

Short Kriya for Energy

A powerful series for increased energy, strengthening the nervous system, alleviating depression and preparing for meditation.

Frogs:

Squat down as far as your knees will comfortably allow you to go, have fingertips on floor, heels together and off floor.

Inhale and straighten your legs, head down.

Exhale and bend your knees, raising chin up.

1-3 minutes.



Camel Pose:

Begin kneeling with hands on lower back, inhale and press hips forward and let head stretch back slowly.

Keep tail bone tucked under and navel center engaged to support lower back.

Reach hands toward heels if comfortable or keep on hands lower back for more support.

Eyes are closed and focused at the brow point.

Hold camel pose with breath of fire for 1-3 minutes.

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(continued)

Sat Kriya:

Kneel or sit with arms straight up hands clasped together, index fingers extended.

Eyes are closed and focused at the brow point.

Chant “Sat” out loud as you pull in the navel and

chant “ Nam” as you relax navel.

Visualize energy coming into the navel center

on “Sat” and energy traveling up the spine on “Nam.”

3-11 minutes.



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