



# Working the Total Self

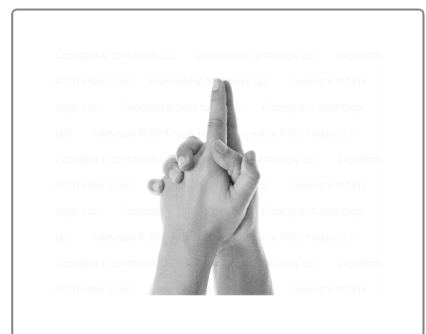
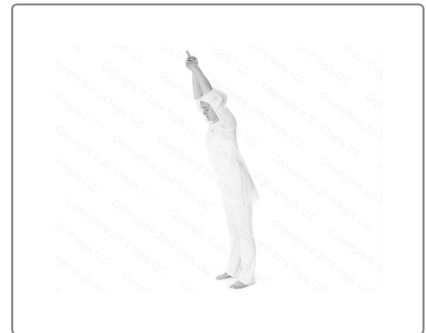
18 exercises 38 min - 1 hr 11 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

This set is a complete workout of the self. Exercises 1 to 3 build the aura and increase circulation. Exercises 4 and 5 balance the aura and sexual energy. Exercises 6 to 12 stimulate the pranic functions and loosen the spine. Exercise 13 rebalances the entire auric circulation and takes you into a deep meditation that gives you a sense of security and activates your self-healing capacities.

## 1. Torso Rotations - Arms Overhead

### Torso Rotations (1 minute 30 seconds to 3 minutes)

1. Stand up and raise the arms straight up over the head with the hands interlocked and the first finger pointing straight.
2. Begin bending slightly back and then forward, pivoting from the second vertebrae.
3. You will feel the pressure on your calves if you are balanced.



## 2. Forward Bend - Half-Bend

### Forward Bend (1 minute 30 seconds to 3 minutes)

1. Still standing, bend forward at a 45-degree angle and let the arms extend out to the sides with the fingers stretched apart.
2. Hold with long, deep breathing.

**Breath** Long Deep Breathing



## 3. Torso Tilts - Standing

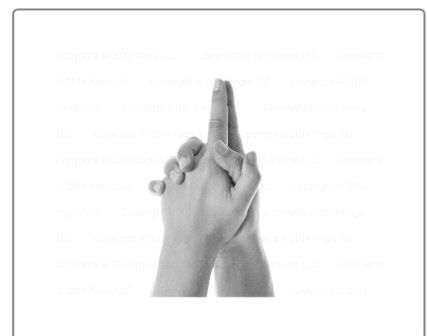
### Right Side (1 minute 30 seconds to 3 minutes)

1. Stand up and raise the arms straight up over the head with the hands interlocked and the first finger pointing straight.
2. Bend to the right side and hold.



### Left Side (1 minute 30 seconds to 3 minutes)

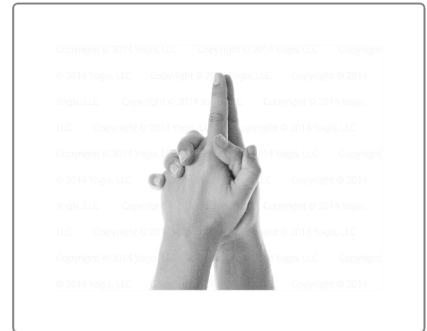
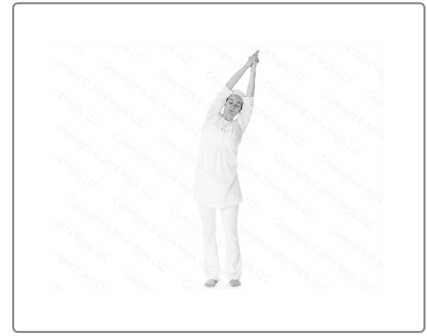
1. In the same position, bend to the left side and hold.



## 4. Torso Rotations - Arms Overhead

### **Clockwise (1 minute 30 seconds to 3 minutes)**

1. In the same position, begin rotating the torso to the right, in a complete circle, within the range of motion as described in the previous exercise.
2. Continue the motion.



