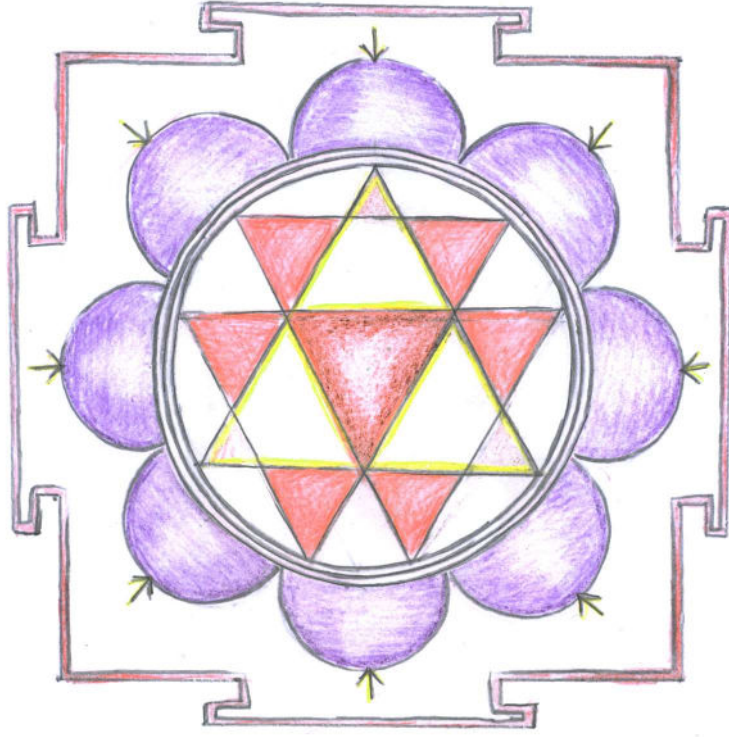
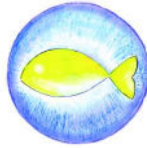




