



Flexibility and the Spine - Beginner

18 exercises 52 min - 1 hr 33 min *KRI International Teacher Training Manual Level 1*

This set is an example of a series which would not be given in a routine Kundalini Yoga class. It is for students who have attained a moderate degree of flexibility and coordination in regular classes and sadhana, and who want to eject residual poisons and drugs from the muscle tissue. If the set is done every morning for six months, it adjusts the spine so well that many chiropractic bills will be unnecessary. Before attempting this set under guidance, be sure you have no major physical problems that will prevent you from doing any of the exercises. Unlike most Kundalini Yoga kriyas, you do not take a 23 minute rest between each exercise unless it is explicitly stated. It could be adapted to a regular class by keeping the time of the exercises to 12 minutes and by adding rest periods between the exercises.

1. Archer Pose

Right Leg Forward (1 minute to 2 minutes)

1. Stand with the right leg bent forward so the knee is over the toes.
2. The left leg is straight back with the foot flat on the ground, at a 45-degree angle to the front foot.
3. Raise the right arm straight in front, parallel to the ground and make a fist as if grasping a bow.
4. Stretch thumbs up and back.
5. Pull the left arm back with elbow high, as if pulling the bowstring back to the shoulder.
6. Feel a tension across the chest.
7. Face forward; apply Neck Lock, and project the gaze of the eyes as if through the thumbnail.
8. Hold the position.



Left Leg Forward (1 minute to 2 minutes)

1. Switch legs and arms, and repeat.

2. Leg Lifts

Leg Lifts (1 minute to 2 minutes)

1. Immediately lie on the back.
2. Put the heels together and lift both legs two feet from the ground.
3. Hold the position with Long Deep Breathing.

Breath Long Deep Breathing



3. Locust Pose

Locust Pose (1 minute to 2 minutes)

1. Lie on the stomach.
2. Make fists with the hands and put them on the lower abdomen inside the front hip bones near the groin.
3. Keeping the heels together and the legs straight, lift them up as high as possible.
4. Hold.



4. Bow Pose

Bow Pose (1 minute to 2 minutes)

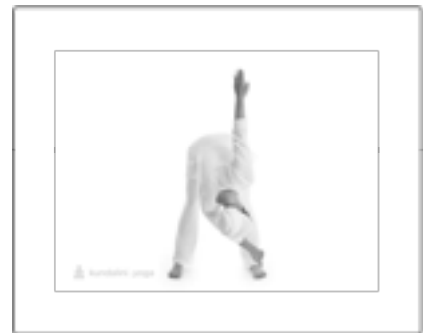
1. Still on the stomach, reach back and firmly grasp the ankles.
2. Lift the chest up off the ground, and balance by pulling the ankles.
3. Hold.



5. Windmill

Windmill (25 reps)

1. Stand up straight and spread the legs two feet apart.
2. Turn to the left and reach down with your right hand to touch the outside of the left ankle.
3. The left arm is pointing up.
4. Inhale to the center and switch sides, turning to the right and reaching down with the left hand to touch the outside of the right ankle.
5. Continue this alternate motion.
6. On the inhale, rise up completely; on the exhale reach for the ankle.
7. Repeat.



6. Back Bends

Back Bends (25 reps)

1. Stand up with the legs 6 inches apart.
2. Bend forward and place the palms flat on the ground and exhale.
3. Inhale and rise up, stretching backwards with the arms over the head.
4. Continue.



7. Sidebends

Sidebends (25 reps)

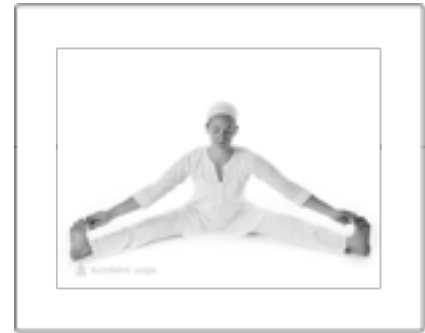
1. Stand with the legs 6 inches apart.
2. Bend sideways stretching the arm over the head.
3. Alternate smoothly from side to side, inhaling as you bend and stretch exhaling up. Do not let the body bend forward or backward.
4. Continue.



