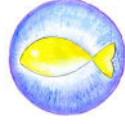


MATSYA KUNDALINI YOGA ACADEMY

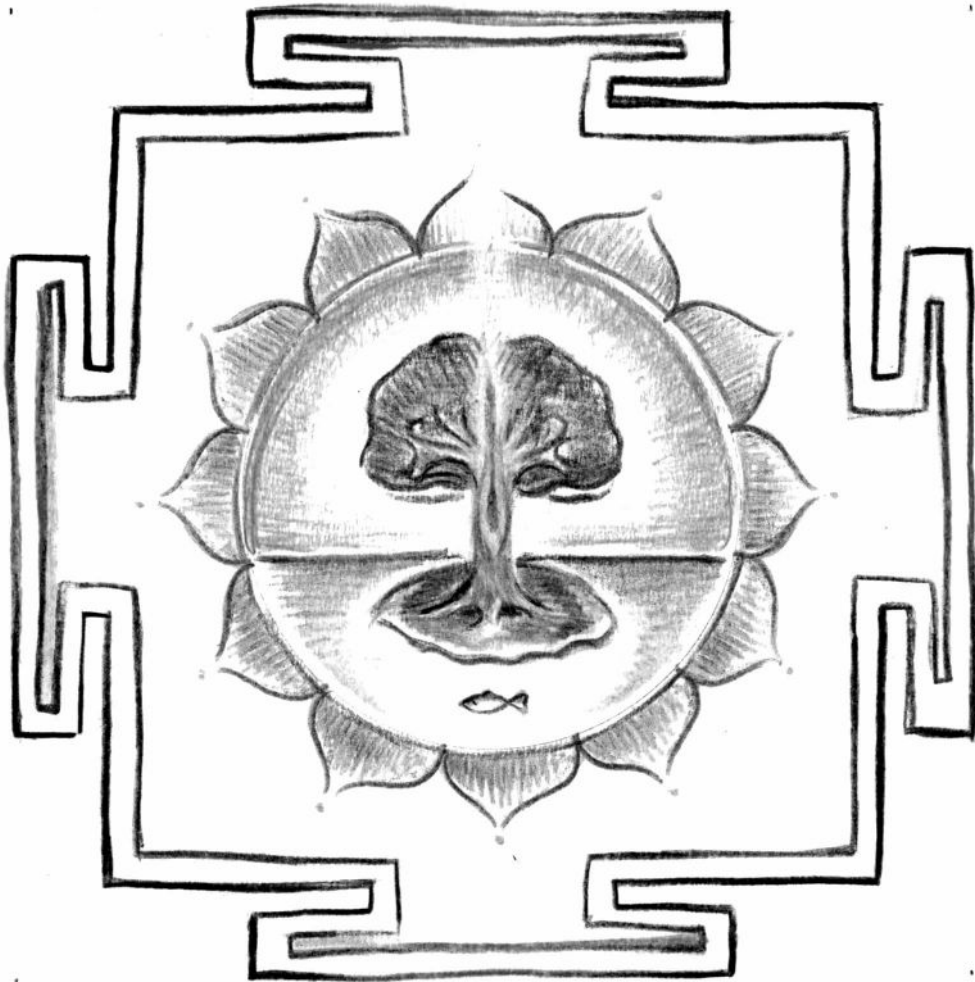


KUNḌALINĪYOGA

KRIYĀ



www.yogamatsya.com



ANĀHATA KRIYĀ

Anāhata is the unstruck sound, the eternal flame. It is the place one should celebrate. It is home. It is meaning. It is the meaning to live. It is you. Celebrate this place.

From the bottom of the heart, the Mother, the Goddess whispers the name of life – “*Oṃ Yaṃ Ma*”. Rise with Her.