KUNḌALINĪYOGA

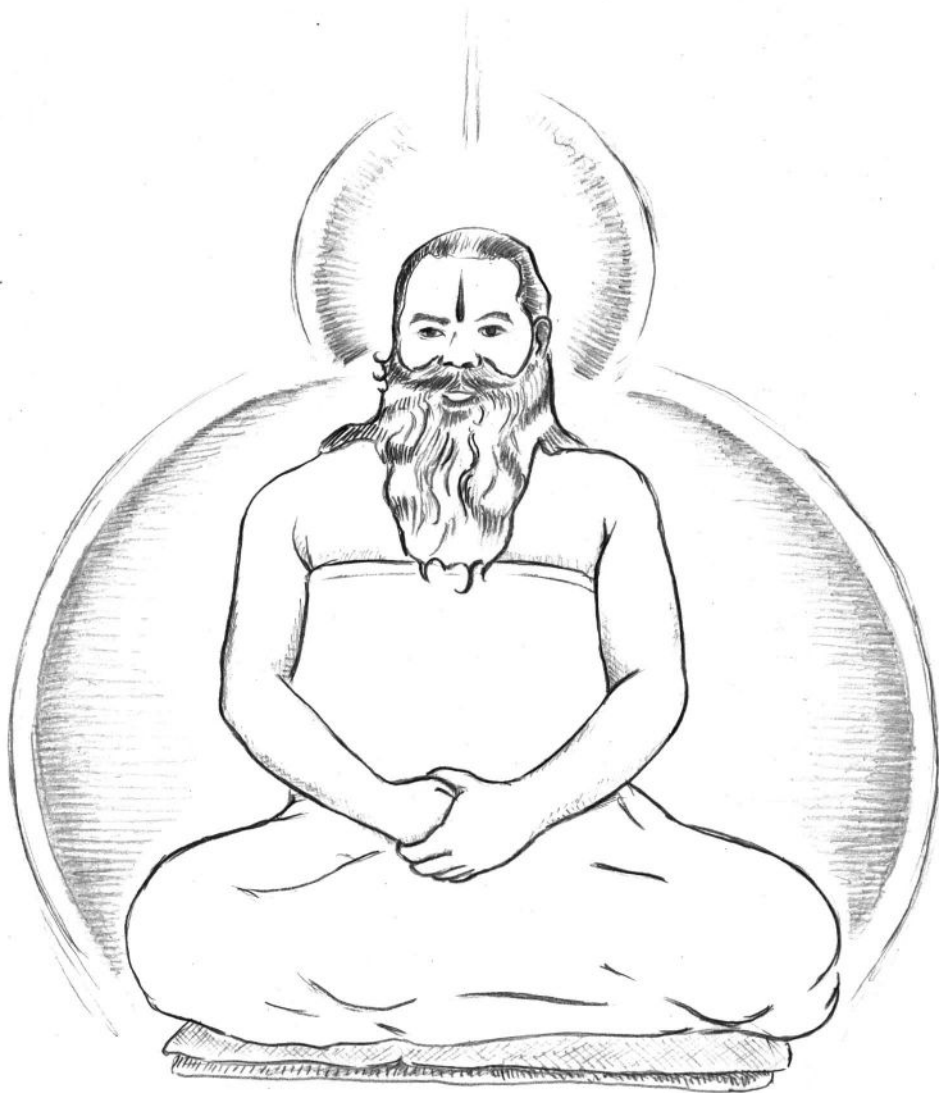
YOGA SŪKṢMA

VYĀYĀMA



MATSYA KUNDALINI YOGA ACADEMY

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YOGA SŪKṢMA VYĀYĀMA

Yoga Sūkṣma Vyāyāma— Subtle Yoga Exercises

This is a special and advanced *kriyā*, the series is not from me. I borrowed it from the great teacher Swami Dharendra Brahmachari, and I did so to honor him. He deserves our respect and memory. Dharendra Brahmachari was an important teacher of Yogi Bhajan, he taught Bhajan the *haṭha* yoga that later became the basis for Bhajans *kriyās*. Sadly Bhajan himself never felt it necessary to mention this great teacher of him, who in contrast starts his own teaching with a lengthy veneration of his guru, Maharṣi Kārtikeya. Dharendra Brahmachari, was a straight forward *kuṇḍalinī* Yogi, who thought *kuṇḍalinīyoga* how it is naturally embedded in the *haṭha* tradition. After careful consideration I decided that his teachings are rare and precious and that they should be remembered. A detailed explanation of these exercises and more can be found in Dharendra Brahmachari's famous book *Yogic Sūkṣma Vyāyāma*.

Here he offers us 24 positions to open, strengthen and purify one's being. These exercises are called *śakti vikāśaka* - the expansion or opening of energy.

Approximately 90 minutes.

1. *Prātharanā*

Prayer

Stand with the eyes closed and the feet together erect. Fold the hands in *namaskāra mudrā* with the thumbs on the height of your throat, and the forearms pressed against the chest.

Concentrate your mind firmly on the supreme being, *īśvara*, your personal God, the highest divinity, or the greatest principle. As soon as you have attained this vision relax the pressure of your forearms and palms, as long as you are unsuccessful creating that vision keep the posture till you attain it!

This exercise will bring about communion with one's inner self.



2. *Buddhi Tathā Dr̥ti Śakti Vikāsaka*

Developing the mind and will power

Stand straight with your feet together and tilt your head back as far as you can, keep your mouth closed and eyes wide open.

Now, concentrate on the top of your head on *brahmarandhra*, inhale and exhale rapidly and vigorously through the nose with *bhastrikā*.

Start with 25 times, extend as much as you want.



3. *Smaraṇa Śakti Vikāsaka*

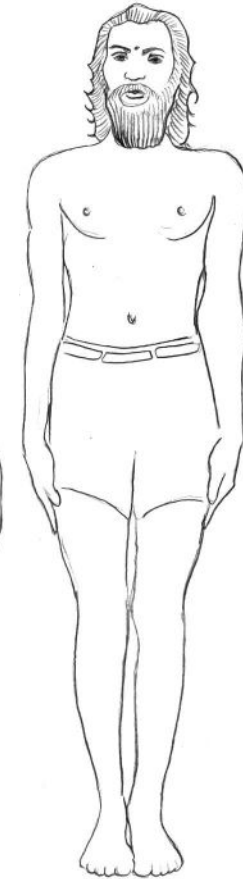
Developing the memory

Stand straight with your feet together and the body erect and the mouth in the normal position, focus your eyes on a spot about 1,5m in front of the toes.

Look inwards and concentrate again on *brahmarandhra*, which is *sahasrāracakra*. Breathe strongly through the nose with *bhastrikā prāṇāyāma*.

Start with 25 times, extend as much as you want.

This will improve your memory, relieve mental strain and subdue nervous exhaustion.

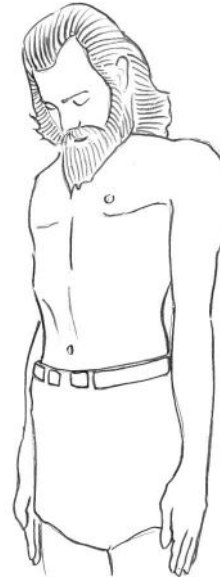


4. *Medhā Śakti Vikāsaka*

Developing the intellect

Still standing erect, close your eyes and lower your chin to the sternal notch at your chest like in *jālandharabandha*.

According to yoga the center of intellectual power and vigor is in your



neck. Concentrate with all the force you possess on this depression in the back of your neck. Start with *bhastrikā*, inhale and exhale with equal force.

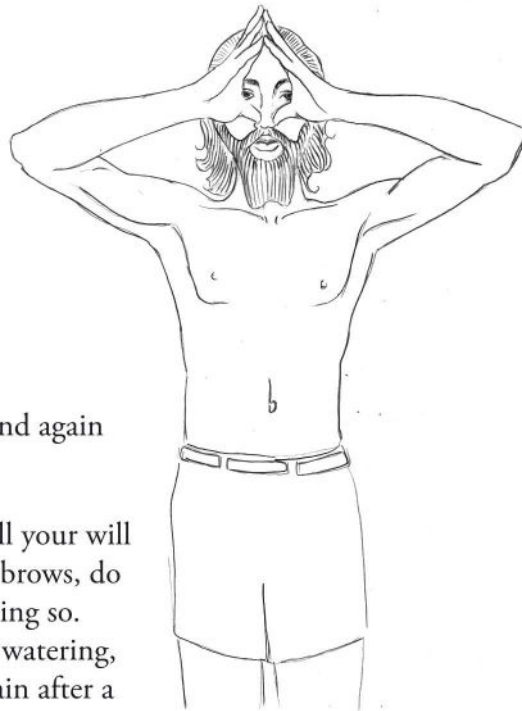
Start with 25 times, extend as much as you want.

5. *Netra Śakti Vikāsaka*

Improving the eye-sight

Stand straight with your feet together and again tilt your head back as far as you can.

