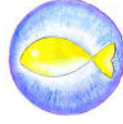
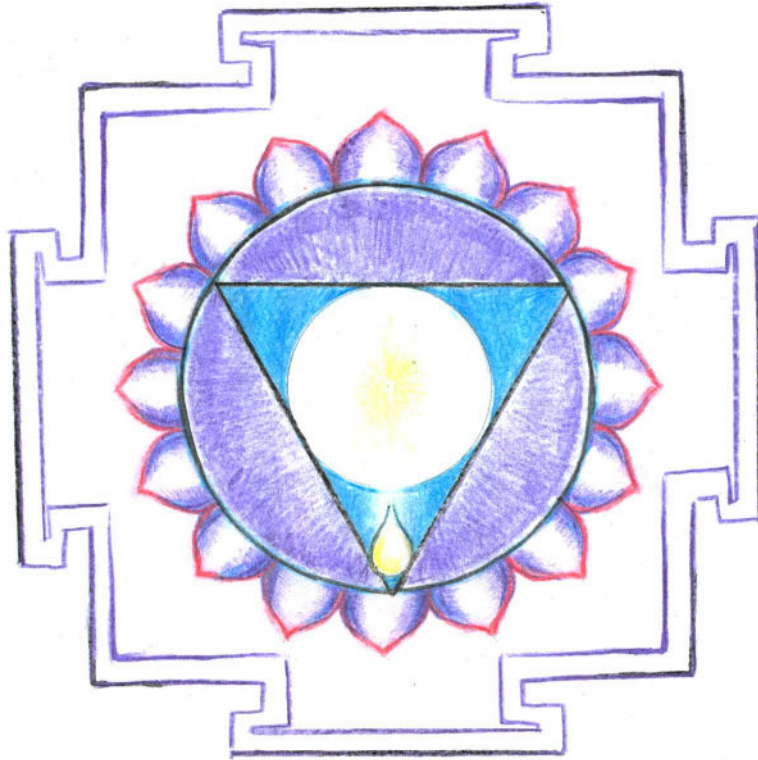


MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

KRIYĀ



Dear Yogi!

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Enjoy & Thank you, Namaste!

MATSYA VIŚUDDHA KRIYĀ

Viśuddha is spaciousness. It is like the top of a mountain where all is surrounded by the sky. The sky is pure and wide, just like a crystal made from of light. It is superiority, freedom. Feel this clarity and expand.

60 – 90 minutes.

Candra namaskāra

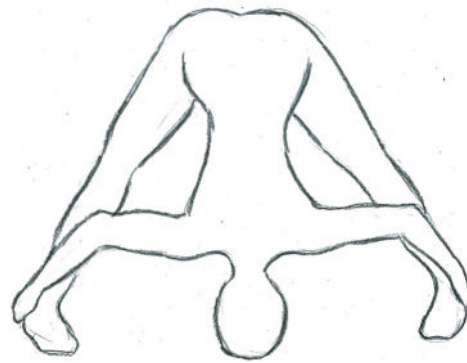
Candra is the moon, *namaskāra* the salutation. Salutations to the moon, the carrier of wisdom, ruler over the dreams, conquer of the mind. Salutations to the moon whose nature is the inner most core, who is shiny like silver, glittering like gold. Salutations to the moon, the family, home, friendship, master over your lives, the tide, love and passion. Salutations to you who you are our best friend.

Perform *candra namaskāra* with devotion and love. Be slow in breath and movement, every step in this practice is a contemplation. There are many different variations of *candra namaskāra* – choose the one you love most.



Mūrdhāsana

Crown to the ground pose. After *samāsthiti*, step back with one foot. Open your legs wide with your feet parallel. Open your chest, then lean forward and support your body horizontally with your arms over the ground.

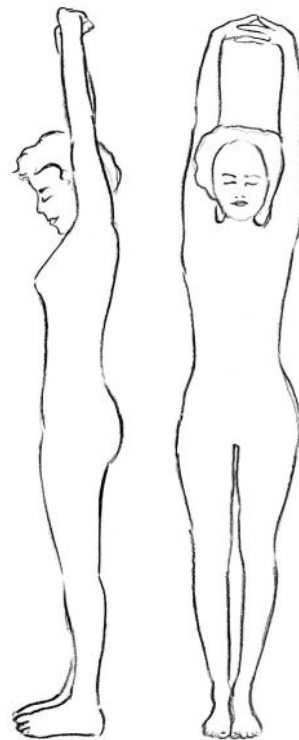


Advanced students should put the top of the head on the ground and interlace their fingers behind their back, then balance on their toes. Breathe deeply. Come back to the centre.

