

## Kundalini Yoga Basic Spinal Energy Series



1. Sit in easy pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up (1A). On the exhale, flex the spine backwards (1B). Keep the head level so it does not "flip-flop." Repeat 108 times, then inhale. Rest 1 minute.



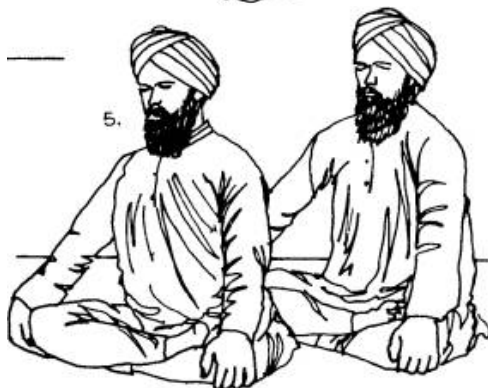
2. Sit on heels. Place the hands flat on the thighs. Flex spine forward with the inhale (2A), backward with the exhale (2B). Think "Sat" on the inhale, "Nam" on the exhale. Repeat 108 times. Rest 2 minutes..



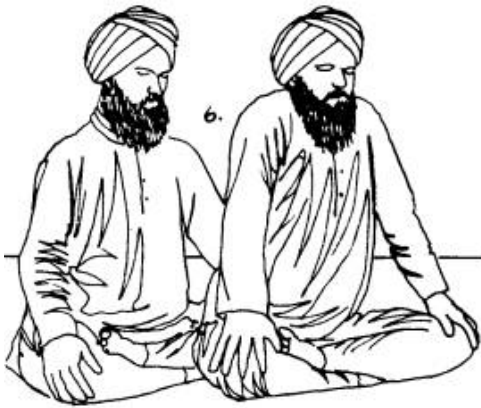
3. In easy pose, grasp the shoulders with fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue 26 times and inhale facing forward. Rest 1 minute.



4. Lock the fingers in bear grip at the heart center (4A). Move the elbows in a see-saw motion, breathing long and deep with the motion (4B). Continue 26 times and inhale, exhale, pull on the lock. Relax 30 seconds.



5. In easy pose, grasp the knees firmly and, keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat 108 times, rest 1 minute.



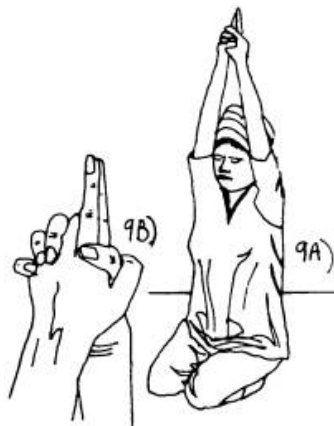
**6.** Shrug both shoulders up with the inhale, down with the exhale. Do this for less than 2 minutes. Inhale and hold 15 seconds with shoulders pressed up. Relax the shoulders.



**7.** Roll the neck slowly to the right 5 times, then to the left 5 times. Inhale, pull the neck straight.



**8.** Lock the fingers in bear grip at the throat level (8A). Inhale -apply mul bhand. Exhale -apply mul bhand. Then raise the hands above the top of the head (8B). Inhale -apply mul bhand. Exhale -apply mul bhand. Repeat the cycle two more times.



**9.** Sat Kriya: Sit on heels with arms stretched over the head (9A). Interlock the fingers except for the two index fingers which point straight up (9B). Say "Sat" and pull the navel point in; say "Nam" and relax it. Continue at least 3 minutes. Then inhale -squeeze the energy from the base of the spine to the top of the skull.

**10.** Relax completely on your back for 15 minutes.

Age is measured by the flexibility of the spine; to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditation. In a beginner's class each exercise that lists 108 repetitions can be done 26 times. The rest periods are then extended from 1 to 2 minutes. Many people report greater mental clarity and alacrity after regular practice of this kriya. A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.

**Hatha [Physical Yoga] helps open the 144,000 nadis of the soul, distributing and evening energy flow, opening blocks in both the chakras and the nadis. This ensures safe ascension of kundalini.**

### **1. The Seated Forward Bend**

Raise your arms straight over your head, back and legs straight and then reach forward and grab hold of your knees, calves, ankles, feet, or beyond as the completed posture in the third illustration below, depending upon how flexible you are. Remember- never strain. Yoga is not athletics. Only go so far as is comfortable for you as an individual. Hold completely still for 1-2 minutes



### **2. The Butterfly, Diamond**

Bring your feet together as shown in the illustration below and lower your knees. You can place your hands on your knees to get them lower to the floor. If you are able to get your knees very close to the floor, then lower your chest as in the photo below and hold for 1 minute



### **3. Straddle Stretch**

Spread your legs as wide as possible without any pain. If you are able to, put your forearms flat on the floor as shown in the second illustration below. If you are more flexible, then walk your hands out and place your chest flat on the floor as in the third illustration below. If you are flexible enough, slide your legs into a center split and lower your chest to the floor as in the fourth illustration below. Hold this position for at least 1 minute, up to 5 minutes.