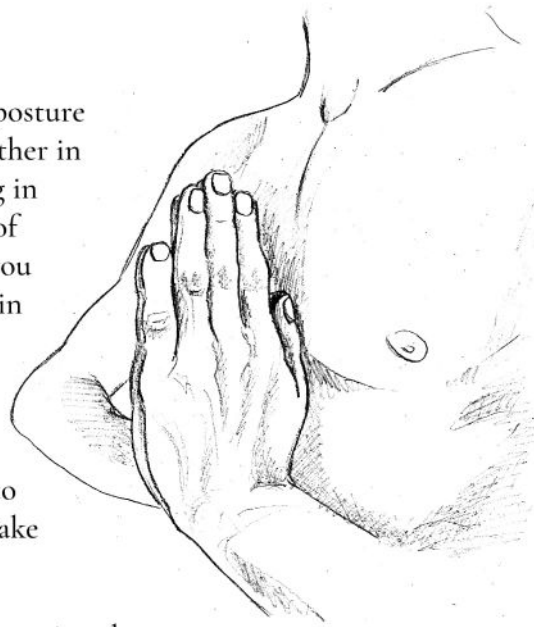
60 – 90 minutes.

Namaskāra Mudrā

Gesture of gratitude. Sit in meditation posture with your hands pressed against each other in front of your heart. Feel yourself falling in the space of your heart. Feel the point of maximum repose inside of you. There you rest. Deeply and profoundly. Just relax in your heart.

Then gently open your arms to the sides. Then stretch them as far as you can as if somebody were pulling them to the side. You are welcoming a friend. Take at least five deep breaths.

Then start with a deep *bhrāmarī* when opening the arms to the sides, using *bhrāmarī* again to close them over the heart. Feel the heart contain nothing but an all-inclusive sound. Move with this sound between in- and exhalation.



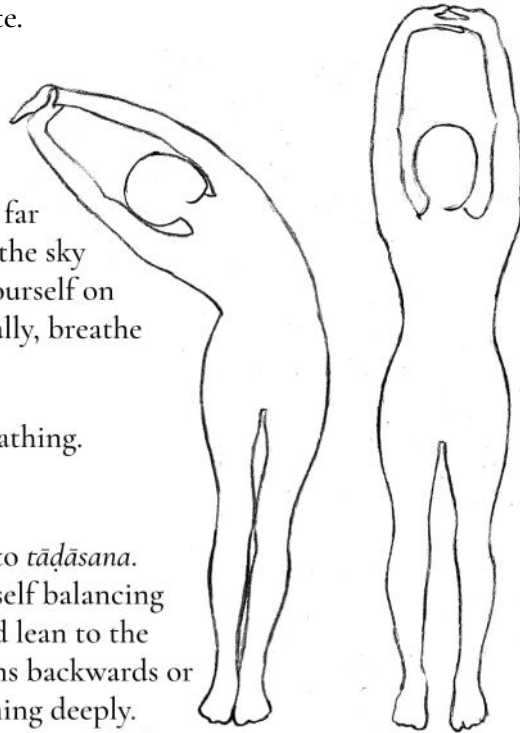
This can take up to five minutes.

After this, slowly bring your hands in front of the heart, the palms touching each other, and apply a slight (but noticeable) pressure. Open your chest. Straighten out your spine and use *mūlabandha*. Mentally, or out loud, repeat the “*Oṃ Yaṃ Ma*” The seed of connection, love and true insight.

Remain like this for at least one minute.

Tāḍāsana

Palm tree pose. Stand up, 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, raise yourself on your toes and stretch even higher. Finally, breathe out and come to *samāsthiti*.



Practice for one minute with deep breathing.

Tiryaka Tāḍāsana

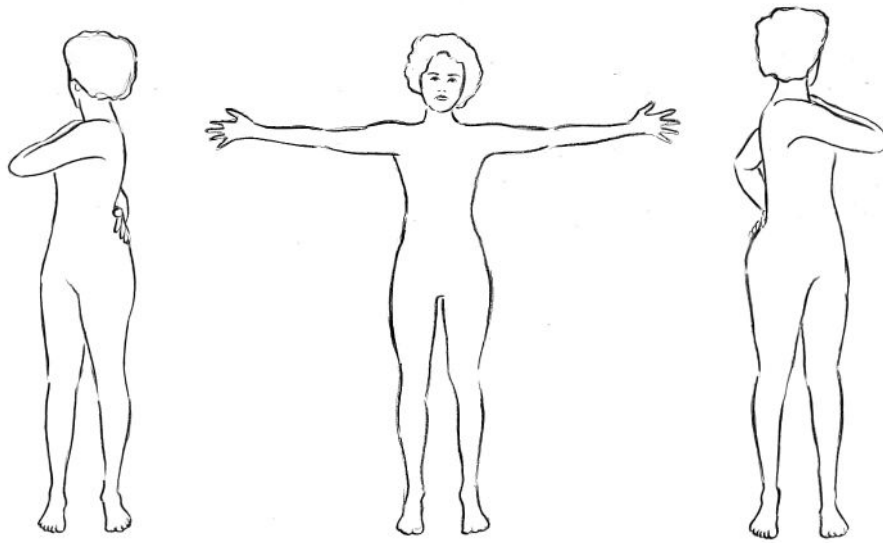
Swaying palm tree pose. Stretch up into *tāḍāsana*. Stretch as far as you can and feel yourself balancing the sky on your palms. Breathe out and lean to the side without turning your torso or arms backwards or forwards and stay in the center, breathing deeply. Come to the middle on the inhale, then change sides. At the end, come to *samāsthiti*.