Practice for 30 – 60 seconds with deep breathing.

Tāḍāsana

Palm tree pose. Close your feet tightly and 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. Breathe deeply, and feel still and tall all the way from your feet to the top your hands. Perform this *Tāḍāsana* in great silence. Venerate that which is greater than you.



Practice for one minute with deep breathing.

Then lower your chin to the chest and compress your throat pit, while doing so you concentrate on the top of your head. Put all your focus on this very top of skull the entrance of the sky.

Start with a deep and slow *bhastrikā* in which you move your belly in and out. Choose the speed so that your lungs can fully fill with air and fully empty. Start with 5 Breaths to begin with. In the end Breath in deeply and hold at least ten seconds while pulling your belly outwards, then exhale and pull your belly inwards like in *uḍḍiyānabandha* to hold the air outside, do this as long as you can, this is called *ajgari āsana* - the posture of the panther. Inhale and release your hands slowly.

5 – 30 times deep *bhastrikā* and *ajgari*

Pādahastāsana

Hands to the feet pose. Bend gently forward, bend your knees. Put your fingers under your toes. Place your belly on your thighs. Breathe. Then gently stretch the knees while keeping the belly on the thighs. Breathe deeply.

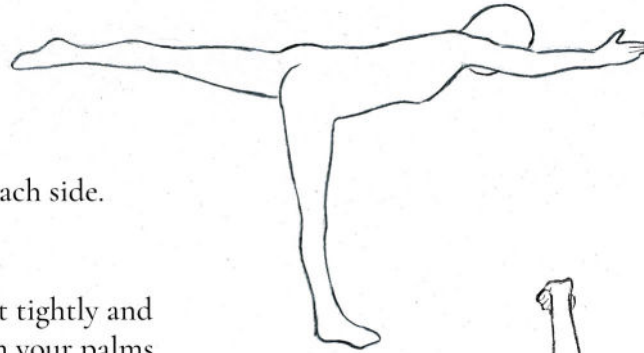
Practice until you are completely relaxed.



Ekapādāsana

One foot pose. From *samāsthiti*, raise your arms and interlace your fingers. Breathe in. Breathe out and, from the hip, come forward by shifting your weight on the right leg while extending your arms horizontally over the ground (the left leg also elevated horizontally).

Be a straight line. Imagine the energy expanding you into the horizon. Breathe five deep breaths. Then come back to *samāsthiti* and repeat with the other side.



Breathe five deep breaths on each side.

Tāḍāsana

Palm tree pose. Close your feet tightly and 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. Breathe deeply, and feel still and tall all the way from your feet to the top of your hands. Perform this *Tāḍāsana* in great silence. Venerate that which is greater than you.

Raise your chin now slowly so that your head may go backwards so to compress your neck. Turn your eyes inwards and look at your eyebrow centre with firm concentration that now forms the top of the head.

Start like before with a deep *bhastrikā* and afterwards perform *ajgari* - the posture of the Panther. Release your hands slowly and inhale.

5-30 times deep *bhastrikā* and *ajgari*



Pādahastāsana

Hands to the feet pose. Bend gently forward, bend your knees. Put your fingers under your toes. Place your belly on your thighs. Breathe. Then gently stretch the knees while keeping the belly on the thighs. Breathe deeply.

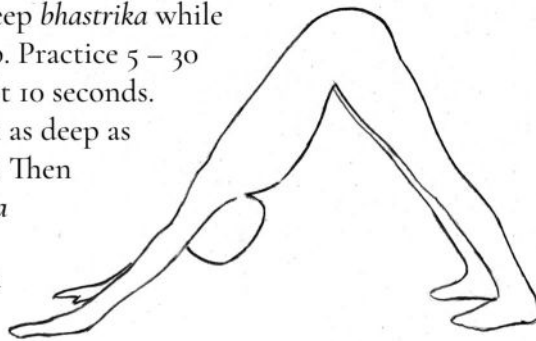
Practice until you are completely relaxed.