Open your eyes and concentrate with all your will vigorously at the spot between your eyebrows, do not blink. The eyes can squint while doing so. When your eyes feel too tired and start watering, discontinue the exercise and resume again after a short while.



Start with 5 minutes to begin with. This will train the mind.

6. *Kapala Śakti Vikāsaka*

Rejuvenating the cheeks

Stand straight with your feet together your body erect. Join your fingertips to form a tent like shape with your fingers, they are spread apart. Close your nostrils with your thumbs.



With open eyes, suck the air in vigorously through your circular shaped lips (make the shape of crow's beak). This makes a sibilant strong sound. Blow out your cheeks. Close your eyes and lower your chin to the chest. Hold the breath in *antarakumbhaka* as long as you can. Slowly return to normal position, open your eyes and exhale through the nose effortlessly and slowly.

Start with five times.

7. *Karṇa Śakti Vikāśaka*

Improving the hearing

Stand straight with your feet together your body erect. Just like in *śaṇmukhīmudrā* close your mouth, plug your ears with the thumbs and place your index fingers on your eyes which should be kept shut. Your middle and third fingers are next to your mouth.

Like in the previous exercise suck in the air and blow out your cheeks, then lower your chin to rest pressing the cavity of your throat. Hold the breath in *antarakumbhaka* as long as possible. Next gently elevate your head to normal position, open your eyes and breathe out through the nose slowly.

*"By closing your ear-holes, nostrils, eyes and mouth you
purify the passage of sound and then you hear the pure
(inner) sound".*

Haṭhayogapradīpikā, chapter 5

8. *Grīvā Śakti Vikāśaka*

Strengthening the neck

Stand straight with your feet together your body erect.

Step one – Breathe out and tilt your head first side wards to the left shoulder, face looking forward. Breathe in come to the center, then breathe out and tilt your head to the right shoulder, face forward.

Start with 10 times.

Step two – With your breath bend your head forward and touch the sternal notch with your chin. Then breathe in and tilt the head backward till it touches the nape of your neck.

Start with 10 times.

Step three – stand straight with your mouth closed and the eyes open. Rotate your head gently from the left to the right and from the right to the left. Your ear touches your shoulders but take care that the shoulders are not elevated.

Start with 5 times.

Step four – Start with *bhastrikā* through the nose, making the veins of your neck stand out, pulse them with the rhythm of your strong breath. The stomach is blown out in the inhalation and pushed inwards in the exhalation. Enjoy the strong pulse.

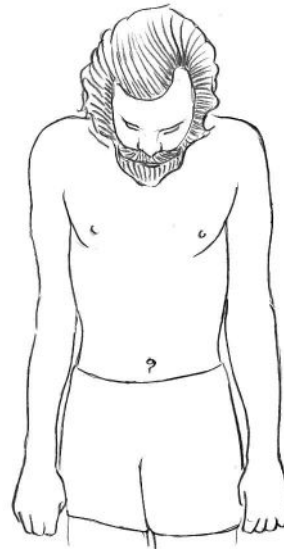
Start with 25 times *bhastrikā*.

9. *Skandha Tathā Bāhu-mūla Śakti Vikāsaka*

Developing the strength of shoulder blades and joints

Stand straight with your feet together, back straight. Put your thumbs in the palms of your hands and clench the fists strongly around them.

Form the shape of a crow's beak with your mouth and suck in air, blow out your cheeks and hold your breath with your chin tucked in resting on the sternal notch. Hold your back straight and start to move the shoulders vigorously up and down, in a pumping motion. The arms are kept rigidly straight next to the body. Then relax, breathe out slowly through nose, elevate your head to a straight position and open your eyes.



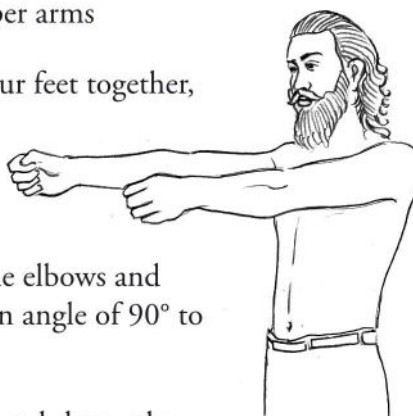
Start with five times and extend if desired.

10. *Bhuja Bandha Śakti Vikāsaka*

Strengthening the upper arms

Stand straight with your feet together, back straight. Put your thumbs in the palms of your hands and clench the fists around them. Bend the elbows and raise the forearms to an angle of 90° to the body.

Tighten your muscles and throw the arms forward and backward to the starting position.



The arms stay parallel to the ground at all times. This is a rapid and powerful movement, breath normally.

Start with 25 times.

11. *Kaphonī Śakti Vikāsaka*

Strengthening the elbow

Stand straight with your feet together, back straight. Put your thumbs in the palms of your hands and clench the fists around them.

Step one – bend your elbow and raise your clenched fists upwards, till they are at the level of your shoulders. Then lower them again to the original position.

Start with 25 times.

Open your fists so that your palms face forward and fingers together

Step two - repeat the first step, just with the hands open and fingers together, the hands must not touch the shoulders when elevated and not touch the thighs when down.

Start with 25 times.

12. *Bhuja Valli Śakti Vikāsaka*

Strengthening the arms

Stand straight with your feet together, back straight. Arms beside your body, palms turned outwards and fingers together.

First raise your right arm side wards till it is stretched up above your head. Bring it down in the same manner. Don't touch your head with your arm when it is raised and don't touch your thigh when it is lowered. Synchronize with your breath.

Then, Change sides, and move the left arm up and down. Then move both arms. When both arms are moved up and down, make sure they are not touching each



other nor the thighs.