Practice each side for 20 – 30 seconds with deep breathing.

Kaṭi Cakrāsana

Waist wheel pose. Open your legs shoulder wide and stretch your arms to the sides. Feel the stretch. Stretch as far as you can. Breathe deeply, then start rotating your arms and torso dynamically while keeping your hips in position.





The fingers of your right hand move in a cup-like form to the left shoulder and vice-versa. Breathe in when moving to the center and exhale when rotating to the sides. Be joyful. In the end inhale in the center and hold, then come to *samāsthiti*.

Practice for one minute with deep breathing.

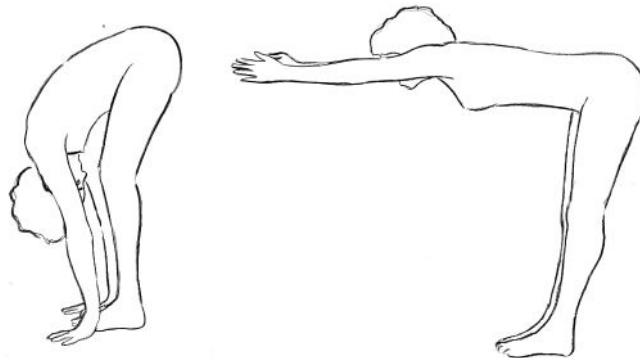
Tāḍāsana

Palm tree pose. Again stretch up into *tāḍāsana*. Venerate the sky.

Practice for 30 seconds with deep breathing.

Samakonāsana

Right angle pose. Open your hands in *tāḍāsana* so the palms can face another. Breath deeply. Then slowly and consciously bend forward at the hips, keeping the legs straight, until the back and arms are parallel to the ground, forming a right angle with the legs. Stretch in the horizon, lengthen yourself.

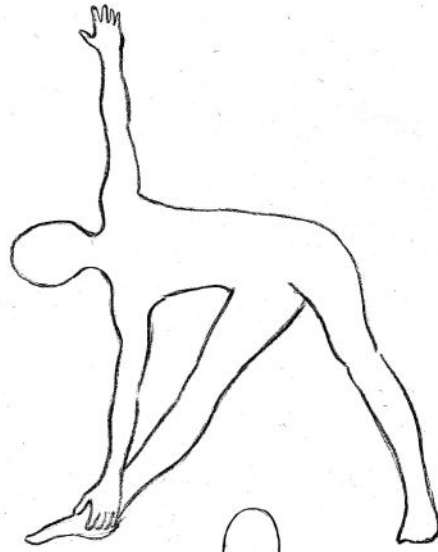


Remain in this position for 5 breaths then, stretch down and come to *Pādahastāsana*. Relax and lengthen your back. If it is not possible to comfortably

touch the ground, hold onto your own elbows and let your back hang downwards, breathing deeply.

Trikoṇāsana

Triangle pose. Standing in *namaskāra mudrā*, step backwards with your left foot and turn it 90 degrees outwards. Open your arms horizontally over the ground. With the next exhalation, move forward and down with your upper body to the right side. Turn your arms from a horizontal to a vertical axis. Keep them in the same plane. Put your right arm against your leg. Open the left shoulder.



Look up and stretch to that which is above. After breathing deeply, step back to *namaskāra mudrā* and change sides.

Take five deep breaths, spread the fingers and gaze in your open hand.

Ekapāda Prāṇāmasana

Tree pose. From *namaskāra mudrā* come to the tree pose. Play with lightness with several variations of this pose. Change sides.

About one minute for each side.

