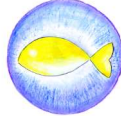
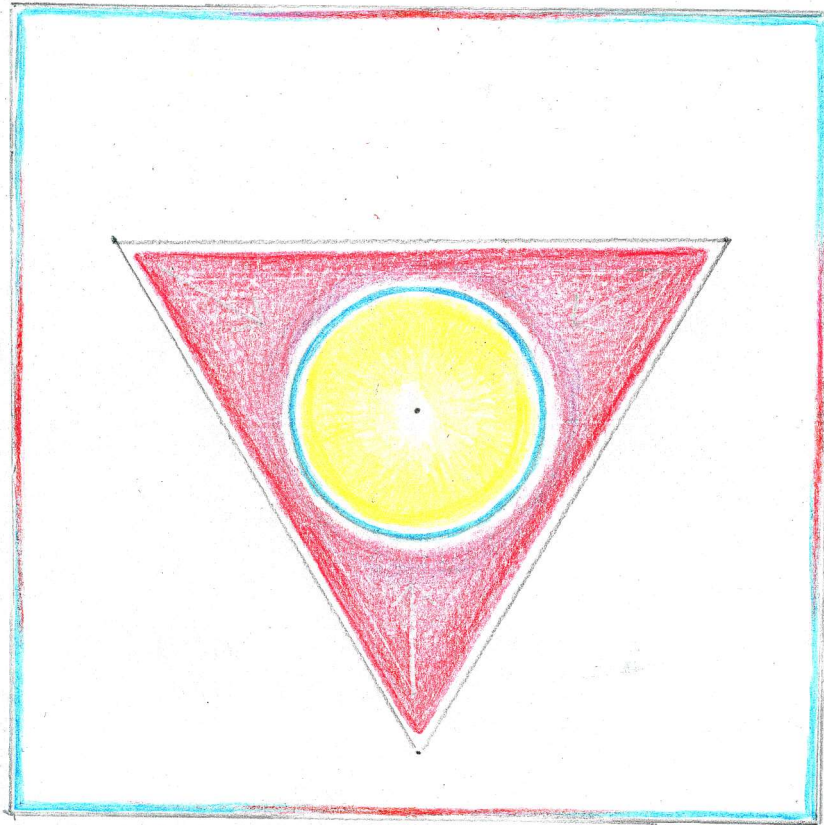


MATSYA KUNDALINI YOGA ACADEMY



# KUNḌALINĪYOGA

## KRIYĀ



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Enjoy & Thank you, Namaste!

## MATSYA SAMĀNA PRĀṆA KRIYĀ

The action for *samāna prāṇa*

The action for the centred energy of consciousness. It shows the middle, this is the place from where you can rise. When you can hold the centre, you can be where you need to be.

Approximately 20 minutes.

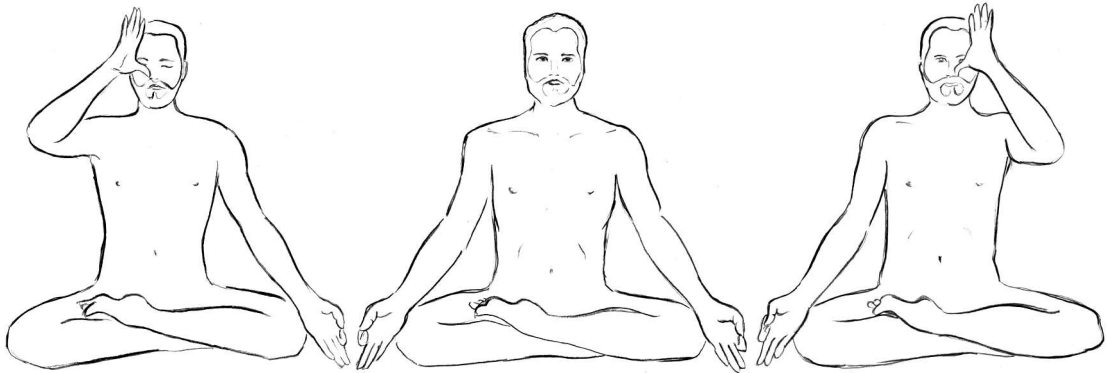
### *Bhastrikā*

Sit down in *vajrāsana* or any other comfortable sitting posture, bring your breath to rest.

