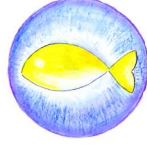
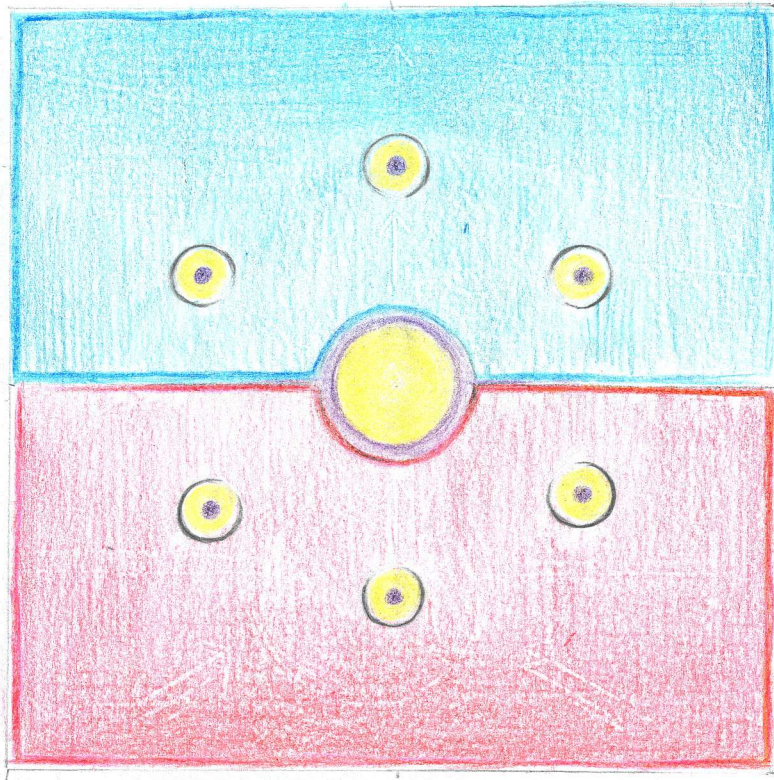


MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

KRIYĀ



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MATSYA UDĀNA PRĀṆA KRIYĀ

The action for *Udāna Prāṇa*

Action for the upward moving energy of consciousness. In essence this is just joy. You are the row of heroes. The upward pointing spear. Empowered by fire, you pierce the sky. Show all your greatness.

Approximately 20 minutes.

Bija nyāsa

Sit in meditation posture with your hands outstretched and fixed. Perform *mūlabandha* at the beginning of each sound. Let these *bijas* move through your body, from the base to your head. Chant them one by one. The last letter, is dissolving into space. It is *anusvāra*, a nasal sound. Just sing them externally or internally. Do it with the teacher, the teacher is your heart.

Bījasana

Seed pose. Begin by hugging your knees. Hold them tight to your body and elevate your toes. Your body should be balancing on your buttocks. Contemplate the center.

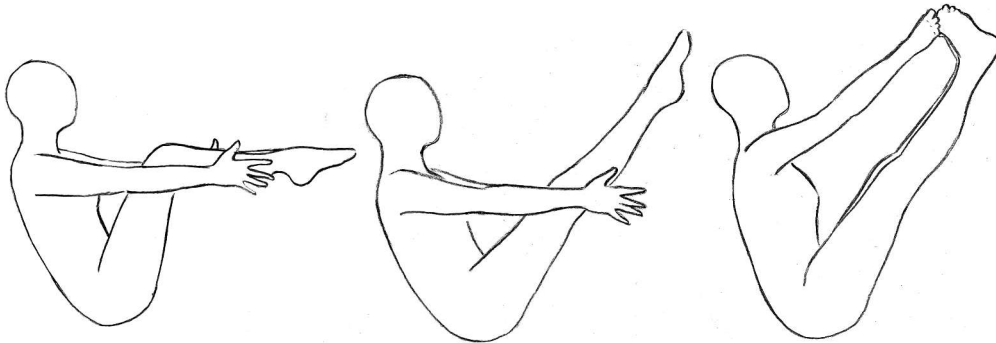
Practice for one minute.