Parvatāsana

Mountain pose. From *tādāsana* move through *pādahastāsana* gently into *parvatāsana*. In *parvatāsana* and take a few deep breaths and then start with a deep *bhastrika* while gazing to the inside. Be slow and deep. Practice 5 – 30 times. Then breath in and hold at least 10 seconds. Breath out and contract the abdomen as deep as you can, empty yourself. This is *ajgari*. Then breath in and come gently to *advāsana*

Practice with 5 deep breaths and then with gentle *bhastrikā*, *ajgari* and then relax in *advāsana*.



Aṣṭāṅga Namaskāra

Eight points salutation pose. Move from *samāsthiti* to *santolāsana*, and from there put your chest, knees and chin on the ground. Feel *Viśuddha* being stimulated.

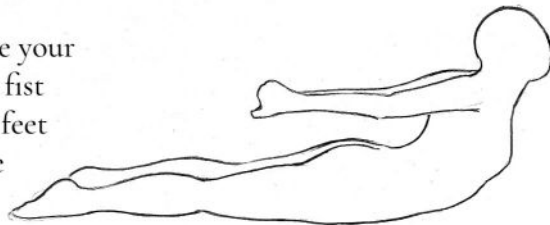
Focus forward over the ground. Use the same breathing as in the previous exercise.

Practice with 5 deep breaths and then with gentle *bhastrikā*, *ajgari* and then relax in *advāsana*.



Sarpāsana

Snake pose. From *advāsana* interlace your fingers behind your back. Feel your fist resting on your sacrum. Close your feet and move upward by expanding the chest. Use the same breathing as in



the previous exercise.

Practice with 5 deep breaths and then with gentle *bhastrikā*, *ajgari* and then relax in *advāsana*.

Advāsana

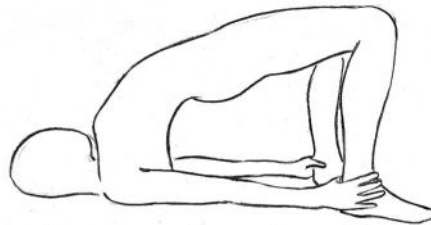
Inverted corpse pose. Move gently into *advāsana* and celebrate this relaxation.

Relax for 30–60 seconds with deep breathing.



Kandharāsana.

Shoulder pose. Through *parvatāsana* come to be laying down. Bring your feet to your buttocks and hold your ankles in your hands. Come gently into *kandharāsana*. Start moving gently and rhythmically with your breath. Pushing the pelvis upward when you inhale, and lowering it when you exhale. After this dynamic movement perform *ajgari* then relax.



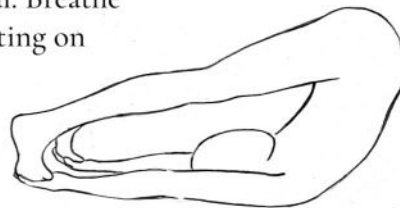
Practice for one minute in gentle movement with deep breathing and then with gentle *bhastrikā*, *ajgari* and then relax.

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. Breathe deeply in this position, all the while concentrating on your breath and stability.



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



From *śavāsana*, bring your arms over your head with the palms facing upwards.

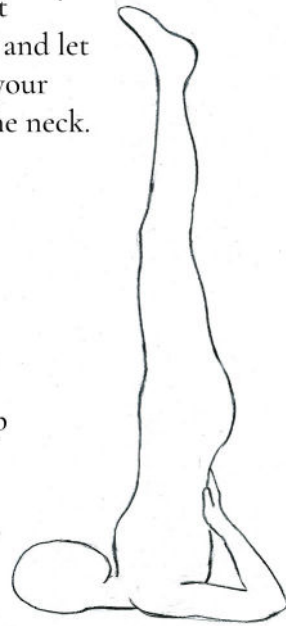
Elevate both legs 90 degrees off the ground with your feet touching each other. Now simply bend the knees slightly and let them slide to your hands so you can hold your toes over your head. Breathe gently, stretch your legs. Avoid straining the neck. Breathe deeply and fully immerse yourself.

