

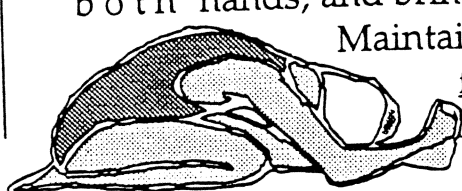
MULADHARA

SET A

part 1 of 6

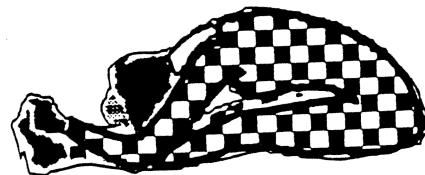
BOF
30" x 3
45" x 3
1' x 3

1.) Sit on the left heel, the right leg is extended straight out in front of the body. Grab the right big toe with both hands, and bring the forehead to the right knee.



Maintain this position with breath of fire (see terminology) for one minute. Alternate legs, continue for one more minute. Extend

both legs (prepare for life nerve stretch) in the front of the body, bring the brow to the knees and hold with breath of fire for one minute.

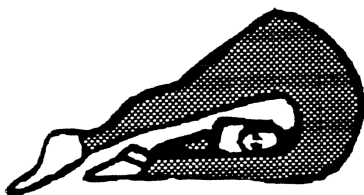


SET A

part 2 of 6

1'30 / 1'45 / 2'

2.) Lie on your back with your arms over your head palms facing up back of the hands resting on the ground. (Inhale in this position) . (Exhale) as you bring your toes up and over to touch your hands.(Inhale) Bring your toes back to the starting position. Continue doing (a-b-c) 20 times.

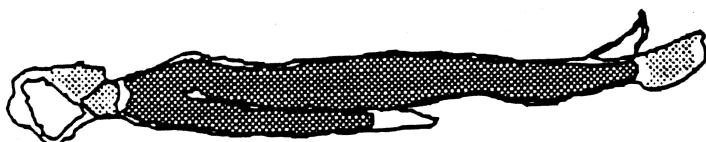


SET A

part 3 of 6

1'

3.) Relax in corpse pose. Lie on your back ,the legs are straight. Arms and hands are parallel, palms are facing up at your side. Corpse pose allows your body to deeply relax, and incorporate the new energy patterns that you have initiated in the last exercise. Continue for at least one minute.



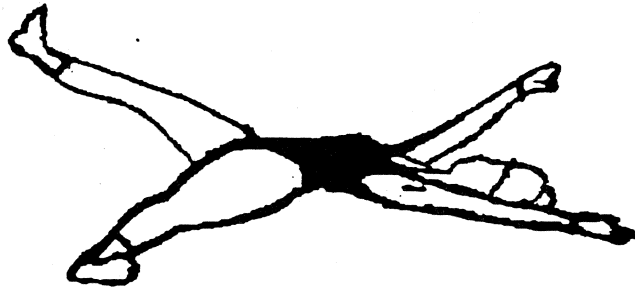
MULADHARA

4.) From corpse pose, slowly spread your arms and legs wide apart and maintain that position relaxing for one more minute

SET A

part 4 of 6

1'

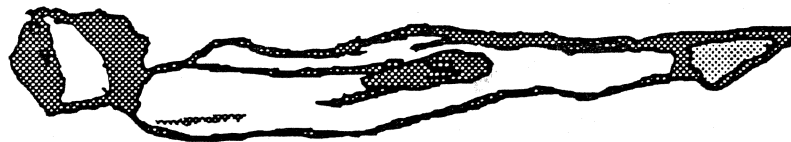


SET A

part 5 of 6

1' BOF

5.) Stretch pose. Lie on your back, the head and feet are raised six inches off the ground. The hands are pointed at the feet, the eyes are open focused on the big toes. While maintaining this pose do breath of fire for one minute.

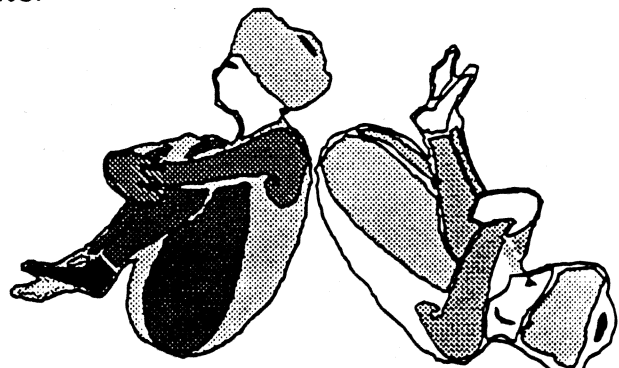


SET A

part 6 of 6

1'

6.) Back Rolls. Lie on your back, clasp your knees to your chest with your arms and hands, and start to roll on your spine. Roll all the way back till your feet touch the ground behind your head and all the way forward till your sitting up, continue for one minute.