Garuḍāsana

Eagle pose. From *namaskāra mudrā* move into the eagle. Feel the center. Enjoy its firmness.

About one minute for each side.

Trikoṇāsana

Triangle pose. Again, perform *trikoṇāsana*.

Take three normal breaths and then *kapālabhāti*.



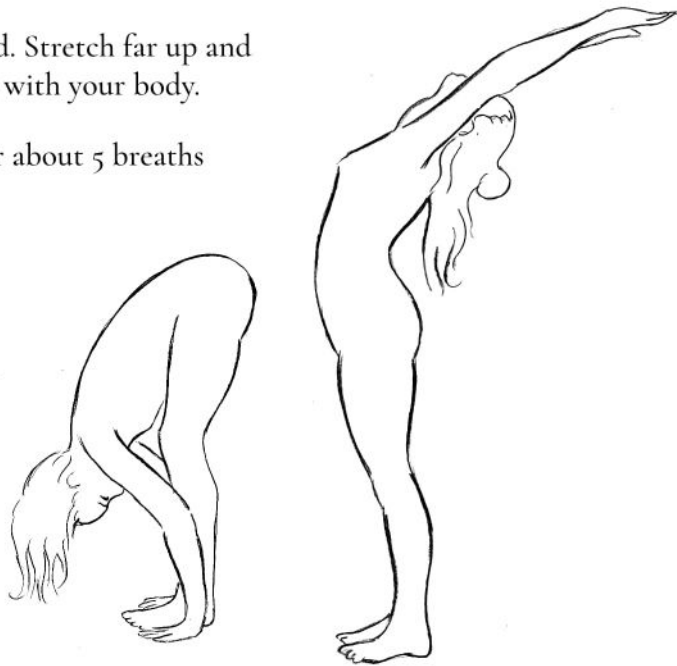
Hastottānāsana

Raised arms pose, Backward bend. Stretch far up and behind, create a half moon shape with your body.

Remain here gazing at the sky for about 5 breaths

Pādahastāsana

Hands to feet pose. From *hastottānāsana* bend forward gently to a 90 degrees angle and perform *dwikonāsana* – the half angle pose if desired, then bending your knees come down completely and hold your toes. Gently stretch the knees while keeping your belly on the thighs.

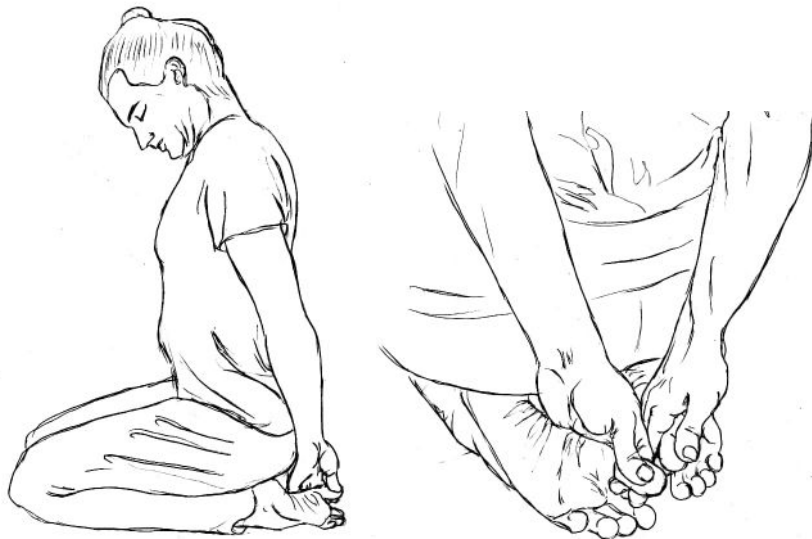


Practice until you are completely relaxed with deep breathing.

Ānanda Madirāsana

Intoxicating bliss pose. Sit in *vajrāsana* till you are strong and centered.

Then place your fingers under the inside of your feet, but keep your thumbs up. Perform *mūlabandha*, tilt the pelvis forward and feel your chest being opened



wide. Breathe into your heart. Meditate over this trancelike bliss. Stay here for a few breaths feeling your heart.