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

Optional: practice *ardha padma halāsana* first.

Sarvāṅgāsana

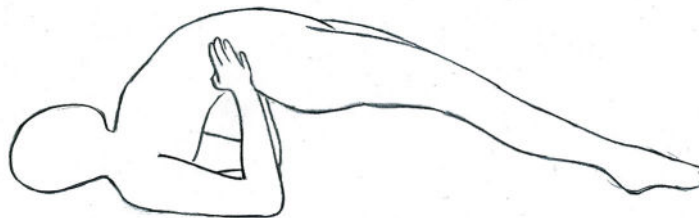
Shoulderstand. From *śavāsana*, bring your arms at the hip to support your back, then elevate your knees to your chest. From there, straighten your spine and stabilize your neck. Pressing your upper arms on the ground this will reduce pressure on the neck. Slowly elevate the knees. Then, when you feel stable, elevate both feet until you are aligned. Straighten your back and be alert. Concentrate on the vertical alignment.



Hold, with deep breathing, for at least 30 seconds.

Pūrṇa Setu Bandhāsana

Deep bridge pose. From *sarvāṅgāsana* come gently into *halāsana* and then bend your legs so that the knees rest beside your head.



Rotate your hands 180 degrees outward, so that the thumbs point inward. Then, gently stretch one leg up and bring it stretched out on the ground below you. Go slowly. When the first leg touches the ground, move the second one to the ground, but move very slowly. Open your chest and breathe deeply.

Stay here for 30 seconds, then lower yourself and stay hugging your knees tightly.

Relax here for at least one minute.

Paścimottānāsana

Back stretch. Stretch your back forwards, tuck your chin in and focus again on the

top of your head. Become silent, deeply immerse yourself.

One minute with deep breathing and *bhrāmari*.

Jānuśīrāsana

Head to knee pose. Press the heel against the perineum. Practice five times with deep breathing, and stretch.

One minute with deep breathing and *bhrāmari* on each side.

Śīrṣāsana

Headstand pose. Come to *vajrāsana* and then forward into *śaśankāsana*. Fold your hands over the back of your head. Slowly, and step by step, follow the classical guide to come into *śīrṣāsana*. Be gentle and slow. Support yourself against the wall if necessary. Please do no more than what you feel safe with. When you come back, relax in *śaśankāsana*.

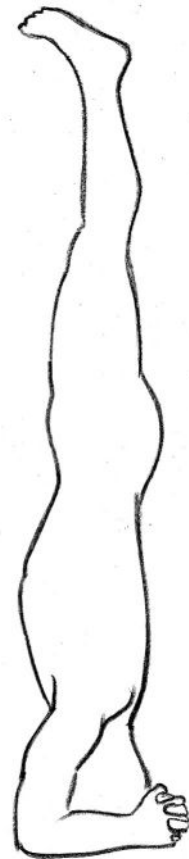
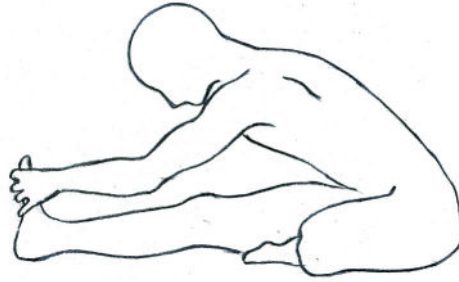
Perform *śīrṣāsana* for about 30–60 seconds with deep breathing. Mentally repeat the syllable “Haṃ.”

Visualization

Sit comfortably in meditation with an open posture, embodying ease and openness. Become aware of your throat and neck, the connection to what is greater than you, encompassing all.

Visualize a shining mountain range. As the last sunbeams of the day fade, the first newborn stars begin to shine. The sky is in a dark blue with a hint of purple. The mountains, reaching high into the sky, have their ice gleaming brightly as night rises.

Above these mountains, the great silver disc, akin to the full moon, thrones in the sky. It represents *ākāśa*, the ether, the gateway to what lies beyond. It symbolizes the transformation of fire, where the mind finds its ultimate expanse.