Start with 25 times each side. Breath coordinated with movement.

13. *Pūrṇa Bhujā Śakti Vikāśaka*

Strengthening the arms

Stand straight with your feet together. Put your thumbs in the palms of your hands and clench the fists around them. Your arms are straight next to your body.

Inhale deeply through the nose and hold the breath inside (*antarakumbhaka*). Then start to swing your right arm forcefully forward in a circle as long as you can hold the breath. When you have to stop, bend your elbow and bring the fist in front of your shoulder with your arm being parallel to the ground, breathe out and push your fist forward forcefully. Next, repeat on the same side with the opposite direction of rotation. Then repeat with both directions of rotation with the right arm as well. In the end perform this exercise with both arms at the same time.

When the fists are pushed in front at the end, exhale with a hissing sound.

Start with 25 times each side. Breath coordinated with movement.

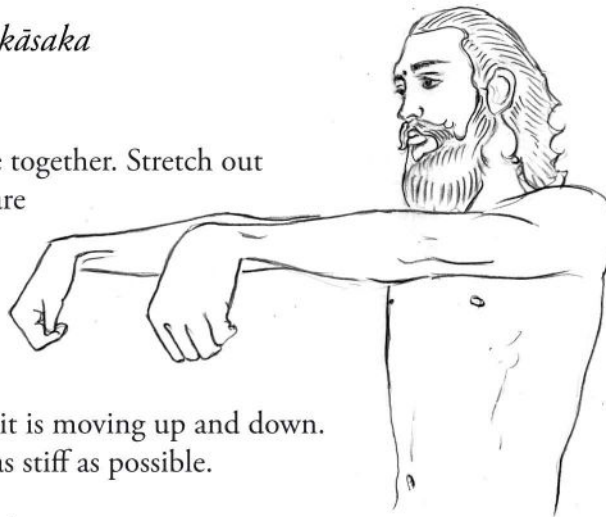
14. *Maṇi Bandha Śakti Vikāśaka*

Developing the wrists

Stand straight with your feet close together. Stretch out both arms over the ground, they are straight at shoulder level.

With fists that are loosely clenched move the fist up and down with force. Try to touch your forearm with your fist while it is moving up and down. Keep the arms stretched out and as stiff as possible.

Start with five times. Breathe deeply.



Bend your elbows and bring the fists in front of your shoulders. Repeat the same exercise with the elbow bend, but the arm still parallel to the ground.

Start with five times. Breathe deeply.

15. *Kara Prṣṭha Śakti Vikāśaka*

Developing the back of the hand

This exercise is similar to the previous one. Stand straight with your feet close together. Stretch out both arms over the ground, they are stretched out straight at shoulder level.

The hands are open but the fingers are touching each other. Move the hands up and down with force. Try to touch your forearm with your hands while they are moving up and down. Keep the arms stretched out and as stiff as possible.

Start with five times. Breathe deeply.

Bend your elbows and bring the hands in front of your shoulders, palm facing down. Repeat the same exercise with the elbow bend, but the arm still parallel to the ground.

Start with five times. Breathe deeply.

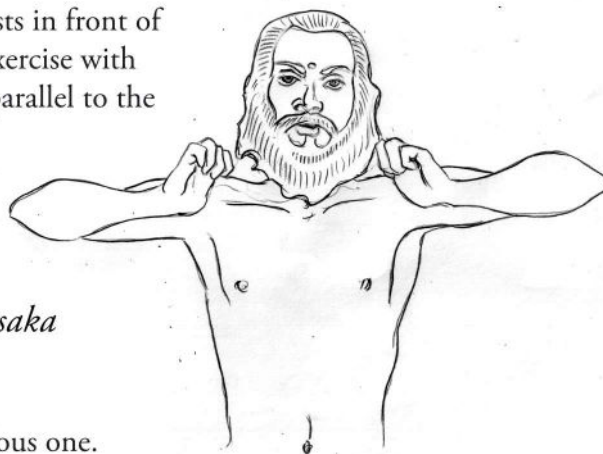
16. *Kara-tala Śakti Vikāśaka*

Developing the Palms

This exercise is similar to the previous one. Stand straight with your feet close together. Stretch out both arms over the ground, they are stretched out straight at shoulder level.

The hands are open and fingers stretched out wide apart. Move the hands up and down with vigorously. Try to touch your forearm with your hands while they are moving up and down. Keep the arms stretched out and as stiff as possible.

Start with five times. Breathe deeply.



Bend your elbows and bring the hands in front of your shoulders, palm facing down. Repeat the same exercise with the elbow bend, but the arm still parallel to the ground.

Start with five times. Breathe deeply.

17. *Aṅguli mūla Śakti Vikāśaka*

Developing the finger joints

Stand straight with your feet close together. Stretch out both arms over the ground, they are stretched out straight at shoulder level.

The hands are hanging loosely from the arm. The arms itself is kept stretched out and as stiff as possible.

Hold five minutes with deep breathing.

Bend your elbows and bring the hands in front of your shoulders, hands hanging down, relaxed. Repeat the same exercise with the elbow bend, the arm parallel to the ground and the muscles active

Hold two minutes, Breathe deeply.

18. *Aṅguli Śakti Vikāśaka*

Strengthening the fingers

Stand straight with your feet close together. Stretch out both arms in front parallel to the ground, they are stretched out and active.

The fingers are fixed in the shape of the hood of a cobra. The arms are kept stretched out and as stiff as possible. The posture must be completely firm and the arms must be active from the shoulders to the fingertips, if not all force is put in this posture it will not be effective. Let the arms tremble.