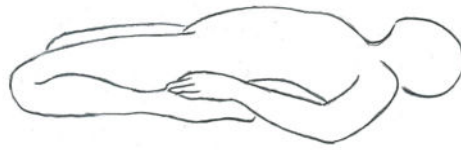
Then start with an gentle *kapālabhāti* while moving your belly in and out. In the end pull *mūlabandha* and let the breath pierce the heart. Finally, let your chin rest at the chest, silently or out loud chant “*Oṃ Yaṃ Ma*”.

Practice with 5 deep breaths and then perform 1-2 minutes *kapālabhāti*, then radiate “*Oṃ Yaṃ Ma*” from the heart.

Supta Bhadrāsana

Sleeping gracious pose. Sit in *vajrāsana*, but turn your feet outward so they are next to your buttocks. Then bring your arms behind your body and beside your feet, lean the upper body backward. Only go so far down as to be able to get up easily. Place the back of your head on the ground. Breathe like in the previous exercise.

Practice with 5 deep breaths and then perform 1 minute *bhrāmarī*, then remember the base of all things – “*Oṃ Yaṃ Ma*”, silently or out loud.



Śaśankāsana

The rabbit. Open your knees wide, stretch up and bend forward to *śaśankāsana*. Surrender

Practice with 5 deep breaths and then perform 1 minute *bhrāmarī*, then surrender to the great “*Oṃ Yaṃ Ma*” – the Mother. Sing it silently or out loud.



Ardha Matsyendrāsana

Half sided spinal twist. Put your left leg over your right thigh, right foot on the left and the left foot on the ground on the right side of the body. Hold your knee and feel this posture's beauty. When the feeling comes, gently use your breath to rotate to the right. Breathe deeply, massage your intestines. Change sides.

Perform this for one minute on each side, 3 deep breaths, then *bhrāmarī* and then “Om Yam Ma”.



Gomukhāsana

Cows face pose. Sit in *Dhyāna Vīrāsana* and open your chest. Fold your arms either in prayer pose or from up to down diagonal behind your back. Open your chest and breathe deeply. Change sides. Legs and arms.

Practice five deep breaths on each side. Perform *mūlabandha*, then start with *bhrāmarī* and then “Om Yam Ma”.



Titali Āsana

Butterfly pose. Open your legs. Come into the butterfly and stretch your spine. Feel the center and pull yourself up. Pull *mūlabandha*. First start with a gentle but dynamic movement, keep this gentle movement for about one minute. Then become more intense so to make the knees move stronger further up and down, keep this speed for another two minutes. In the end become slow again and move

the knees gently just like in the beginning for one minute.

In the end breath in and hold. Then bend forward and surrender

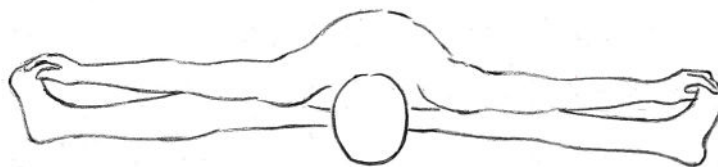
Practice dynamically for 4 minutes slow-fast-slow and then about 1 minute deeply *bhrāmarī* and “*Oṃ Yaṃ Ma*”.



Pāda Prasāra Paścimottānāsana

Forward bend with wide open legs. Open your legs and hold on your toes, stretch with the chest forward till you reach the ground. If you cant just imagine that you do so. Open your heart to the earth underneath.

Practice with 5 deep breaths and then with gentle *bhrāmarī* and finally remember the heart “*Oṃ Yaṃ Ma*”.



Matsyāsana

Fish pose. Lay back and support your rear with your hands, stretch your legs, and arch up your chest.

Practice three times with deep breathing. And then deep and playful *kapālabhāti*, inhale and hold in the end. Relax by pulling the knees to the chest, in relaxation,



contemplate the mantra “*Oṃ Yaṃ Ma*”, silently or out loud.

Practice with 3 deep breaths, then with gentle 1 minute *kapālabhāti*, then relax with the mantra “*Oṃ Yaṃ Ma*”.

Paścimottānāsana

Back stretch pose. Practice with deep breathing and stretch.

Practice with 5 breaths and then with gentle *bhrāmarī*, then “*Oṃ Yaṃ Ma*”.



