



Bodily Adjustment and Lymph Cleansing Set

22 exercises 47 min - 54 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

1. Head Tilt - Mouth Open

Comments: *This kriya works on adjusting the jaw.*

Head Tilt (2 min)

1. Sit in Easy Pose.
2. Open the mouth as wide as possible.
3. Bring the left ear toward the left shoulder and then the right ear toward the right shoulder.



2. Head Tilt - Smiling

Comments: *This exercise is good for the teeth.*

Head Tilt (1 min to 2 min)

1. Sit in Easy Pose.
2. Jut the lower jaw forward in an exaggerated under bite and smile.
3. Continue bringing the left ear toward the left shoulder and the right ear toward the right shoulder.

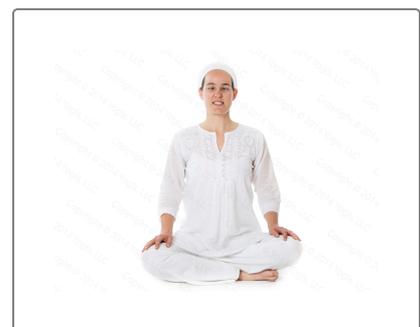


3. Shoulder Shrugs

Comments: *This kriya exercises the face and neck muscles.*

Shoulder Shrugs (2 min)

1. Sit in Easy Pose.
2. Jut the lower jaw as in the previous exercise, wrinkle the nose, and cross the eyes.
3. Raise the shoulders to the ears and pull the head down to meet the rising shoulders. Then lower the shoulder and elongate the neck.
4. Maintain the facial expression and continue the hunching motion.



Eye Focus Crossed

4. Neck Adjustment

Comments: *This exercise is only on one side; it will give you a neck adjustment.*

Neck Adjustment (1 min)

1. Sit in Easy Pose.
2. Place the right hand behind the head toward the right side of the head; begin pushing the head toward the left front and resist with the neck muscles.



5. Shoulder Rolls

Comments: *This exercise is good for eliminating calcium deposits.*

Shoulder Rolls (3 min)

1. Sit in Easy Pose.
2. Place the hands on the knees.
3. Rotate the shoulders, direction not specified.



6. Arm Raises - Grasping Elbows in Front

Arm Raises (2 min)

1. Sit in Easy Pose.
2. Cross the forearms and grasp opposite elbows.
3. Raise the crossed arms as high as possible towards the head and lower them back down.
4. Move as rapidly as possible.



7. Arm Raises - Grasping Elbows in Back

Arm Raises (2 min)

1. Sit in Easy Pose.
2. Grasp the elbows with the arms behind the back at the base of the spine.
3. Again raise and lower the arms as rapidly as possible.



8. Cow Pose - Leg Extended

Left Leg (3 min)

1. Come into Cow Pose, on hands and knees with the spine dropped.
2. Extend the left leg straight out behind, raise it as high as possible and hold the leg steady.

Right Leg (3 min)

1. Switch sides and repeat.



9. Cow Pose

Cow Pose (1 min)

1. Come back into Cow Pose.
2. Open the mouth, stick out the tongue and begin Breath of Fire.

Breath Lion Breath, Breath of Fire



10. Temple Press

Rotate Eyes (1 min)

1. Come back into Easy Pose.
2. Press the thumbs into the temples and rotate the eyes.



Open and Close Eyes (1 min)

1. Maintaining the pressure on the temples, open the eyes as wide as possible and close them.
2. Continue opening and closing the eyes.

11. Knee Hug

Comments: *With this exercise the toes and balls of the feet are adjusted.*

Knee Hug (1 min)

1. Sit on the buttocks with the spine straight and the knees pulled into the chest and held firmly by the arms.
2. Rock forward in an effort to balance the weight onto the feet; this will not be possible; but in the effort, correct muscular tension will be created.



12. Bridge Pose - Partial

Comments: *This adjusts the knees and ankles.*

Bridge Pose (1 min to 2 min)

1. Remain seated with the knees drawn into the chest.
2. Place the hands on the ground at the sides of the body and lift the buttocks from the ground, balancing the entire weight of the body on the hands and heels.



