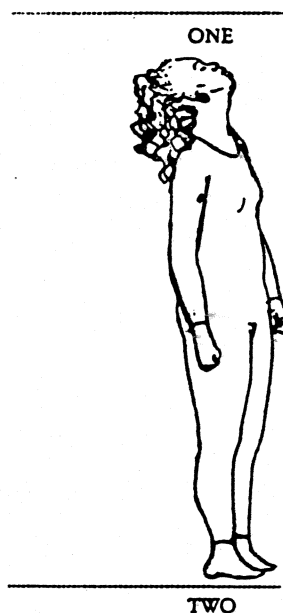


Third Eye Set

(FROM KEEPING UP WITH KUNDALINI YOGA)

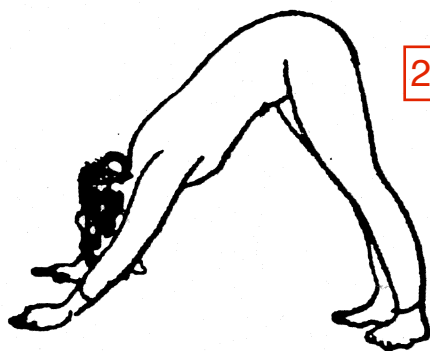
This Kundalini Yoga set is designed to stimulate the sixth chakra, Ajna. This is achieved by exercises that stimulate and balance the glandular system involved with the third eye, the pituitary gland. Beginning students are advised to practice this kriya only once or twice a week, maximum.



2' / 2'30 / 3'

Stand up straight and lock the thumbs into your tightly squeezed fists. Let your arms hang at your sides. Gently and carefully let the head fall back and stare at a point on the ceiling or in the sky. Inhale and begin breath of fire. Continue for 2-3 minutes. Then inhale deeply as you slowly bring the head forward, and tuck the chin in. Straighten the head and hold the next breath briefly. Then exhale and relax.

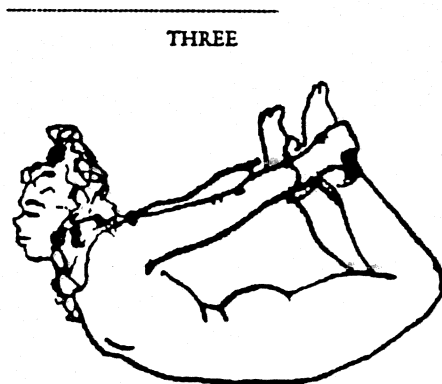
This exercise sets the magnetic field, alerts the body and opens the circulation to the head.



2' / 2'30 / 3'

Triangle Pose. Start by resting on your hands and knees. Lift the buttocks up by straightening your legs. The weight is on the palms and the soles of the feet. The buttocks are up, it is the highest point of the body, the apex of the triangle. The head is hanging in line with the body. The arms and the legs are straight. The feet are parallel to each other about two feet apart. The arms are also parallel about two feet apart from each other. Remain in this position with long deep breathing for 2-3 minutes. To end this exercise, inhale-exhale and pull Mul Bhand. Hold the lock and the breath out briefly. Inhale and relax down onto your knees and back to a resting pose such as easy pose.

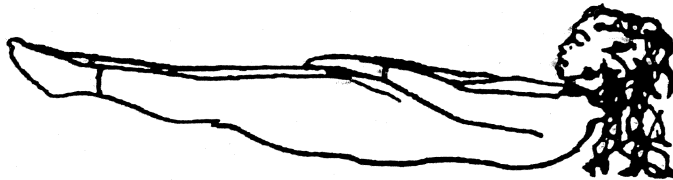
This exercise aids in digestion and works to strengthen the nervous system.



2' / 2'30 / 3'

Bow Pose. Lie down on the stomach. Reach back and grasp your ankles. Gently arch upward. Use your back muscles. The top of the head points toward the soles of the feet. Your body balances on the pelvic area. Breathe long and deep in this position for 1-3 minutes. To end this exercise-inhale, gently stretching the spine-exhale down and relax.

This exercise aids in digestion and opens the central nerve channel of the spine.



45" / 50" / 1'

Stretch Pose. Lie on the back with the legs together. Pointing the toes, raise the heels from the ground by six inches. Stretch the arms out straight, parallel to each other, pointing at the toes. Raise the head and shoulders off the floor by six inches. Eyes are opened and focused on your toes. Begin breath of fire and continue for 1-3 minutes. To end this exercise, inhale and hold the breath and the pose briefly. Exhale and relax down into corpse pose.

This exercise activates and balances the energy of the third chakra. It sets the navel point and tones the abdominal muscles.

FOUR

Rock Pose. From a kneeling position sit back on the heels of your feet. Spinal Flex. (Inhale keeping the head straight and the shoulders relaxed, flex your spine as far forward as you can. Exhale and flex the spine back in the opposite direction). Start slow and easy. Continue rhythmically with the breath for 1-3 minutes. To end the exercise, inhale in the forward position then exhale and relax.

FIVE

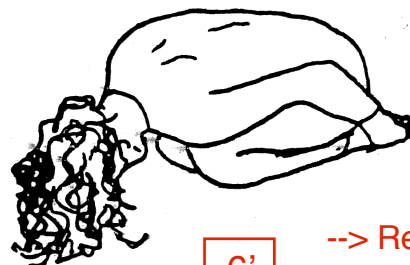
2' / 2'30 / 3'



Rock Pose. From a kneeling position sit back on the heels of your feet. Spread the knees wide. Bring your forehead to the ground. Rest the palms of your hands on the soles of your feet. Focus at the third eye (roll the two physical eyes up to a single point at the bridge of the nose) and consciously relax while maintaining normal breathing. Continue for 5-20 minutes. To end this exercise take several deep breaths and slowly come out of the position. (You must follow with exercise seven if you do this one)

SIX

This exercise subtly uses the sexual energy of the second chakra to stimulate the Ajna (sixth chakra, third eye, sixth sense). Additionally, it cleans the eyes.



6'

--> Relaxation :
proposer alternative
si besoin

SEVEN

3' / 3'30 / 4'

Bundle Roll. Lie on your back with your arms pressed tightly against your sides and your legs like a bundle of logs. Keeping the body straight, begin rolling over and over until you cross the room to one side and then to the other. Continue for 3-5 minutes. Then relax.

This exercise stimulates the entire body. It balances the magnetic field and massages the muscles. Do not do exercise 6 unless you follow it with this exercise.

