

THE SUBTLE BODY KRIYA FOR REFINEMENT from Waves of Healing by 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. Sufi Grind. Sit in Easy Pose with your hands on your knees. Begin circling your torso from the base in one direction, keeping your spine straight. Feel the maximum stretch at the heart level. Inhale as you rotate forward, exhale as you rotate back. Change directions halfway through. To end, inhale, straighten the spine and apply Mulbandh; exhale and relax.



2

Sit in Easy Pose and bring your arms up with your elbows bent. Keep the upper arms parallel to the floor and the forearms perpendicular to the floor. Bend the wrists so that your palms are flat facing upward, fingers pointing out.



3

Cat-Cow Pose. Come onto your hands and knees with your arms parallel to each other and the thighs, hands under your shoulders and knees under your hips. Inhale and arch your spine into Cow Pose, exhale and round the spine into Cat Pose. Let your

spine flex first and your head follow. Continue this motion.



4. Standing, take a big step back with your left leg and grip the floor with your toes. Bend your right knee until your thigh is parallel to the floor and your foot is flat under your knee. Raise your left arm in front of you and your right arm behind you, parallel to the floor with the palms facing upward. Switch legs.



5

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.



6. Standing, bend forward from the hips and put the palms of your hands under the soles of your feet with the back of your hands on the floor.



7. Bow Pose. Lie on your stomach, bend your knees and reach back to grab your ankles. Use the thigh muscles to pull the upper body off the ground, then lift the legs. As the chest raises, let the neck and head follow. Hold the position and do Breath of Fire.



8. Sit with your legs straight out. Lean back a bit for balance as you raise your legs up to 60 degrees. Your arms are parallel to each other and the floor, palms facing in, fingers pointing forward. Hold the position and do Breath of Fire.



9. Sit in Easy Pose or Lotus Pose and place your hands on the floor near your knees. Put the weight of your body on your hands, arms and shoulders, and lift your body from the floor. Hold the posture.



10. Stretch Pose variation.
Lie on your back and bring
your feet together. Keeping
your arms straight, raise
your hands next to or over
your thighs without

touching your body. Press your lower back down as you raise your legs 12" from the floor, toes
pointing forward. Lift your head and shoulders high enough to focus on the toes. Do Breath of Fire. *In
this variation of Stretch Pose the legs are 6" higher than normal.*