8. Life Nerve Stretch

Life Nerve Stretch (25 reps)

1. Sit down and extend the legs out in front, spreading them wide.
2. Grab the big toe of each foot by locking the forefingers around the toe, the thumb pressing the toenail.
3. Keeping a firm grip on both toes, inhale and arch the spine up straight.
4. Exhale and touch the head down to the right knee.
5. Inhale to the original position, and exhale down to the left knee.
6. Continue to alternate toe touches (25 times on each side).



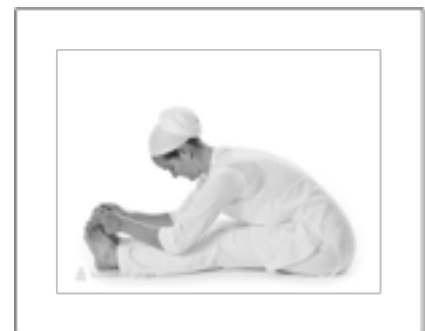
To End

1. Inhale, hold the breath and exhale.

9. Front Stretch

Front Stretch (25 reps)

1. Still sitting, bring the legs together while still holding onto the toes.
2. Inhale up, exhale, elongate the spine, bend forward from the navel.
3. Head follows last.
4. Continue this pumping motion.



10. Plow Pose

Plow Pose (1 minute to 2 minutes)

1. Lie flat on the back.
2. Slowly raise the legs over the head until they touch the floor.
3. The arms are over the head pointing towards the toes.
4. Keep the knees straight.
5. Relax in this position.
6. Slowly lower the legs back down to the ground.



11. Shoulder Stand

Shoulder Stand (1 minute to 2 minutes)

1. Come into Shoulder Stand by raising the legs straight up towards the ceiling.
2. Support the spine perpendicular to the ground with the hands. Let most of the weight be on the elbows.
3. Hold.



To End

1. Then bring the legs down in back of the head in Plow Pose, but spread the legs wide apart.
2. Slowly go from this position to shoulder stand 4 times.
3. Lower the legs and spine and rest on the back.



12. Plow Pose

Plow Pose (11 to 22 reps)

1. Come into Plow Pose with the arms along the ground in back of the spine.
2. Alternate from Plow Pose to lying flat on the back.
3. Continue. The hands may be used to lift the legs up and back.

To End

1. Relax for 3 minutes.



13. Sat Kriya

Sat Kriya (3 minutes)

1. Sit on the heels with the arms overhead and the palms together.
2. Interlace the fingers except for the index fingers, which point straight up.
3. Men cross the right thumb over the left thumb; women cross the left thumb over the right.
4. Chant Sat and pull the Navel Point in; chant Naam and relax it.
5. Continue powerfully with a steady rhythm.



To End

1. Then inhale, apply Root Lock and squeeze the energy from the base of the spine to the top of the skull.
2. Exhale, hold the breath out and apply all the locks.
3. Inhale and relax.



Mantra

Sat Naam



14. Guru Pranaam

Guru Pranaam (15 minutes to 31 minutes)

1. Immediately bend forward in Guru Pranaam.
2. Place the forehead on the ground and stretch the arms overhead, keeping the palms together.
3. Meditate at the Brow Point by silently projecting the primal sounds, Sa Ta Na Ma.
4. Continue.



Eye Focus Brow Point

Mantra

Sa Ta Na Ma

15. Arm Raises

Arm Raises (1 minute to 2 minutes)

1. Sit in Easy Pose.
2. Inhale and raise both arms over the head bringing the backs of the hands together.
3. Exhale and lower the arms letting just the fingertips touch the floor.
4. Continue this motion.



16. Crow Pose Knee-bends

Crow Pose Knee-bends (25 reps)

1. Stand up and extend the arms straight forward parallel to the ground.
2. Begin deep knee bends into Crow Pose, keeping the spine straight and the feet flat.



17. CatCow

CatCow (1 minute to 2 minutes)

1. Come onto the hands and knees.
2. Arch the spine down and raise the head with the inhale.
3. With the knees hip-width apart and the heels together behind you, exhale and arch the spine up and lower the head.
4. Continue.



18. Relaxation

Relaxation (15 minutes to 30 minutes)

1. Deeply relax on the back. Cover the body with a blanket to keep from getting cold.