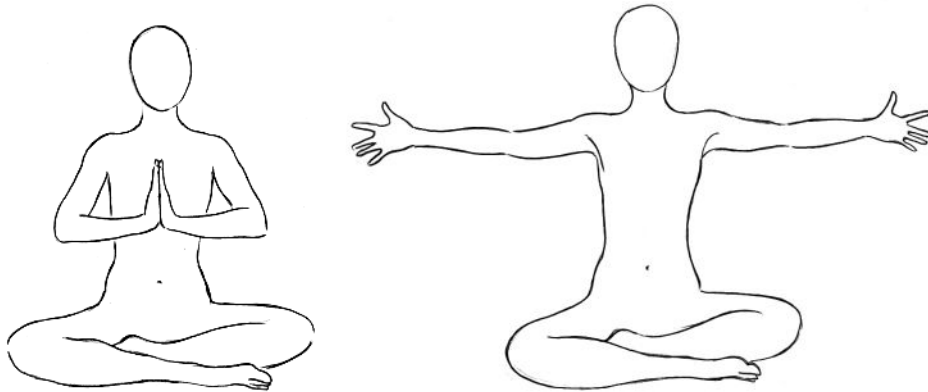
Hṛdayāsana

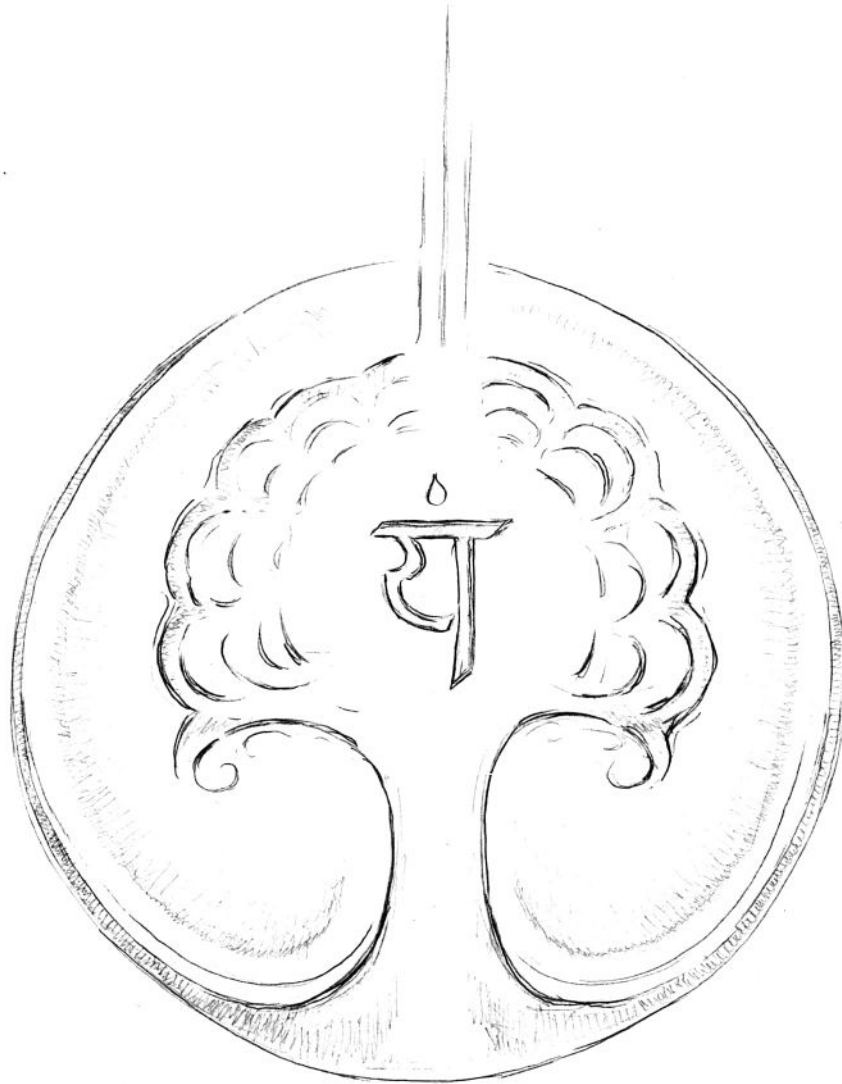
Heart pose. Just like in the very beginning come into meditation posture and stretch both arms to the sides. Lean slightly backward so your chest opens wide. Open your fingers and fix your arms horizontally.