### **Counter-Clockwise (1 minute 30 seconds to 3 minutes)**

1. Repeat the exercise rotating to the left.

## 5. Torso Twists

### **Torso Twists (2 minutes 30 seconds to 5 minutes)**

1. Stand with the legs about 18 inches apart and the arms parallel to the ground, palms down.
2. Twist from side to side, inhaling to the left and exhaling to the right.

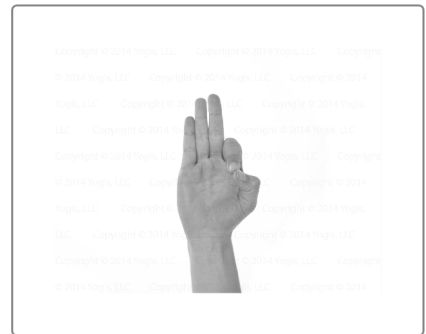


## 6. Squats - Feet Shoulder Width

### Squats (1 minute 30 seconds to 3 minutes)

1. In the same position, raise the arms up to 60 degrees, with the hands in Gyan Mudra.
2. Begin alternately bending the knees and standing up straight. Do not squat completely to the ground.

**Mudra** Gyan Mudra



## 7. Squats - Heels Touching

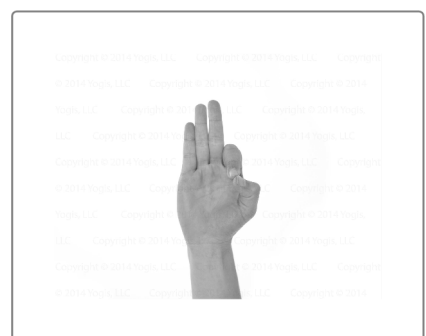
### Squats (1 minute 30 seconds to 3 minutes)

1. Now bring the heels together and continue the same motion, chanting Sa as you go down, Ta as you come up, Na as you go down, and Ma as you come up.

**Mudra** Gyan Mudra

### Mantra

Sa Ta Na Ma





## 9. Triangle Pose - Kicking

### Left Leg Kicking (1 minute)

1. In the same position, begin kicking the buttocks with the raised leg.

### Right Leg Kicking (1 minute)

1. Switch legs and continue kicking buttocks with the other raised leg.



## 10. Scissor Pose - On Knees

### Scissor Pose (1 minute 30 seconds to 3 minutes)

1. On your hands and knees, lift the lower legs up in the air and begin crisscrossing the legs in a rapid motion.



## 11. Camel Pose

### Camel Pose (1 minute 30 seconds to 3 minutes)

1. Come standing on the knees, reach back for the heels, lift the chest and relax the head.
2. Being long, deep breathing.

