

Kriya for Pelvic Balance

(10 - 34 min.)

What This Kriya Will Do For You

To walk with grace and strength is to feel connected to the world and ready to act. To experience this is not only a matter of mental set but also of physical balance. When the pelvis and the muscles that shape its posture are out of balance, many systems of the body will begin to show signs of stress. Exhaustion, low endurance and lower back pain are common symptoms of this condition. This kriya is helpful for staying energetic and balanced. It helps to maintain potency if practiced regularly.

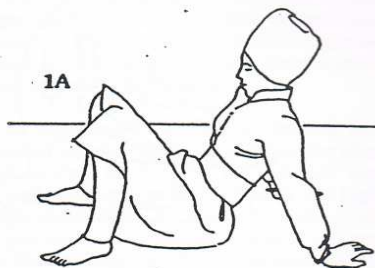
Important Note:

This is a rather strenuous set of exercises. It is advisable to do a short set of warm-up exercises before beginning in order to insure that the spine is warm and flexible. Beginning students are especially encouraged to approach these exercises slowly and carefully.

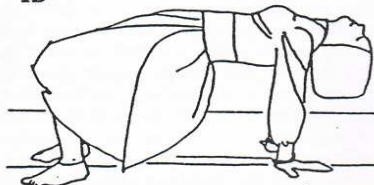
1) Bridge Pose. Begin in a sitting position with the legs straight out. Lean back slightly, supporting the upper torso with the arms locked at the elbows and the palms flat on the floor. Bending the knees, draw the feet in toward the buttocks with the soles flat against the floor. (A) Inhale and raise the buttocks so that the body from the knees to the shoulders forms a straight line parallel to the ground. Let the head fall back. The arms and the lower legs should be roughly at right angles to the body. (B) Apply mool band. Hold the posture with normal breathing. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise strengthens the back and aids in metabolism.

2) Wheel Pose. Lie on the back. The legs should be bent with the soles of the feet pressed against the floor close to the buttocks. Bending the elbows, place the palms of the hands on the floor behind the shoulders with the fingers pointing back toward the shoulders. (A) Inhale and carefully and comfortably raise the buttocks so that the body forms one continuous arch from the heels to the palms of the hands (B). Begin breath of fire. Continue for 1-3 minutes. Inhale and slowly and carefully let yourself down and relax. This exercise strengthens the lower back, facilitates the flow of energy through the spine and aids in metabolism.

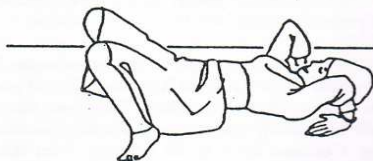
1A



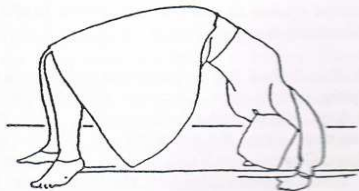
1B



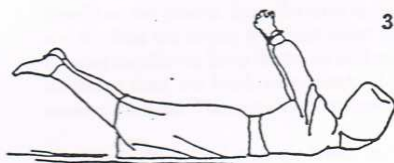
2A



2B

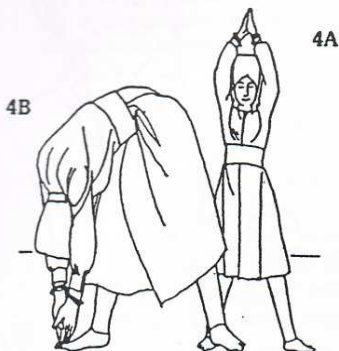


Kriya for Pelvic Balance-2



3

3) Lie on your stomach. Clasp the hands in venus lock behind the back, interlocking the fingers. Inhale and raise the legs and arms as high as you can, keeping the knees and elbows straight. Begin breath of fire. Continue for 1 - 3 minutes. Inhale. Exhale and relax. This exercise aids in digestion and strengthens the abdominal muscles.



4A

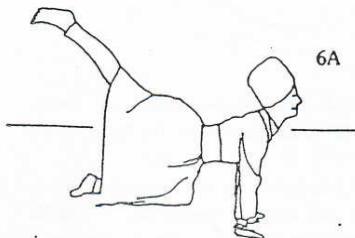
4B

4) Stand with your feet wide apart. Raise the arms straight over the head with the palms pressed together. (A) Inhale in this position. Exhale, bending at the waist, and touch the fingertips to the left foot. Inhale up once again and then exhale, bending at the waist and touching the right foot (B). Continue rhythmically with powerful breathing for 1-3 minutes. Inhale in the upright position. Exhale and relax. This exercise balances the movement of the pelvis and coordinates the muscle groups on opposite sides of the body.



5

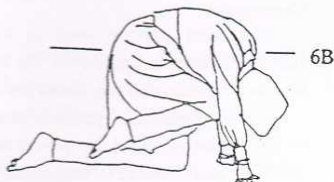
5) Kundalini Lotus. Begin in a sitting position. Grasp the big toe of each foot with the thumb and first two fingers of each hand, wrapping the fingers around the fleshy part of the toes with the thumbs pressed against the toenails. Raise the legs to an angle of 60 degrees to the floor, locking the knees. Spread the legs wide. Begin breath of fire. Continue for 1 - 3 minutes. Inhale. Exhale and relax. This exercise helps to channel sexual energy and maintain potency.



6A

6) Come into cow pose, supporting the torso on the hands and knees. Inhale, lifting the head up and back and raising the right leg as high as possible keeping the knee straight (A). Exhale, bring the chin down to touch the chest and drawing the right knee toward the chest to touch the head (B). Then inhale back up into the original position. Continue rhythmically with powerful breathing for 1 - 3 minutes. Then inhale. Exhale and repeat the exercise on the opposite side. Continue for 1 - 3 minutes. Then inhale. Exhale and relax. This exercise balances the leg and abdominal muscles and helps to maintain sexual potency.

7) Deeply relax.



6B