Hold five minutes with deep breathing.

Bend your elbows and bring the hands in front of your shoulders, fingers are still spread in the shape of the hood of a cobra. Repeat the same exercise with the elbow bend, the arm parallel to the ground and the muscles active and alert.

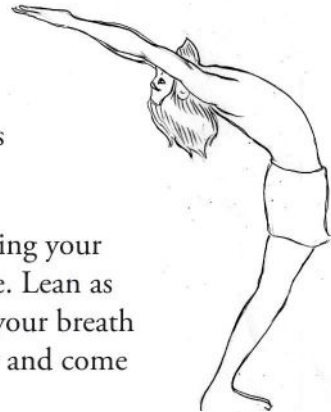
Hold two five minutes, Breathe deeply.

19. *Vakṣa Sthala Śakti Vikāśaka*

Developing the chest

Stand erect with your feet together, arms are at the sides and palms turned backwards with fingers together.

Step one – Then inhale deeply through the nose and swing your arms over your head backwards, describing a semi-circle. Lean as far back as you can, your arms are stretched out. Hold your breath and stay stretched out as long as you can. Exhale slowly and come back to the starting position.



Perform 5 times to begin with, breath synchronized with movement.

Step two – Turn the palms of your hands inwards arms at the side of the body.

Inhale through the nose and bend backward as far as you can go. At the same time stretch your arms with your palms facing inwards as far as possible upwards behind your body.



Exhale slowly while resuming starting position.

Perform 5 times to begin with, breath synchronized with movement.

20. *Udara Śakti Vikāśaka -Ajgari*

The Panther exercise

Stand erect with your feet together.

Inhale slowly and deeply through the nose, distend your abdomen as much as you can. Hold your breath inside. Then breathe out slowly and start to empty your lungs and belly completely. Take yourself time to pull in the belly and move the diaphragm upwards against the spine. Perform a gentle false inhalation and move the diaphragm even deeper, explore this internal space. This is *uḍḍiānabandha*.



"Just as the bird who flies in the sky, in the Uddiyana posture, so does man score a victory over death, like a lion over an elephant, thanks to the vitality he receives from the Uddiyanabandha.

Yogacūḍāmaṇiupaniṣad

21. *Udara Śakti Vikāsaka*

Developing the abdominal muscles

Step one – Stand straight, your arms stretched downwards alongside your body, palms facing inwards, fingers closed. with the neck slightly raised.

Breath quickly and deeply in *bhastrikā* through the nose. Take care that you contract and distend the abdomen while breathing.

Start with 25 breaths, rhythmic and strong *bhastrikā*.

Step two – Bend your head back as far as you can go.

Breath quickly and deeply in *bhastrikā* through the nose. Take care that you contract and distend the abdomen while breathing.

Start with 25 breaths, rhythmic and strong *bhastrikā*.

Step three – Focus your eyes at a spot 1,5 meters in front of you on the ground.

Inhale and exhale sharply in *bhastrikā* through the nose. Take care that you contract and distend the abdomen while breathing.

Start with 25 breaths, rhythmic and strong *bhastrikā*.

Step four – Stand straight, feet together, your body erect.

Pouting your lips and suck the air in, lower your chin to the chest and press it gently against the sternal notch, this is *jālandharabandha*. Close your eyes, look inwards, hold the breath inside and puff out your cheeks. Exhale gradually and slowly through the nose, make no sound while doing so. Don't rush when

breathing out, this could weaken the energy.

Start with 5 times.

Step five – Stand straight, feet close together, your body erect. Place your hands at the hips with the fingers pointing backwards and the thumbs at the front. Then bend your upper body forward at an angle of 60 degrees, your arms are in one level with your torso.

Inhale and exhale sharply in *bhastrikā* through the nose. Take care that you contract and distend the abdomen while breathing.

Start with 25 breaths, rhythmic and strong *bhastrikā*.

Step six – . Then bend your upper body even further to an angle of 90 degrees, your arms are in one level with your torso.

Inhale and exhale sharply in *bhastrikā* through the nose. Take care that you contract the abdomen with exhalation and distend the abdomen with inhalation.

Start with 25 breaths, rhythmic and strong *bhastrikā*.

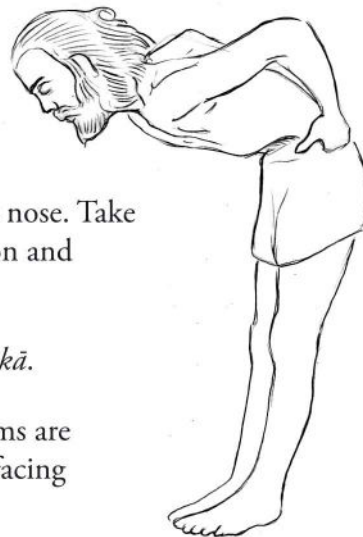
Step seven – Stand straight, feet together. Your arms are stretched downwards alongside your body, palms facing inwards, fingers closed.

Breathe out deeply through the nose and keep the breath outside. In rapid succession contract and push the abdomen in and out. This is also known as *agnisāraṅkriyā*. When you cannot hold the breath outside anymore breathe in gently and open your chest. Then breathe out deeply and repeat *agnisāraṅkriyā* again. Remember that the breath remains suspended during the abdominal pulsation.

Start with 5 -25 rounds.

Step eight – Stand with the feet shoulder wide apart, bend your knees slightly and hold your knees with your hands.