13. Shoulder Stand

Comments: *This is a four-part exercise. This exercise massages the liver and colon, eliminating problems with the liver, spleen, or gall bladder. Problems with the sciatica are avoided by this stretch.*

Vertical Leg Pump (1 min)

1. Come into a shoulder stand.
2. Begin moving alternating legs up and down.

Legs Straight Breath of Fire (1 min)

1. Straighten both legs up and hold them there.
2. Begin Breath of Fire.

Legs Spread Breath of Fire (2 min)

1. While still in the shoulder stand, spread the legs apart.
2. Continue Breath of Fire.

To End

1. Bring the legs together, inhale, exhale, and relax.

Breath Breath of Fire



14. Frog Pose

Comments: *Frog Pose flushes the chest with blood. It is good for the heart, hearing and eyesight; it flushes the arteries and the lymph system. The practice of this exercise also flushes the breasts which contributes to healthy breast tissue. There will be no tennis elbow when this exercise is done regularly.*

Frog Pose (3 min)

1. Squat down with your buttocks on your heels and your palms on the ground.
2. Lift the hips while you inhale and then exhale as you squat back down into Frog Pose.



15. Arm Extensions - Grasping Elbows

Comments: *This kriya brings the serum up the spine and adjusts it, giving a very calm, quiet, peaceful attitude. It enables one to face tension and feel good about it. Practicing this kriya, you cannot be a zombie, but must be a full-fledged person.*

Arm Extensions (1 min to 2 min)

1. Sit in Easy Pose.
2. Fold the arms across the chest and lift the upper arms away from the body, parallel to the ground.
3. Apply Neck Lock.
4. Meditate at the root of the nose and pull the arms forward from the shoulders.



Eye Focus Root of the Nose

16. Chicken Wings - Fingers in Armpits

Chicken Wings (1 min to 3 min)

1. Stay sitting in Easy Pose.
2. Bring all the fingertips and thumb tips together in each hand, and place the mudra into the armpits.
3. Pull downward with the arms, creating a pressure in the shoulders.



17. Forward Stretch

Comments: *This kriya is good for the ovaries and proper menstruation. This kriya also eliminates the passing of gas in women. (Men use Baby Pose to control this same problem.)*

Forward Stretch (1 min to 2 min)

1. Remain seated and extend the right leg straight out in front of the body. Place the left foot on top of the right thigh.
2. Place the hands in Venus Lock behind the lower back.
3. Bend forward at the waist with a straight spine; ideally the head is on the knee. Raise the arms as high as possible.
4. Relax in this position.



Mudra Venus Lock

18. Chicken Wings - Hands on Hips

Chicken Wings (2 min)

1. Sit in Easy Pose.
2. Place the hands on the hips with the elbows pointing out toward each side.
3. Pull the elbows back and push them forward with a jerk; "move like a chicken's wings."



19. Fist Pumps

Fist Pumps (3 min)

1. Remain in Easy Pose.
2. Make the hands into fists and raise the arms over the head.
3. Begin lowering and raising alternate arms, left arm first, giving equal force to the extension and contraction of the arms.



20. Arm Raises - Venus Lock

Arm Raises (2 min)

1. Remain in Easy Pose.
2. Place the hands in Venus Lock at the throat level with the palms facing down.
3. Raise the hands over the head and lower them back down to the throat level as rapidly as possible.

Mudra Venus Lock



21. Butterfly Pose

Butterfly Pose (2 min)

1. While seated on the buttocks, place the soles of the feet together. Pull the feet in tightly toward the groin and clasp the hands around the feet.
2. Begin raising and lowering the knees in a fluttering movement.



22. Navel Pumps

Navel Pumps (4 min to 5 min)

1. Sit in Easy Pose.
2. Place the hands on the knees and keep the arms straight.
3. Inhale completely. Suspend the breath as long as is possible while pumping the navel in and out.
4. Exhale, inhale and continue.