Pull *mūlabandha* with joy. After a few deep breaths start joyfully with *kapālabhāti*. In the end hold to draw the energy in the center.

Then bring your hands resting on your heart, and start to open and close the arms with the rhythm of your deep *bhrāmarī*. In the end make them rest right in front of your heart. Listen into that all encompassing silence, there in that silence, be aware of that mantra, silent or out loud “*Oṃ Yaṃ Ma*”.

Practice with 3 deep breaths and then with joyfully *kapālabhāti* for one minute and, move your arms in *bhrāmarī* then close your hands in front of your heart and remember “*Oṃ Yaṃ Ma*”.





Visualization & Bija Nyāsa

Sit comfortably in meditation with an open posture, embodying a sense of ease and openness. Become aware of the space in your chest, the shining seat of the *anāhata* chakra.

Visualize a beautiful landscape unfolding before you: vast forests, lakes, rivers, and the green brimming with life. There's a clear lake reflecting the open sky, and in its center, a tranquil island. Growing on this island is a majestic tree, the tree of life, bearing the fruits of your desires and holding the secrets to your destiny. This eternal tree, its roots in love, its branches in eternity, knows the path to the soul.

Hold your love and your wishes deep in your heart. Remember what is truly

important to you, what you wish to give to the world and, in this way, receive. As there is only one thing, the union of giving and receiving,

there is just ONE love.

As you breathe in, envision the breath, full of life, flowing from that tree into your heart. As you exhale from your heart, let your breath and all your love flow back into this eternal tree.

Contemplate deeply this nurturing breath, feeding your soul and life.

Towards the end, envision the radiant *Yam* – embodying connection, true knowing, and love – shining from within this majestic tree. Chant “*Oṃ Yam Ma*”, silently or aloud, at least five times.

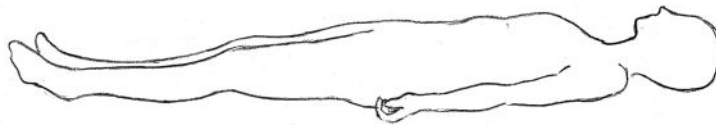
Finally, place the seed sounds. Sit in the meditation posture. Stretch out and fix your hands. Perform *mūlabandha* at the beginning of each sound. Perform your *Bīja Nyāsa*.

Lastly, perform *namaskāra mudrā* and breathe deeply.

Śavāsana

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

*I am the sound of eternity, I am the heart. Wherever I go,
whatever I am, I am the heart. The heart is all, and all
that will ever be. Nothing is outside of it*



Summary

<i>Namaskāra Mudrā</i>	Gesture of gratitude
<i>Tāḍāsana</i>	Palm tree pose
<i>Tiryaka Tāḍāsana</i>	Sawing palm tree pose
<i>Kaṭi Cakrāsana</i>	Dynamic spinal twist
<i>Tāḍāsana</i>	Palm tree pose
<i>Samakonāsana</i>	Rectangular pose
<i>Trikoṅāsana</i>	Triangle pose
<i>Eka Pada Prāṇāmasana</i>	Three pose (one foot prayer pose)
<i>Garuḍāsana</i>	Eagle pose
<i>Trikoṅāsana</i>	Triangle pose
<i>Hastottānāsana</i>	Raised hands pose
<i>Pādahastāsana</i>	Hands to feet pose
<i>Vīrabhadrāsana</i>	Warrior pose
<i>Vajrāsana</i>	Thunderbolt pose
<i>Ānanda Madīrasana</i>	Intoxicating bliss pose
<i>Supta Bhadrāsana</i>	Sleeping gracious pose
<i>Śaśankāsana</i>	Hare pose, rabbit
<i>Ardha Matsyendrāsana</i>	Half sided spinal twist, (Matsyendras pose)
<i>Gomukhāsana</i>	Cows face pose (holy cow ;-)
<i>Titali Āsana</i>	Butterfly pose
<i>Pāda Prasara Paścimottānāsana</i>	Leg spread back stretch pose.
<i>Matsyāsana</i>	Fish pose
<i>Paścimottānāsana</i>	Back stretch pose
<i>Hṛdayāsana</i>	The heart pose
<i>Prāṇa Mudrā</i>	Attitude of energy
<i>Bīja Nyāsa</i>	Placing the seed sounds
<i>Śavāsana</i>	The corpse pose