Exhale deeply and contract your abdominal muscles to the fullest, this is called the



complete *uḍḍiyāna*. When this is done, start to rotate the “reci abdominis” with *navli*. *Navli* cannot be accomplished instantaneously by mere will. It will happen automatically when one practices diligently *uḍḍiyānabandha* and *agnisāraṁkriyā*. My master Pandey Ji told me, that *navli* is the sign that something great was accomplished.

22. *Kaṭi Śakti Vikāśaka*

Strengthening the back

Step one – Stand straight with the feet together and clench your right hand to form a fist with your thumb tucked in. Bring your right hand behind your body and hold with your left hand the right wrist, both hands rest on the back.

When you breathe in bend backward as far as you can and maintain this position in *kumbhaka*, when you breathe out bend forward and try to touch your knee with your forehead. Go up and down several times.

Start with 5 times to begin with.

Step two – Now change your hands with the left hand forming a fist and the right one holding the left wrist. Perform the same movement as above with your upper body and breath.

Start with 5 times to begin with.

Step three – Stand with your legs open, as far as possible and put your hands at the hips, fingers point to the rear and the thumbs in front, open your shoulders.

Breathe in and bend your body backwards as far as you can, breathe out and come forward to put your head on the ground, exhale slowly and gradually.

Start with 5 times to begin with.

Step four – Stand erect with the feet together, arms beside your body, hands open but fingers closed.

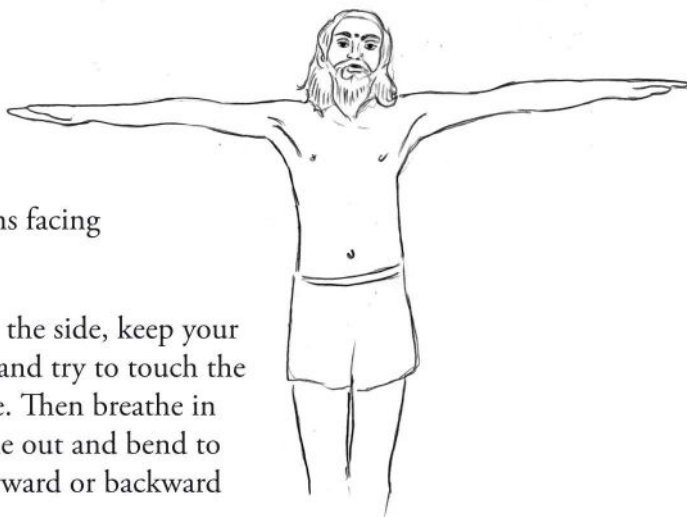


Inhale and bend backwards with a jerk as far as you can. Exhale bend forward with a jerk trying to touch your knees with your head. Your arms stay in one line with your torso, make sure your hands do not touch your thighs or knees.

Start with 5 times to begin with.

Step four – Stand erect with the feet together, arms stretched out at the sides, palms facing downwards.

Exhale and bend your body to the side, keep your arms 90 degrees to your torso and try to touch the calf when bending to the side. Then breathe in and come to the center. breathe out and bend to the other side. Do not lean forward or backward during the movement.



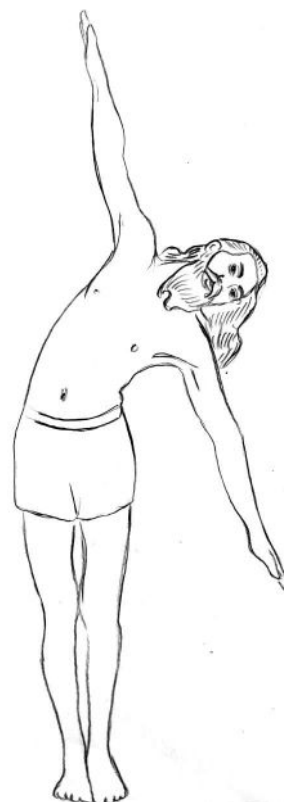
Start with 5 times to begin with.

Repeat the same exercise with the feet about 60 cm apart.

Step four – Stand erect with the feet 60 cm apart. Arms stretched out at the sides, palms facing forward.

Breathe out and swing your arms and torso to the right. Then breathe in and swing to the center. Breathe out again and swing your arms and torso to the left, breathe in come back to the center. This is one round. Move dynamically

Start with 10 rounds to begin with. Extend if desired.



23. *Mūlādhāra Shuddhi*

Toning up the bowels and cleansing *mūlādhārācakra*

Stand straight with the feet together, press the thighs

against each other, the legs active but keep the neck relaxed.

Press the buttocks rigidly against each other and contract the sphincter, as if drawing in air through the rectum. The breathing may be suspended automatically but can remain normal. Use all power that you have, make the body tremble in intensity.

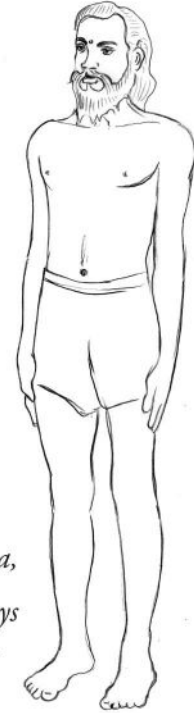
Start with 5 minutes to begin with.

Repeat this exercise with the feet one foot wide apart.

5 more minutes.

The Upanishads say about this particular exercise:

"The drawing up of air through the rectum, Apana, results in the elimination of the products of the kidneys and the bowels, and slenderness replaces flabbiness."