As you breathe, use the victorious *ujjāyī* breath - a breath that sounds like the ocean's roar.

Inhale with *ujjāyī*, visualizing the breath, infused with refreshing silvery light, flowing from that disc into your throat. As you exhale from your throat pit, let your breath return to this eternal silvery disc.

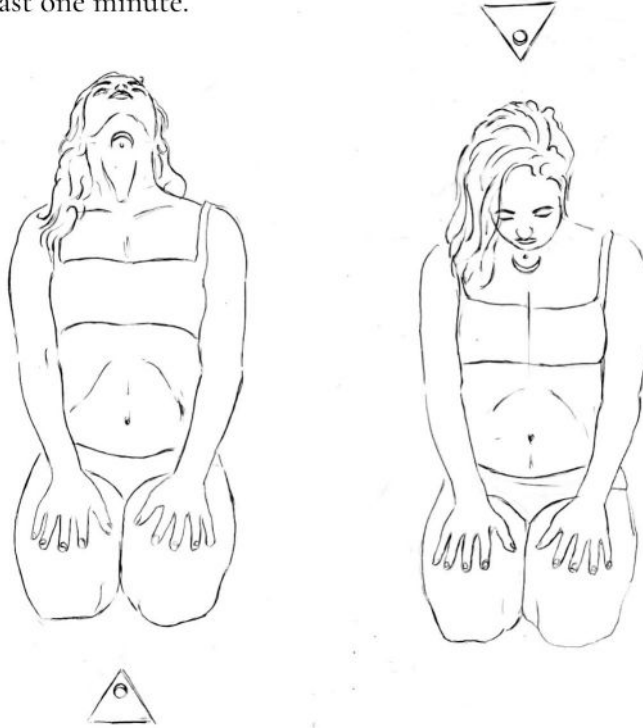
Contemplate this breath deeply, expanding, calming, opening the sky.

Towards the end, envision the radiant *Ham* - embodying freedom, final knowing, a centered mind, mastery over the subtle, and the power of true speech. Chant *Ham*, silently or aloud, at least three times.

Jālandharabandha

Neck lock. Sit in meditation posture and remain silent. Open your neck to the sky. Feel all that is above. You are in space. You are home.

Do this for at least one minute.



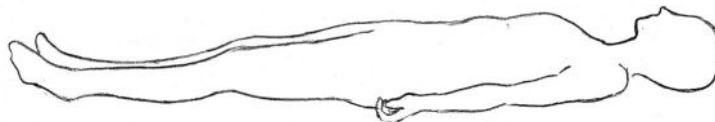
Bīja Nyāsa

Finally, place the seed sounds (*bīja nyāsa*) Maintain your meditation posture, stretching out and fixing your arms. Perform *mūlabandha* at the beginning of each sound.

Śavāsana

Corpse pose. Lay on your back with your palms facing upwards. Contemplate the following:

I am beauty. Complete freedom



Summary

<i>Candra namaskāra</i>	Salutations to the moon
<i>Moordhāsana</i>	Crown to the head pose
<i>Tāḍāsana</i>	Palm tree pose
<i>Pādahastāsana</i>	Hands to feet pose
<i>Eka Pādāsana</i>	One foot (raised) pose
<i>Tāḍāsana</i>	Palm tree pose
<i>Pādahastāsana</i>	Hands to feet pose
<i>Parvatāsana</i>	Mountain pose (downward facing dog)
<i>Aṣṭāṅga Namaskāra</i>	Eight points salutation pose
<i>Sarpāsana</i>	Snake pose
<i>Advāsana</i>	Reversed corpse pose
<i>Kandharāsana.</i>	Shoulder pose
<i>Halāsana</i>	Plow pose
<i>Sarvāṅgāsana</i>	Shoulder stand pose
<i>Pūrṇa Setu Bandhāsana</i>	Full bridge pose
<i>Paścimottānāsana</i>	Back stretch pose
<i>Jānuśīrāsana</i>	Head to knee pose
<i>Śīrṣāsana</i>	Headstand
<i>Visualization</i>	Visualization
<i>Jālandharabandha</i>	Neck lock
<i>Bīja Nyāsa</i>	Placing the seed sounds
<i>Śavāsana</i>	The corpse pose