#### 4. The Cobra

Lay flat on your stomach on the floor and then gently press your body up, arching your back into the position shown below. If you are less flexible, you can bend your arms. Go only as far as is comfortable. If you are more flexible, you can straighten your arms. In the second photo below is the advanced completed position. Working towards this begins with bending your knees and working your feet towards your head. Do this gradually. Hold this position perfectly still for 30 seconds to 1 minute



#### 5. The Locust

Begin with your stomach flat on the floor and then raise both your chest and legs off the floor, as you are able to. Don't worry if it is only a couple of inches. This is a difficult asana for many people. Strength will come with consistent practice. Hold for 15-30 seconds Begin with 15 seconds if you are new.



#### 6. The Bow

Begin with your stomach flat on the floor. Raise your chest and bent knees off of the floor and grab hold of your ankles. Use the strength of your back, chest and hips to maintain the asana, do not pull on your ankles. Hold for 15-30 seconds Begin with 15 seconds if you are new.



#### 7. The Twist

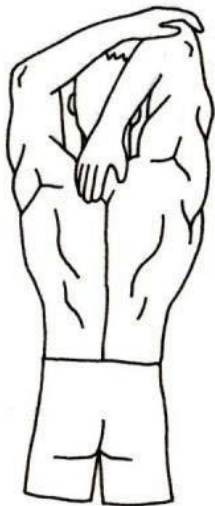
Hold for 30 seconds to 1 minute for each side





### 8. The Shoulder/Triceps Stretch

Sit in a cross-legged position, grab your elbow as shown in the illustration below and gently pull down. Hold for 15 to 30 seconds each side.



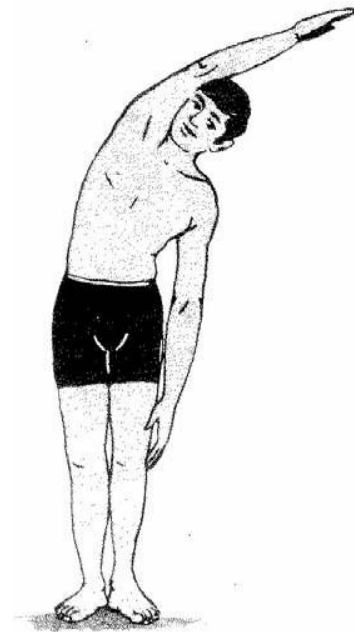
### 9. The Chest Stretch

Remain in the cross-legged position. Reach both of your arms behind you, interlace your fingers and keep your arms straight, and raise your arms as high as you can comfortably. Hold for 15-30 seconds.



### 10. The Side Stretch

Hold for 30 seconds for each side.



### 11. The Tripod, Headstand, OR Handstand

All of these positions can be done against a wall for support. If the headstand or handstand is too difficult, start out with the tripod, as shown to the right. For the tripod, put the crown of your head on the floor, hands in the position shown below and place each knee on each elbow. Hold for 30-60 seconds, working up to 60 seconds/1 minute.



The headstand or handstand as shown in the photo to the right can be done against a wall for support. Begin with a hold for 15-30 seconds if you are new to this. You can gradually work up to a full 10 minutes for advanced. You can do this by adding 15 seconds longer as you feel you are able to. Hold this position for 1 minute.



### 12. The Youngster

Immediately after you come out of the tripod, head or handstand, hold the position right for at least half of the time you spent inverted. For example, say you held the headstand for 60 seconds, you would position yourself in the asana to the right, forehead on the floor, eyes closed for 30 seconds [half of that time].



### 13. The Shoulderstand

Hold the Shoulderstand for 1 minute. This position, like the head or handstand can be held as long as 10 minutes for advanced practitioners if so desired. If you are new, you can begin by holding for 30 seconds. (picture to the right)

### 14. The Plough

Stay in the Shoulderstand position and then lower your feet behind your head, as shown in the illustration below. Your arms should be in the position shown below left with hands flat on the floor. Hold for 1 minute. If your back is inflexible, or you are unable to lower your feet to the floor, you can do the modified asana below right:



### 15. The Fish

You can have your arms at your sides if you choose, no need to sit on them as in the photo below. The point of this asana is to counterbalance the Shoulderstand and open the throat. Hold this position for half of the time spent in the Shoulderstand. If you held the Shoulderstand for 1 minute, hold the fish position for 30 seconds.



### 16. The Corpse

Rest on your back comfortable for 5-15 minutes. This is very, very important. Meditate on the energy buzz you feel. This will amplify and grow over time if you consistently perform the above exercises.



This is the essential set of exercises to help build energy, breathing capacity, and flexibility. When I have time I will add the other pages I have that talk more about how to do the breathing, and other information related to why these positions help overall with health and energy. But for now this is a good start to get you into the routine and process of it. It is best to make this a daily routine, and not skip any day to have the best effect.