24. Uphasta Tathā Svādhiṣṭhāna Chakra Suddhi

Toning the bowels and cleansing *svādhiṣṭhānacakra*

Stand erect and keep your feet 40 cm away from each other.

Contract your buttocks and your anus sphincter muscles strongly. Draw up your sphincter and the genital muscles. Suspend your breathing. Your knees and thighs will start to tremble though the intensity of your effort. Do it correctly, with full awareness.

Perform this a few times strongly.

25. Kuṇḍalini Śakti Vikāśaka

Expanding the power of the mystic coil.

Stand erect with your feet a few centimeters apart.



Start to hit your buttocks with your heels. Alternate the heels one after the other. Take care to consciously put each foot back to place it was lifted from. This will stimulate the primal energy.

Start with 25 times.

The best of the gods, called Kuṇḍalini, slumbers in the base in the shape of a serpent entwined into three and a half spirals. So long as this powerful coil remains dormant, man remains ignorant like an animal and any number of Yogic exercises will not lead to enlightenment.

Haṭhayogapradīpikā, Chapter 3, sloka 1

26. *Jaṅghā Śakti Vikāśaka*

Developing the thighs

Step one – Stand erect, keep your feet together.

Inhale through your nose, and at the same time jump up, throw your arms in the air and then land on your toes with the feet about one meter apart. Then breathe out and jump back the center on your toes and lower your arms. Don't touch with your hands the thighs, nor should the hands touch each other. Don't bend your knees, keep the body straight and active.

Start with 25 times to begin with.

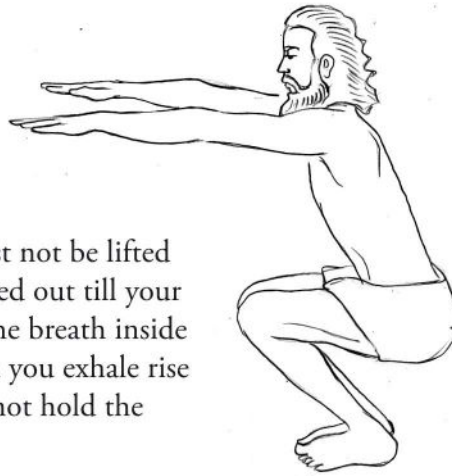
Do the same exercise as before, just invert the breathing, breathe out when you raise your arms and breathe in when you lower them.



Repeat again 25 times.

Step two – Stand erect, keep your feet together and stretch out your arms in front of your body, palms facing downwards

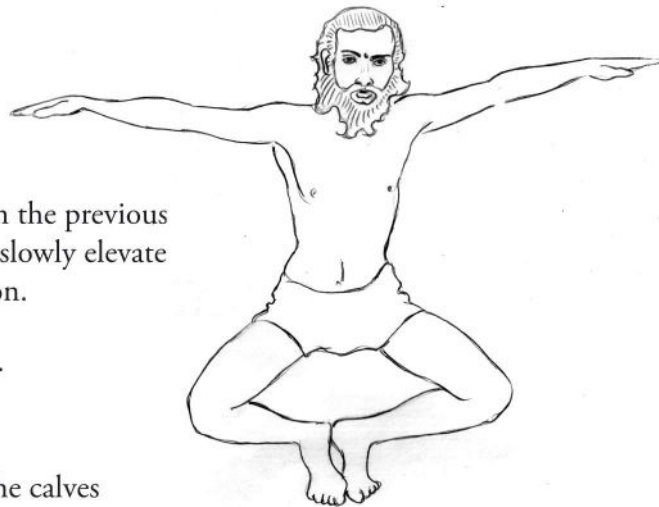
Inhale slowly through your nose, bend your knees and keep them together, the heels must not be lifted up. Lower your body with your arms stretched out till your thighs are parallel to the ground. and keep the breath inside (*kumbhaka*). Hold as long as you can. When you exhale rise your body gradually step by step. If one cannot hold the breath one can breathe normally.



Start with 5 times to begin with.

Step three – Stand erect on your toes (with the heels raised), keep your feet together and open your arms sideways, palms facing downwards.

Breathe in and lower your body by spreading your knees to the sides, avoid sitting on your heels. When your body is lowered keep the breath inside and perform *kumbhaka* just as in the previous exercise. When you breathe out slowly elevate your body to the starting position.



Start with 5 times to begin with.

27. *Pinḍala Śakti Vikāśaka*

Yogic squats for strengthening the calves

Stand with your feet together and your hands clenched into fists, your neck relaxed.

Inhale through the nose and lower your body to squatting pose, your knees remain closed, the heels on the ground and your arms stretched out in front of you. Go down as far you can and hold your breath inside a little. Then elevate your body describe a full circle with your arms (downwards- behind- upwards) where your fists come in front of chest with the elbows bend and parallel to the ground. Then

exhale sharply, open then chest and push the elbows behind. – this is one full round, continue again by stretching out your arms.

Start with 5 times to begin with, and extend if desired

28. *Gulpha Pāda Pr̥ṣṭha Pāda-tala Śakti Vikāsaka*

Developing the strength of ankles and feet

Stand erect with the feet close, arms next to body and straight.

Stretch forward the right foot about 15 cm off the ground, start to rotate your ankle gently first from the right to left and then from the left to the right. Synchronize your breath with the movement. Clearly put back the leg from the exact place it was lifted. Repeat the exercise with the other leg.

Perform 2 minutes each side.

30 *Pāda Mūla and Pādāṅguli Śakti Vikāsaka*

Developing the strength of the soles and toes

Stand erect on your toes, the body relaxed. Arms beside the body. All your bodily weight rests on your toes. The feet are together, so that the heels and toes touch another from the inside.

