

KUNDALINI SET FOR THE HEART (1969-70)

1. RUN IN PLACE for 1 minute, facing each direction (1 minute North, 1 minute East, South & West, etc.)

2. BODY DROPS with legs stretched out in front for 1-2 minutes.

3. KUNDALINI LOTUS POSE: Balancing on buttocks, grasp feet and raise them, keeping arms and legs straight (holding on to big toes, if possible) with long, deep breathing for 2-3 minutes.

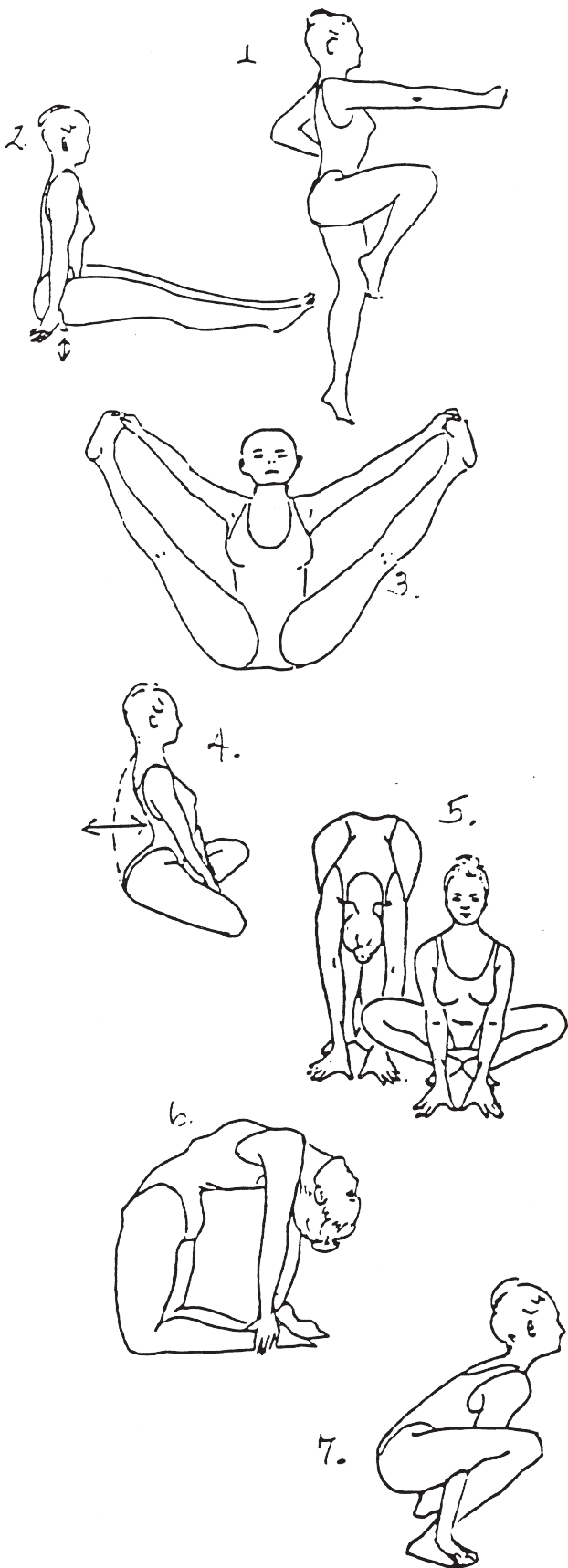
4. a) SPINAL FLEX in Easy Pose for 2-3 minutes.

b) Spinal Flex five times per inhale, and 5 times per exhale for 2-3 minutes.

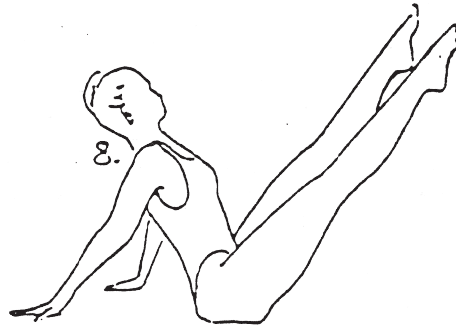
5. FROGS, 54 of them. Squat into Frog Pose, heels raised and touching each others, fingertips on the floor with arms straight between legs. Inhale, lift buttocks, lowering head to look at knees. Exhale, returning to original squat, head looking straight ahead, always keeping the heels raised and touching.

6. CAMEL POSE with Breath of Fire for 1 minute. Sit on Heels, arch pelvis up dropping head back and grabbing heels. Press the pelvis forward.

7. CHAIR POSE, with long, deep breathing for 1 minute. (Squat and pass arms inside thighs, outside forelegs, hands on feet, and sit up as much as possible.) Continue with Breath of Fire for 1 more minute. Then inhale, exhale and apply Mulbandh.



8. MAHA SHAKTI POSE with left foot 6" above right foot, with Breath of Fire for 2 minutes.

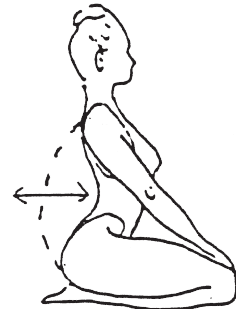
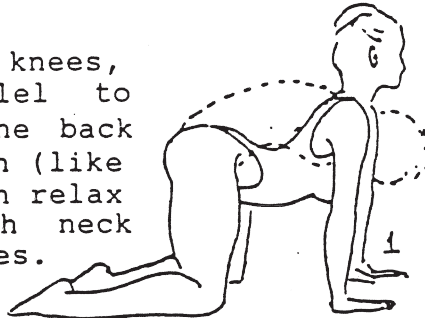


9. STRETCH POSE. On back raise head and hands 6" (arms & legs straight), and look at toes, with Breath of Fire for 2 mins.



10. SPINAL FLEX in Rock Pose, 108 times. Inhale as the spine arches forward, exhale as it contracts back.

11. CAT/COW: On hands and knees, arms and thighs parallel to each other, and press the back up, dropping the head down (like a cat) as you exhale, then relax the back down and arch neck up on the inhale, 108 times.



12. SPINAL FLEX in Rock Pose, with hands in Venus Lock behind the neck. On each inhale, press elbows to chest. 108 times.



13. ON BACK, push chest up and out with 5-10 lbs. of pressure, concentrating on the Heart Chakra for 2-3 minutes.



14. ON BACK, raise arms to 90° with long, deep breathing for 1 minute. Then Inhale and draw tension to the chest and relax.

(Times added by G.K.)