**Breath** Long Deep Breathing



## 12. Locust Pose

### With Crossed Heels (2 minutes 30 seconds to 5 minutes)

1. Lie on the stomach.
2. Cross the heels and place the fists under the groin; lift the legs.

### Rest (1 minute)

1. Relax.



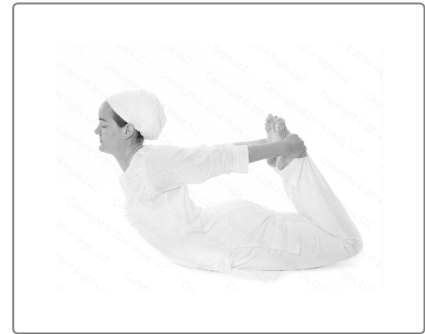
## 13. Bow Pose

### Holding (1 minute)

1. Still on the stomach, reach back for the ankles and lift the chest and thighs.

### Rocking (1 minute)

1. Begin rolling back and forth.



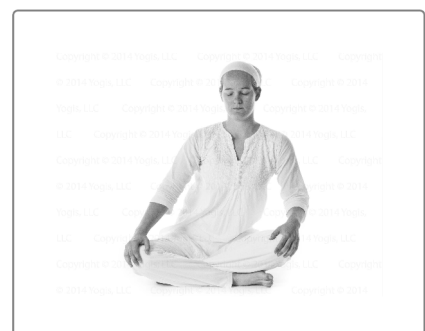
## 14. Sufi Grind

### Clockwise (26 to 52 reps)

1. Sit in Easy Pose, with the hands on the knees, begin circling the torso in complete circles.

### Counter-Clockwise (26 to 52 reps)

1. Switch directions and continue circling the torso.

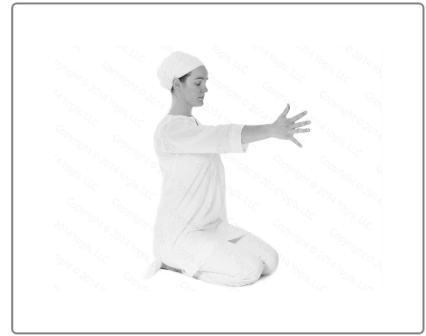
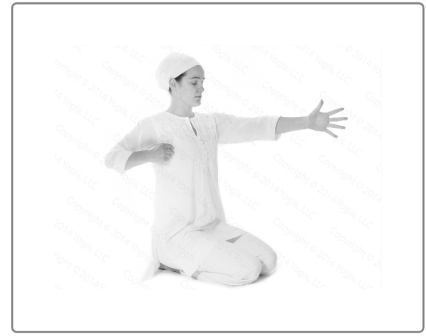




## 15. Fist Grabs

### Fist Grabs (1 minute 30 seconds to 3 minutes)

1. Sit on the heels.
2. Make the hands into fists with the thumbs inside.
3. Powerfully pull one arm back while the other arm extends forward, in a punching motion. As each arm reaches its fullest extension, the fingers open up, then close quickly, and pull back very powerfully, returning toward the body as the opposite arm extends.
4. Continue alternating arms.



## 16. Arm Raises

### Arm Raises (1 minute 30 seconds to 3 minutes)

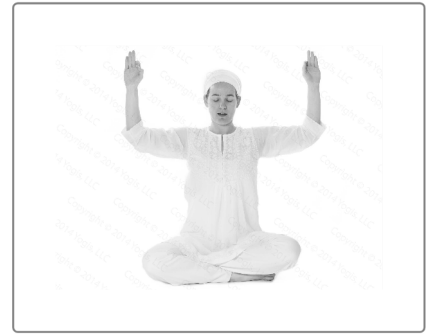
1. Sit on the heels with the hands on the knees.
2. With the arms straight, begin raising the arms up and over the head, extending the arms behind you, and then return the hands to the knees.



## 17. Meditation

### Meditation (5 minutes to 10 minutes)

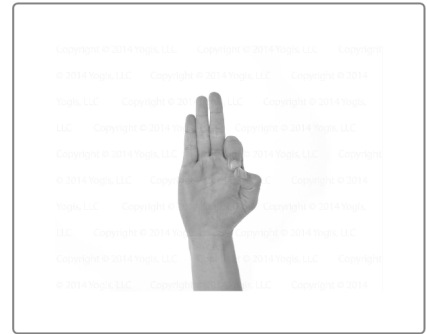
1. Sit in Easy Pose.
2. The hands are in Gyan Mudra, in Candelabra Pose, upper arms parallel to the ground and the forearms are lifted to 90 degrees, with the hands up above the head, palms facing forward.
3. Begin chanting Sa Re Ga Ma Pa Da Nee Sa in an ascending major scale, and Sa Nee Da Pa Ma Ga Re Sa in a descending major scale.



### Mudra Gyan Mudra

#### Mantra

Sa Re Ga Ma Pa Da Ni Sa



## 18. Meditation

### Meditation (2 minutes 30 seconds to 5 minutes)

1. Sit in Easy Pose.
2. Cross the hands over the chest (just in front of the shoulders) and tuck the chin down.
3. In this position, chant Gobinda Gobinda, Hari Hari.

### Mantra

Gobinda Gobinda Hari Hari