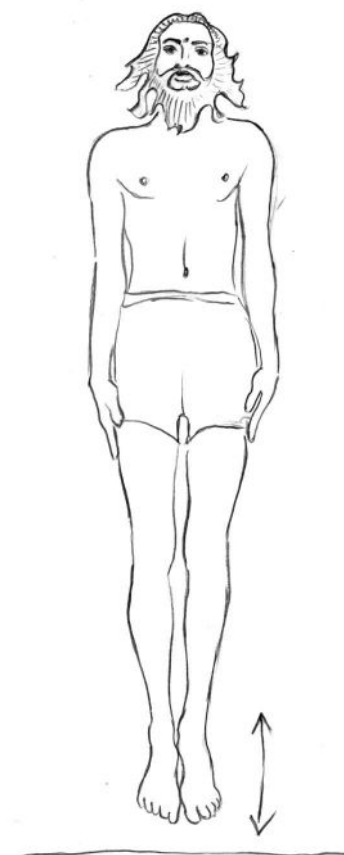
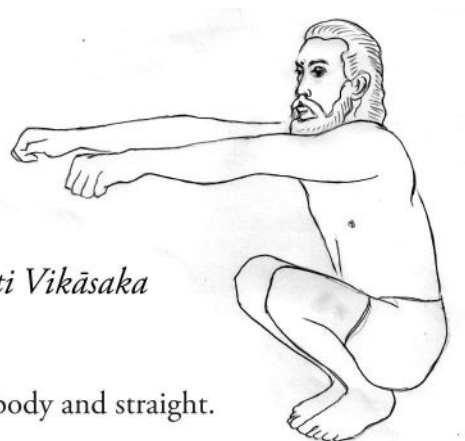
Step one – Elevate and lower your body in a spring like motion. Synchronize your breathing.

Start with 25 times to begin with.

Step two – Jump high up and down with the power of your toes. Make sure your feet stay in contact with another. Synchronize your breathing. Pay attention that you come down to the same spot from which you jumped.

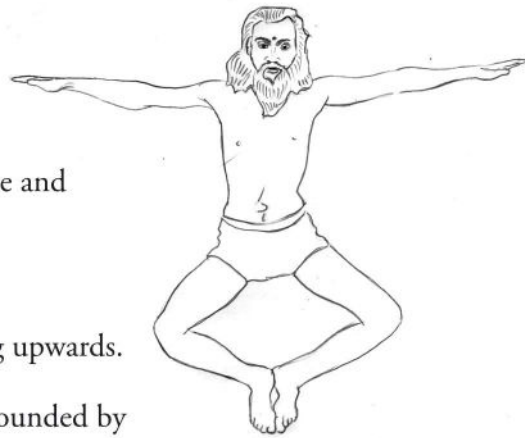
Start with 25 times to begin with.

Step three – Stand erect on your toes with the feet



together, your arms are spread out and the palms facing downwards.

Just push up on your toes and maintain balance in this position as long as you can. This will strengthen the toes, balance and focus.



31. Śavāsana

Lay on your back with your palms facing upwards.

Contemplate the following: You are surrounded by infinite space. I disperse in infinity. I disperse in emptiness. I am the source of the new. Every death is a new birth. Be thankful.



Summary

Prātharanā

Prayer

Buddhi Tathā Dṛti Śakti Vikāsaka

Developing the mind and will power

Smārṇa Śakti Vikāsaka

Developing the memory

Medhā Śakti Vikāsaka

Developing the intellect

Netra Śakti Vikāsaka

Improving the eye-sight

Kapola Śakti Vikāsaka

Rejuvenating the cheeks

Karṇa Śakti Vikāsaka

Improving the hearing

Grīvā Śakti Vikāsaka

Strengthening the neck

Skandha Tathā Bāhu-mūla Ś.V.

Strengthening shoulder blades and joints

Bhuja Bandha Śakti Vikāsaka

Strengthening the upper arms

Kaphonā Śakti Vikāsaka

Strengthening the elbow

Bhuja Valli Śakti Vikāsaka

Strengthening the arms

Pūrṇa Bhuja Śakti Vikāsaka

Strengthening the arms

Maṇi Bandha Śakti Vikāsaka

Developing the wrists

Kara Prṣṭha Śakti Vikāsaka

Developing the back of the hand

Kara-tala Śakti Vikāsaka

Developing the Palms

Aṅguli mūla Śakti Vikāsaka

Developing the finger joints

Aṅgulī Śakti Vikāsaka

Strengthening the fingers

Vakṣa Sthala Śakti Vikāsaka

Developing the chest

Udara Śakti Vikāsaka -Aṅgari

The Panther exercise

Udara Śakti Vikāsaka

Developing the abdominal muscles

Kaṭi Śakti Vikāsaka

Strengthening the back

Mūlādhāra Shuddhi

Cleansing *mūlādhārācakra*

Uphasta Tathā Svādhiṣṭhāna Chakra Suddhi Cleansing *svādhiṣṭhānacakra*

Kuṇḍalini Śakti Vikāsaka

Expanding the power of the mystic coil.

Jaṅghā Śakti Vikāsaka

Developing the thighs

Piṇḍala Śakti Vikāsaka

Yogic squats for strengthening the calves

Gulpha Pāda Prṣṭha Pāda-tala Ś.V.

Developing the strength of ankles and feet

Pāda Mūla, Pādāṅguli Śakti Vikāsaka

Developing the strength of soles and toes

Śavāsana

Corpse pose