*Iḍā bhastrikā* – Elevate your head and venerate your solar plexus, imagine the sun being in your belly, be thankful. Close your right nostril and perform *bhastrikā* 30 times through your left nostril, in the end perform *ajgari* – inhale, hold, exhale, hold and relax. Take yourself time before you continue.

*Piṅgalā bhastrikā* – Perform the same process, by closing the left nostril on the right side.

*Madhya bhastrikā* – Then perform *madhya bhastrikā* (central bellows breath) one last time in the centre through both nostrils. Keep straight. In the end perform *ajgari* again.



### *Śaśankāsana*

Rabbit pose. From *vajrāsana*. Stretch up, bend forward to *śaśankāsana* and

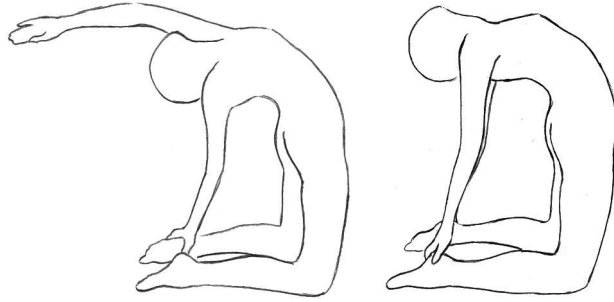
surrender yourself. Stretch your arms.

Practice with deep pulsing *kapālabhāti* for one minute, relax.



### *Uṣṭrāsana*

Camel pose. Move from *parvatāsana* slowly into *vajrāsana*. Breathe deeply, then move into *uṣṭrāsana* or *ardha uṣṭrāsana*. Push yourself deep into the *āsana*, as if falling into the sky. Your breathing must be deep.

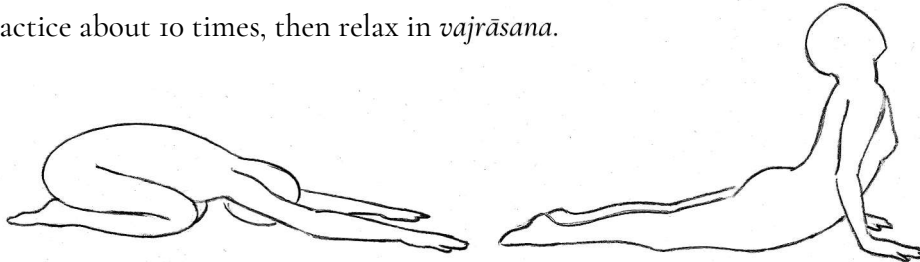


Practice with *kapālabhāti* or 10 deep breaths. In the end stretch your arms out and relax in *śaśankāsana*.

### *Śaśank Bhujāṅgāsana*

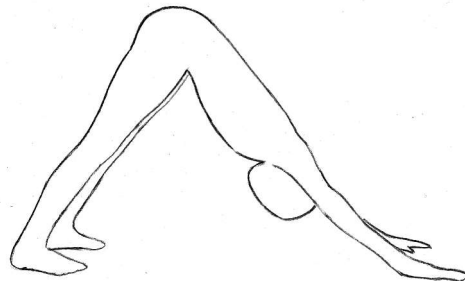
Striking cobra pose. Then gently come back to *vajrāsana*. Stretch up, bend forward to *śaśankāsana* and again surrender yourself. Stretch your arms. From there move into *bhujāṅgāsana* with your face close to the ground. Do so when breathing in. Breathe out and move back to *bhujāṅgāsana*. Do this at a gentle pace.

Practice about 10 times, then relax in *vajrāsana*.



### *Parvatāsana*

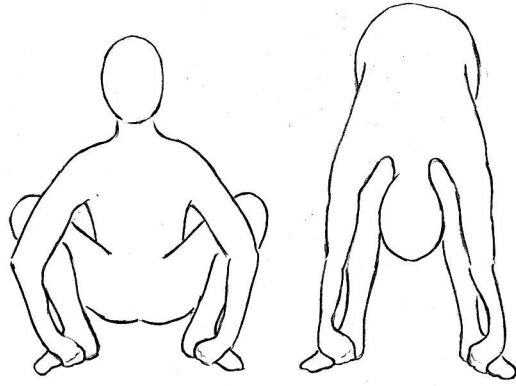
Mountain pose or downward facing dog. Move into *parvatāsana*, stretch deeply into this *āsana*, taking time to find the right alignment. Here be aware that your feet are closed. This centres the energy. Breathe in and start with *kapālabhāti*.



