

GUARDIAN OF HEALTH

The glands are frequently referred to as the "guardians of health". For this reason Kundalini Yoga emphasizes awareness of the glandular system and teaches how to maintain its optimum health. For a woman it is especially important because her glandular system is extra sensitive and her glandular secretions are subject to rapid change. (She must therefore be extra careful to eat properly and exercise regularly to maintain her beauty and health.)

Taking care now to eat properly and exercise regularly will help insure health and vigor in later years (like putting money in our retirement account).

1. Lie on the stomach. Place the chin on the ground and interlock the hands behind the back. Inhale and raise the head, chest and arms as high as possible (1). (The legs remain on the ground.) Exhale and relax down to the original position. Continue rhythmically inhaling up and exhaling down for **6 minutes**.



This exercise helps maintain the health of the lymphatic system.

2. Still lying on the stomach, reach back and grasp the left ankle with both hands (2). Inhale and lift the head, chest and leg as high as possible. Exhale and relax down. Continue for **6 minutes** and then switch ankles and continue for **2 minutes**.



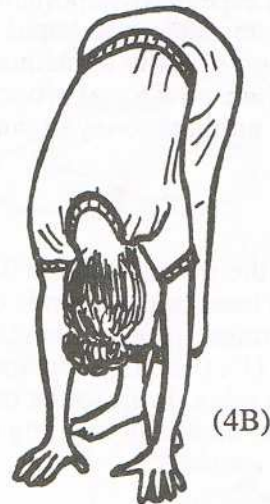
This exercise stretches the ovaries and helps regulate the menstrual cycle. It also tones your back muscles and maintains the elasticity of your spine, improving posture and increasing vitality.

3. Sit in Easy Pose and interlock the hands behind the neck at the hairline. Raise the elbows parallel to the ground then twist the torso left and right rhythmically with Breath of Fire (3). Continue for **2 minutes**.

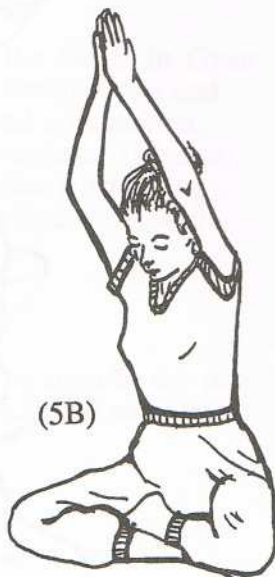


In this exercise the digestive tract is massaged releasing stored tension and adjusting the ovaries and fallopian tubes.

4. Come into Frog Pose (4A). Inhale as you straighten the legs and bring the forehead toward the knees (4B); exhale down to the squatting position. Repeat this complete cycle **108 times**.



5. Sit in Easy Pose and extend the arms to the sides parallel to the ground, palms facing down. In a seesaw motion, raise the right arm 60° and lower the left 60° (5A). Continue moving the arms in a seesaw motion for 12 counts and on the thirteenth count, clap the hands over the head (5B). After one minute replace the counting with the mantra *Hari Har*. (*Hari* is 1, *Har* is 2). After 6 repetitions of the mantra, clap the hands over the head chanting *Fateh*. Continue for **2 minutes**.



6. Sit in Easy Pose in Budh Mudra: the legs are crossed at the ankles, the knees are wrapped around the shins with the right hand clasping the left wrist. Rest the forehead on the knees (6). Breathe long and deep for **8 minutes** as you immerse yourself completely in this posture. (Musical Variation: *Mul Mantra* by Singh Kaur. Sing along for **4 minutes**, then switch to *Ardaas Bhaee* by Singh Kaur. Sing along with the tape for the next **4 minutes**.)



(6)

7. Sit in Easy Pose. Steady your breath and breathe long, deep and meditatively. Assume each of the following postures for **1 minute** each as you assess their different effects.

- A. Raise the arms high over the head, palms together (7A).
- B. Interlock the fingers at the base of the spine and raise the arms as high as possible (7B).
- C. Interlock the fingers at the base of the spine. Lower the forehead to the floor and raise the arms as high as possible (7C).
- D. Salutation to the Earth Posture: Lie on the stomach with the forehead on the floor. The arms are extended above the head along the floor with the palms down; the legs are straight and relaxed with the tops of the feet on the floor (7D).



(7A)

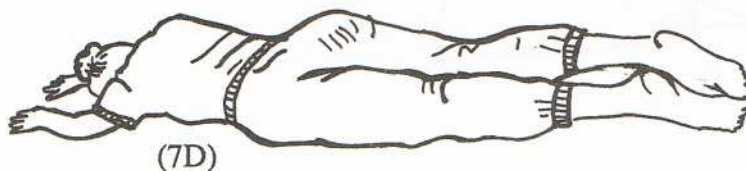


(7B)



(7C)

(Musical Variation: *Ardaas Bhaee* by Singh Kaur. Sing with the tape throughout the postures.)



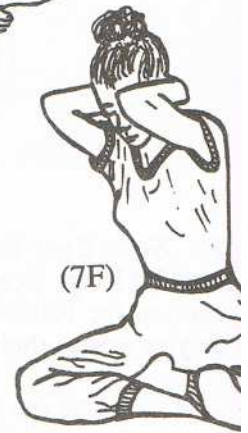
(7D)

E. Sit in Easy Pose. Extend the arms to the sides parallel to the ground and bend the arms at the elbows so the forearms are perpendicular to the floor. Palms face forward with the hands in Gyan Mudra (7E).



(7E)

F. Remain in Easy Pose and interlock the fingers at the hairline behind the neck. Point the elbows forward so the forearms press against the ears to block out any sound (7F).



(7F)

G. Remain in Easy Pose. Place the fingers flat on the forehead, right hand over left. Keep the fingers together and press the thumbs against the temples (7G).



(7G)

H. Sit in Easy Pose with a straight spine, the hands in Gyan Mudra resting on the knees. Keep the arms straight (7H).



(7H)

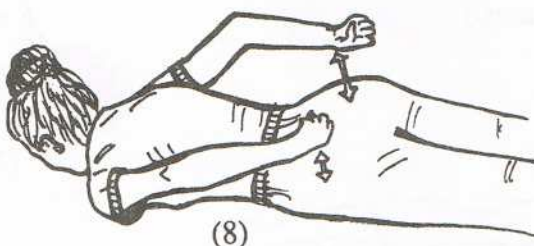
I. Lie down on the right side. Keep the body straight as an arrow and rest the head in the right palm on the floor. The left arm is straight, resting along the left side of the body (7I).



(7I)

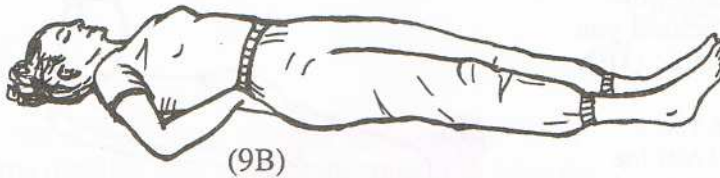
8. Lie on the stomach and pound the buttocks with alternate fists for 1 minute (8).

This exercise is outstanding for its simplicity and relaxing effects.



(8)

9. Lie down on your back and place the hands at the small of the back. Breathing powerfully, bring both knees to the chest as you inhale (9A), then extend the legs straight onto the floor, heels touching, as you exhale (9B). (Musical Variation: *Har Har Mukande*. The knees are drawn to the chest when chanting *Har Har* and extended on *Mukande*.) Continue for 7 minutes at a moderate but steady pace.



10. Remain on the back with the arms by the sides, palms facing up. Relax completely to the sound of beautiful music.

