

THE ARCLINE BODY KRIYA FOR ALERTNESS

Uit: Waves of Healing van Dr. Siri Atma Singh Khalsa

Throughout the kriya, concentrate at the Third Eye point with your eyes closed, and do long, deep breathing for 1-3 minutes, unless otherwise specified.



1. Sit in Easy Pose and raise your arms parallel to each other and the floor, palms facing each other. Hold the posture.



2. Lock the hands in Bear Grip, right palm facing in, left facing out, and curl the fingers of both hands to form a fist at the level of the heart center. Keep your forearms parallel to the floor and apply Mulbandh. Hold the posture.



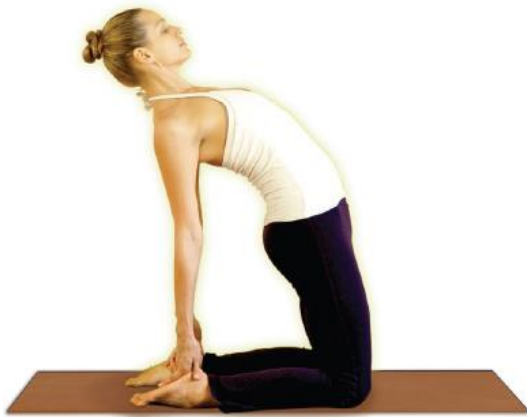
3. Sit with your legs straight out, feet together and flexed. Bend forward with your arms in line with your spine, parallel to each other with the palms facing. Stretch over and beyond your feet without touching them and do Breath of Fire.



4. Lie on your back with your feet together and make your hands into fists by the sides of your ribcage. Balancing your weight on your elbows and the soles of your feet, lift your head and body up. Apply Mulbandh and do Breath of Fire.



5a Camel Pose. Sit on your heels in Rock Pose and hold your ankles;



5b Inhale and arch your body up until your thighs are perpendicular to the floor;



5c Let your head drop back, keeping your arms straight. Exhale and lower yourself back into the starting position, bringing your head up after you are sitting in Rock Pose again. Continue this up and down motion.

6a Come lying on your stomach with your legs straight out, feet together and arms straight overhead, palms together.



6b Inhale and lift your arms, head, upper body and legs into Locust Pose; exhale and come down into the starting position. Continue this motion. Inhale and hold the posture briefly; exhale and relax.



7. Stand up with your feet together and your hands on your heart center, right over left. Inhale through the nose and round your mouth as you exhale through your lips.

8. Start in Rock Pose. Then come onto your knees and bring your right leg straight forward, keeping the left thigh perpendicular to the floor. Bend the upper body from the hips until your hands reach the floor on each side of the right foot. Hold the posture; then switch legs and repeat.