MULADHARA

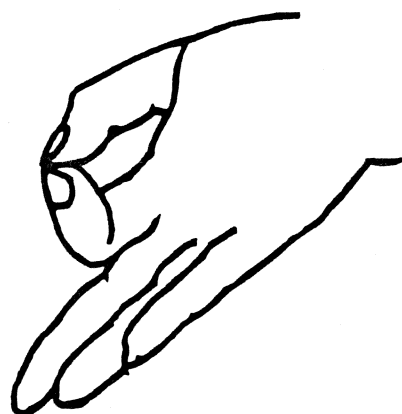
SET B

PART 1 OF 6

2' / 3' / 4'

(easy pose, with
gyan mudra)

7.) Sit in easy pose.(See terminology) Hands are in Gyan Mudra,(See terminology) resting on the knees the arms are relaxed. Your mental focus will be at the base of the spine during this entire exercise. Now you are in position, continue for five minutes with Breath of Fire(see terminology) for five minutes. At the end of five minutes inhale, exhale and pull Mul Bhand.(See terminology)



(Gyan Mudra)

SET B

PART 2 OF 6

2' / 3' / 4'

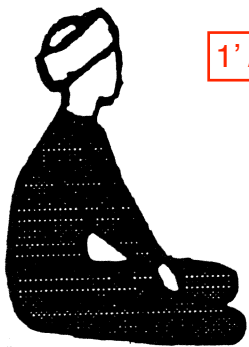
8.) Continue sitting in Easy Pose, hands are in Gyan Mudra resting on the knees, arms are relaxed the spine is straight. Throughout the entire exercise you will be pulling Mul Bhand. Your focus of attention will be at the base of the spine. Your breath will be long and deep. When you inhale mentally (and silently) chant Sat, on the exhale mentally (and silently) chant Nam. Continue for 5 minutes.(refer to terminology for mantra-Sat Nam)

MULADHARA

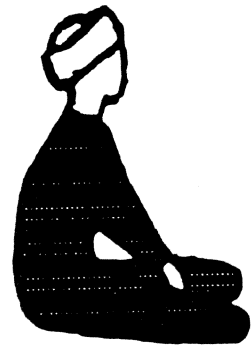
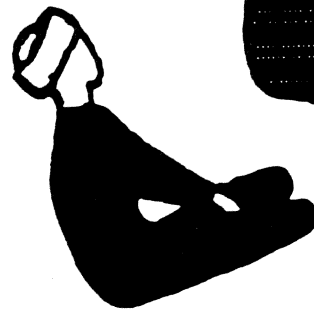
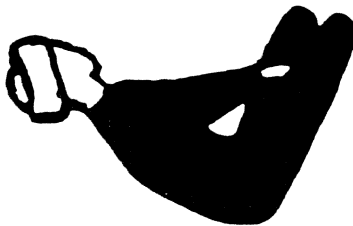
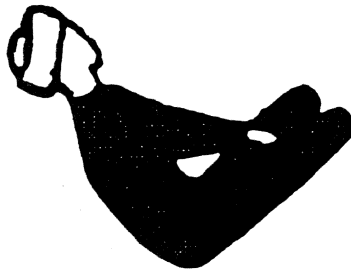
SET B

PART 3 OF 6

9.) Still sitting in easy pose, hold your shins with your hands and roll on the first and third vertebrae-- forty times.



1' / 1'15 / 1'30



SET B

PART 4 OF 6

BOF
1'30 / 2' / 2'30



10. Come into Crow Pose. (Squat down with the feet flat on the ground, angled slightly to the sides, and about shoulder-width apart. Keep the spine straight.) The arms will be resting on your knees. You are now in position. Breath of Fire. Continue for 1-3 minutes.

MULADHARA

SET B

PART 5 OF 6

1'30 / 2' / 2'30

- 11.) Come into Baby Pose, (begin this exercise by sitting on your heels the brow point is on the ground) now lift the buttocks up high in the air off the heels. Hands are placed near the ears palm down for balance, more advanced students may put the hands into Venus Lock (see terminology) Mudra resting on your back near the base of the spine. You are now in position to start the exercise. Begin to pull the anus muscle in and out. In addition to releasing gas, you also stimulate Apana (refer to terminology). Continue for 1-3 minutes.



SET B

PART 6 OF 6

1'30 / 2' / 2'30

- 12.) Camel Ride. Come sitting on your heels, in rock pose. Flex the spine back and forth. Inhale as you arch the spine forward, and exhale as you contract the spine back. Continue with normal breathing for 1-3 minutes.

