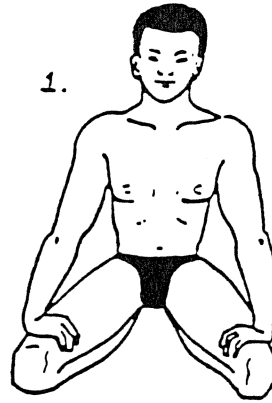


# TO RAISE KUNDALINI

1. In ROCK POSE, with knees apart, inhale, exhale and pull Mulbhand, concentrating at the 3rd Eye. Repeat twice more. "The seed is sown!" (Yogiji released life force for 1 second to aid class.)

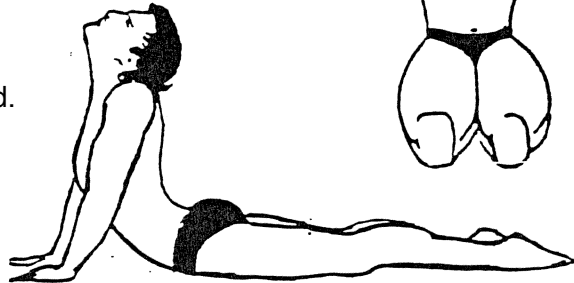


1. Assis(e) sur les talons, genoux ouverts, expirez et serrez mulbhand, concentrez-vous au troisième oeil. Répétez 2 fois. "La graine est semée".

2. SAT KRIYA for 3 minutes. Then inhale, exhale and apply Mulbhand and pull up along the spine.

2. Sat Kriya pour 3 minutes. Pour finir, inspirez, expirez et serrez mulbhand.

3. Push up into COBRA POSE, inhale, exhale, exhale again and swivel head left and right. Inhale and relax.



3. Cobra, inspirez, expirez, inspirez, expirez, faites pivoter la tête à gauche et à droite. Inspirez et relâchez-vous.