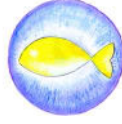
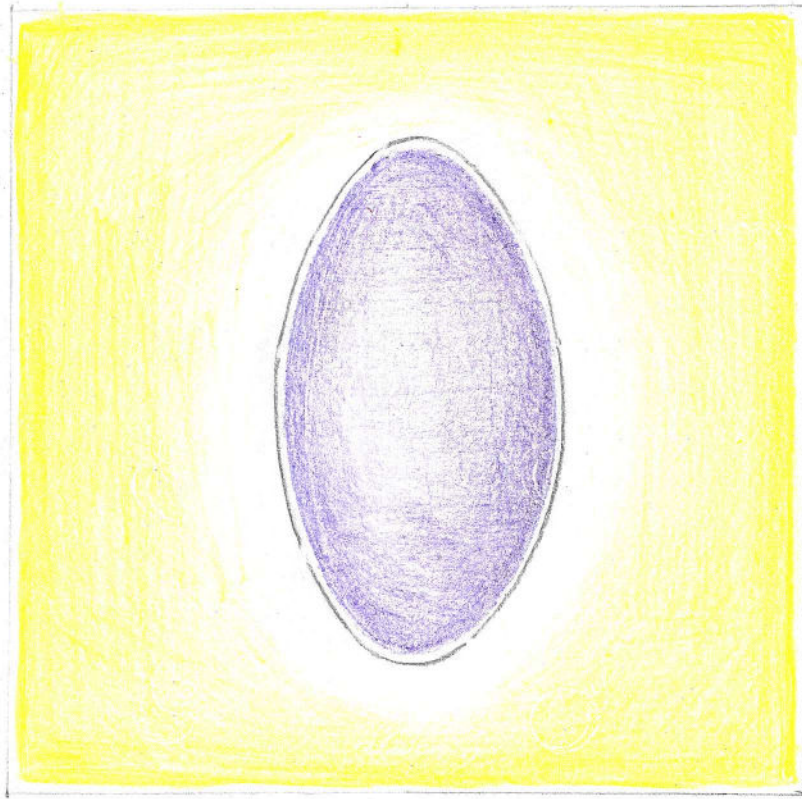


MATSYA KUNDALINI YOGA ACADEMY



# KUNḌALINĪYOGA

## KRIYĀ



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Enjoy & Thank you, Namaste!

## MATSYA VYĀNA PRĀṆA KRIYĀ

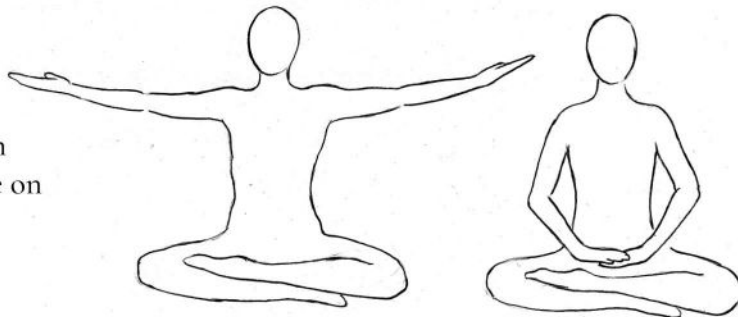
The action for *Vyāna prāṇa*.

This is the pervasive movement of consciousness. You are, yet you are not. Pervasive like time you can expand. Your true form is embracing all creation. You are the promise of freedom.

Approximately 20 minutes.

### *Prāṇa Mudrā*

Gesture of Energy. Sit straight and gently activate *mūlabandha*. Bring your hands down resting in your lap, one on top of the other with your palms facing down. When you



breathe in, elevate your hands over the eyebrow centre with your fingertips pointing to one another. Raise and open the arms above your head so that the palms are at ear height. Hold your breath momentarily. In the inbreath, bring your arms back the way they came, lowering them one over the other resting at your pelvis. Hold the breath in emptiness.

Follow the rhythm of your breath. The in- and outbreaths must be of equal duration. Holding the breath outside or inside must also have the same intensity and duration. The *prāṇas* must be balanced.

Perform this 10 times, then reverse the breathing and do *bhrāmarī* at the exhalation when opening your arms, expand. The yogi must be a gift for the world.

### *Titali Āsana*

Flying butterfly pose. From *siddhāsana* open your knees and breathe deeply. Then gently begin raising and lowering your knees, like a flying butterfly. Make it fast but gentle. Smile and breathe deeply.



Move in a gentle pace for one minute, in the end stretch up.

### *Śaithalyāsana*

Animal stretching pose. Sit with your left leg turned outwards, your left foot behind your buttocks. Your right leg stays inward with your foot touching your thigh. Bend forward again over your right leg while breathing out. Breathe deeply. Next, come up and put your right hand on your left knee and rotate to the left. Breathe. Stretch up in the centre, then change your legs.