Practice for about 30–60 seconds with *kapālabhāti*. Then relax in *śaśankāsana*

### *Vāyu Niṣkāśana*

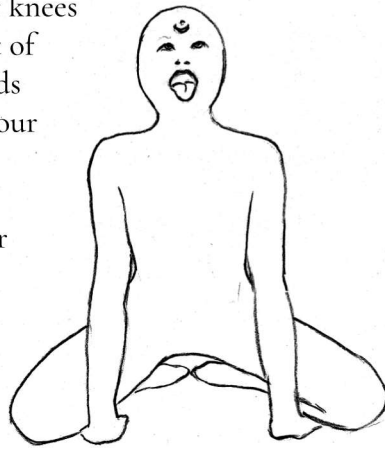
Freeing the wind pose. Come into squatting pose and hold the inside of your ankles — thumbs above and fingers underneath the feet. Inhale in squatting pose, straighten your back and let your head fall backwards, gazing upward. Inwardly hold your breath for three seconds and perform *mūlabandha*. Then exhale, straighten your legs and bend forward gazing inwardly. Hold your breath outwardly for three seconds and perform *mūlabandha*.



Move with the rhythm of your deep breathing for more than one minute.

### *Siṃhagarjanāsana*

Roaring lion's pose. Again in *vajrāsana*, open your knees sideways. Bring your hands to the ground in front of you with your palms on the ground and your hands turned inwardly. Open your chest and stick out your tongue. Focus both of your eyes inwardly to your brow. Breathe out through your mouth and in through the nose. Breathing out you contract your lower belly, sphincter and genital muscles. If you do this consciously it will centre the energy.



You are just like a slowly burning fire, you will burn forever. You are the centre of gravity.

Perform *siṃhagarjanāsana* for about 30–60 seconds with deep breathing, relax in *vajrāsana* with your chin pressed at the chest.

### *Śīrṣāsana*

Headstand. From *vajrāsana* lean forward into *śaśankāsana* and fold your hands over the back of your head. Slowly and methodically follow the classical guide to come into *śīrṣāsana*. Be gentle and slow, and use the wall for support if necessary.

Never do more than what you feel safe with. When you come back, relax in *śaśankāsana*.

Perform *śīrṣāsana* for about 30 seconds with deep breathing. Be very alert and centred, feel like lightning stretched to the sky.

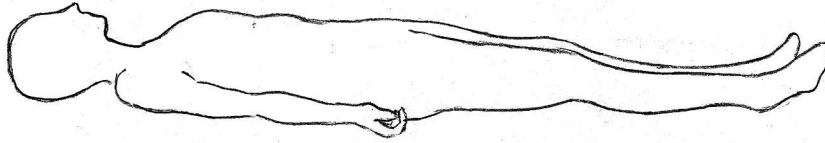
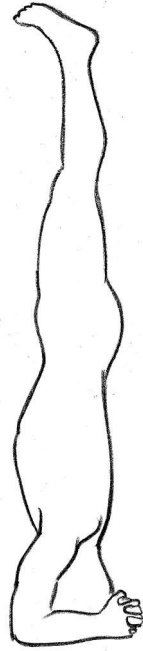
### *Bīja nyāsa*

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.

### *Śavāsana*

Corpse pose. Lay on your back with your palms facing upwards. Contemplate the following: I am happy. Wherever life is, this is where I am.



## *Summary*

<i>Bhastrikā</i>	The bellows breath
<i>Śaśankāsana</i>	Hare pose (the rabbit)
<i>Uṣṭrāsana</i>	Camel pose
<i>Śaṣank Bhujāṅgāsana</i>	Striking Cobra pose
<i>Parvatāsana</i>	Mountain pose
<i>Vāyu Niṣkāśana</i>	Wind releasing pose
<i>Siṃhagarjanāsana</i>	Roaring lions pose
<i>Śīrṣāsana</i>	Headstand
<i>Bīja nyāsa</i>	Placing the seed sounds
<i>Śavāsana</i>	Corpse pose