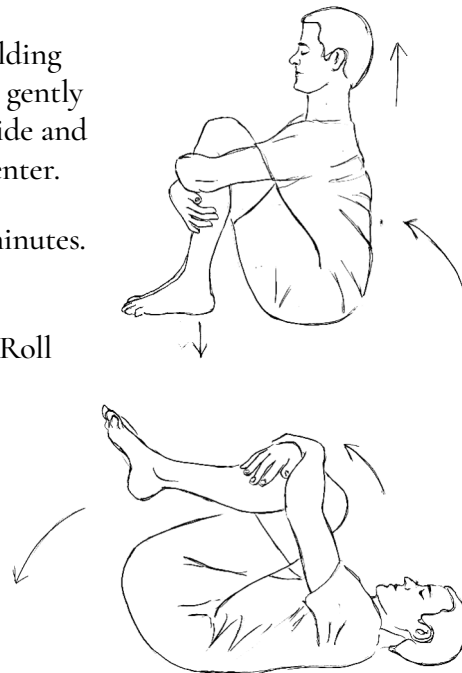
### *Jhulanā luḍhakanāsana*

Rocking and rolling. Bring both legs up, holding your knees pressed against your chest. Start gently rolling from one side to the other. Look inside and make this a soft dance around your inner center.

Roll playfully with deep breathing for 1-2 minutes.

Then, from the center, change the mode of movement and roll forward and backward. Roll forward on your feet and backward over your spine in a playful motion. When you come forward, try to push your bodily weight on your feet without actually doing so. This will push the energy into the navel center. In the end, stretch your arms and legs and relax.

Roll playfully with deep breathing for 1-2 minutes.

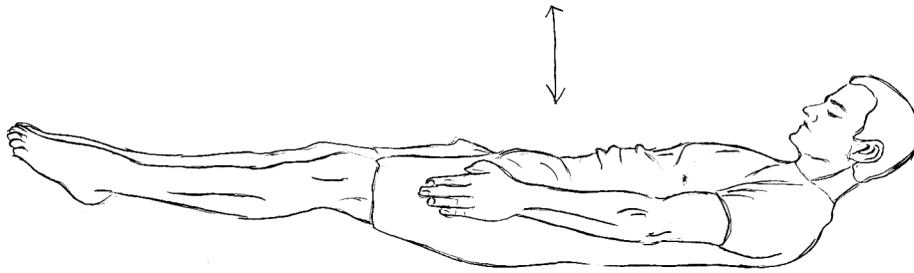


### *Uttānpādāsana*

In our lineage, this *āsana* is called *uttānpādāsana*, not to be confused with *naukāsana* where the legs are lifted 60 degrees above the ground. From *śavāsana*, turn your palms inwards and close your fingers, lift your arms so that your fingers are pointing horizontally towards your toes. Elevate your feet and head just off the ground. Look with an open and awake gaze at your toes. Take a few deep breaths, then, according to your own capacity, perform a gentle and deep *kapālabhātī* from your navel center. Finally, inhale and concentrate on the center, hold, exhale and contract your abdomen and hold. Inhale and relax in *śavāsana*.

Note: The longer you can hold in the end of this exercise, the more prana will move into the center and the more silent the mind will become.

Fire is the teacher. Deep breathing or *kapālabhātī* for 1-2 minutes.



### *Śavāsana*

Lay on your back with your palms facing upwards. Center yourself, you are loved.

*You are truth, you are perfect*



**Summary:**

*Dṛḍha uttānpādāsana*

Dynamic Raised Leg Posture.

*Cakra pādāsana*

Leg Rotation

*Pāda sañcālanāsana*

Cycling

*Supta pavanamuktāsana*

Sleeping wind freeing posture

*Supta udarākarṣaṇāsana*

Sleeping abdominal twist pose.

*Makra vyāyāma*

The crocodile exercise.

*Śava udarākarṣaṇāsana*

Universal Spinal Twist

*Jhulanā luḍhakanāsana*

Rocking and rolling.

*Uttānpādāsana*

Stretch pose

*Śavāsana*

Corpse pose