



Navel Adjustment Kriya

4 exercises 6 min - 10 min KRI International Teacher Training Manual Level 1

This navel adjustment exercise series can be done in combination with other Nabhi Kriyas, but only if the additional exercises are done prior to this series.

When working on adjusting the Navel Point, keep the diet light, especially for the first few days.

1. Stretch Pose

Comments: *It is possible to build the time up to 3 minutes.*

Stretch Pose (1 minute to 3 minutes)

1. Lying on the back, place the heels together, point toes forward, and lift the heels six inches off the ground
2. Raise the head to the same height, eyes focused on the toes.
3. Point the finger tips towards the toes.
4. Begin Breath of Fire and continue.

To End

1. Inhale, hold, exhale, and relax.

Breath Breath of Fire



2. Bow Pose

Bow Pose (3 minutes)

1. Roll onto the stomach.
2. Reach back and grab the ankles.
3. Pull up so the navel and sex organs are on the ground with the neck arched back.
4. Begin Breath of Fire and continue.

To End

1. Inhale, hold a few seconds, exhale, and apply mulbandh.
2. Slowly relax down onto the stomach.

Breath Breath of Fire



3. Wheel Pose

Wheel Pose (30 seconds to 1 minute)

1. On the back, put the palms on the floor above the shoulders.
2. Move the feet flat on the ground by the buttocks.
3. Carefully arch up so the navel is the highest point of the body.
4. Take a few long deep breaths to center the attention so you do not become dizzy, and then begin Breath of Fire.



To End

1. Inhale, hold a few seconds, exhale, and slowly come down.

Breath Breath of Fire

4. Fish Pose

Fish Pose (2 minutes to 3 minutes)

1. Cross the legs in lotus and grab the big toes.
2. Put the head on the ground while lying on your back.
3. Arch the neck, back, chest, and the navel up.
4. Continue with Breath of Fire.



To End

1. Inhale, hold, exhale, and relax.