Practice for three deep breaths on each side.

### *Bhastrikā Prāṇāyāma*

Bellows breath or breath of fire. Sit up straight in your favorite meditation posture. Stay silent for a moment. Breathe in deeply and gently retain your breath. Deeply exhale and retain the breath outside. This will make you feel centred.

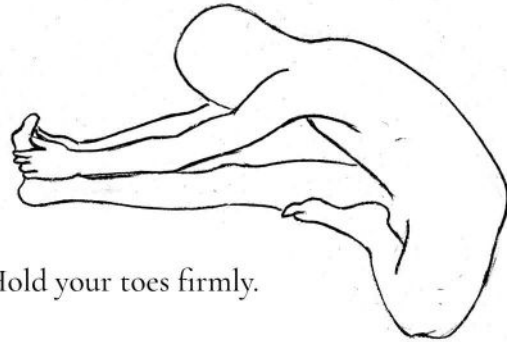
Now gently, but rhythmically, breathe in and out like the bellows of a blacksmith. The breath must rush through the body. The in- and outbreaths should be equally intense. This is the wind that fans the fire. When you tire, take a break before continuing. Finally, breathe in and hold the breath in silence. Then slowly breathe out.



Practice for one to two minutes.

### *Jānuśīrāsana*

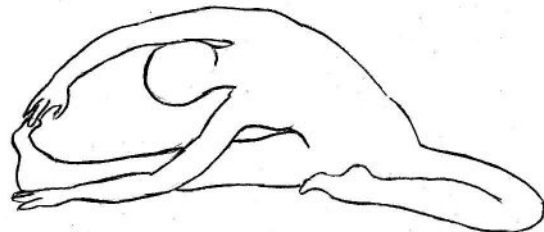
Head to knee pose. Turn your left leg inwards and place your heel against the perineum. Stretch the other leg and come to *jānuśīrāsana*. Inhale in the centre and stretch forward to your foot. Your upper body should move forward. Hold your toes firmly. Relax deeply and surrender yourself.



Practice for one minute on each side with *kapālabhāti* and *bhrāmarī*.

### *Pariṅṛtta Jānuśīrāsana*

Side wards bend head to knee pose. From *jānuśīrāsana*, turn your upper



body to the left and raise both arms, stretching while you do so. Then gently lean to the side so that your right hand can hold your right foot. Bring the left arm to the same direction. Keep your left shoulder open. Breathe deeply.

One minute for each side with deep breathing and *bhrāmarī*.

### *Upaviṣṭa Tādāsana*

Seated mountain pose. Sit on your knees in *vajrāsana*. Stretch your arms over your head, fingers pointing upwards or palms facing up. Balance the sun above. Stretch up your arms, higher and higher.

Practice with *kapālabhāti*. In the end inhale, hold, and exhale, hold



### *Śaśankāsana*

Rabbit pose. From *vajrāsana*. Stretch up, bend forward to *śaśankāsana* and surrender yourself. Stretch your arms.

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



### *Śīrṣāsana*

Headstand. Come sitting on your heels in *vajrāsana* and lean forward into *śaśankāsana*, relax. Then 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 lightening stretched to the sky.

### *Namaskāra Mudrā*

The heart gesture. Sitting on your heels in *vajrāsana* or normal sitting posture, bring your hands in front of your heart. But this time with one hand over the other, let them rest on your chest.



Feel the profundity of your heart. Remember that you are sacred. Do this with deep *bhrāmarī*. Look to the inside.

After one minute bend forward until your head is on the ground. Perform this for as long as you like and vibrate your favorite mantra in your heart.



### *Meditate*

With one pointed awareness. Keep your mind from wandering and hold onto this thought:

*All the universe is pervaded by nothing but consciousness.*

*One consciousness. One.*

Visualize this thought with firm conviction. Do this for at least three minutes.

## **Summary**

<i>Prāṇa Mudrā</i>	Gesture of prāṇa
<i>Titali Āsana</i>	Butterfly pose
<i>Śaithalyāsana</i>	Animal stretching pose
<i>Bhastrikā Prāṇāyāma</i>	Bellows breath, (breath of fire)
<i>Jānuśīrāsana</i>	Head to knee pose
<i>Parivṛtta Jānuśīrāsana</i>	Side wards head to knee pose
<i>Upaviṣṭa Tāḍāsana</i>	Seated mountain pose
<i>Śaśankāsana</i>	The rabbit pose
<i>Śīrṣāsana</i>	Headstand pose
<i>Namaskāra Mudrā</i>	Gesture of Gratitude