Naūkāsana

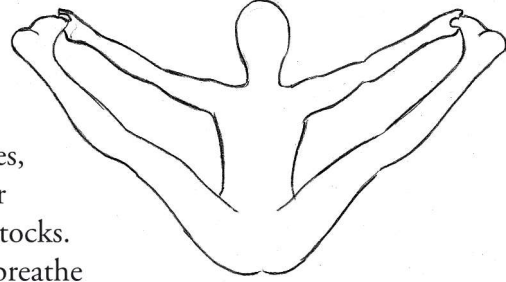
Boat pose. Stretch your legs forward and point your toes away from your body. Try to achieve a 60 degree angle between your body and your feet.

Practice for 30–60 seconds with deep *kapālabhāti*.



Merudaṇḍāsana

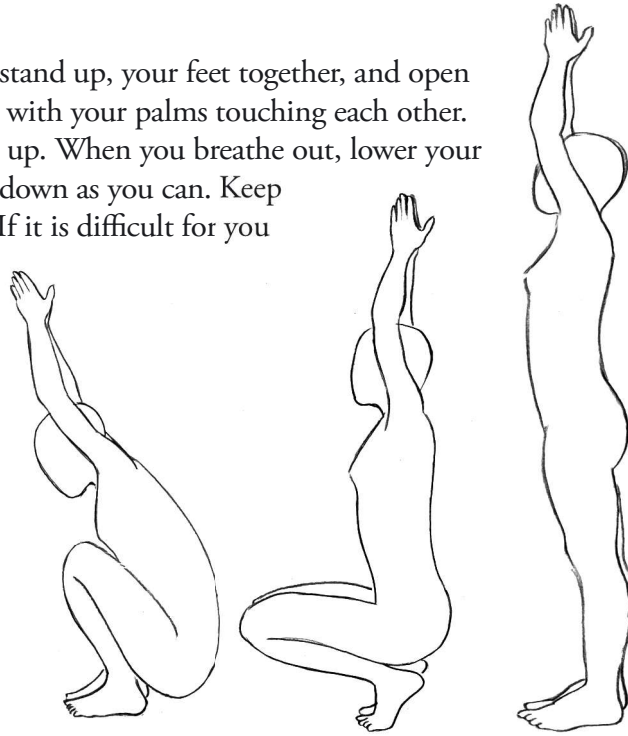
Central channel pose or (*kuṇḍalinī* lotus pose). Through *bījāsana* come to *merudaṇḍāsana*. Open your legs like you would in *titaliāsana*, hold onto your big toes, and gently and slowly begin stretching your legs. Elevate them and balance on your buttocks. This is *utthita hasta merudaṇḍāsana*. Then breathe deeply and open your legs as widely as possible into the final position.



Practice for about one minute with deep breaths.

Druta Utkāṣāsana

Dynamic raising pose. Gently stand up, your feet together, and open your chest. Elevate your hands with your palms touching each other. Take a deep breath and stretch up. When you breathe out, lower your body and lower yourself as far down as you can. Keep your knees and feet touching. If it is difficult for you to maintain an upright position, simply crouch on your toes when you lower your body. When the focus is maintained in the upward rising movement and breath is retained gently there, then *udāna prāṇa* is strengthened even when the heels don't touch the ground.



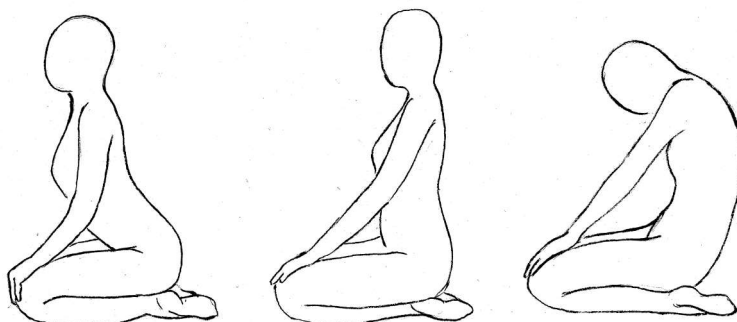
Whenever you breathe in, hold in *kumbhaka*. Whenever you breathe out, hold in *kumbhaka*. *Mūlabandha*. Perform this with energy.

Gatyatmak Vajrāsana

Dynamic thunderbolt. Some call it *upaviṣṭa mārjāryāsana*, the seated cat. Sit in *vajrāsana* with your arms stretch out on your knees, breathing deeply until your breath has settled down. Then start gently rocking your body. Breathe in, tilt the pelvis forward and open your chest. Breathe out, tilt the pelvis backward and close

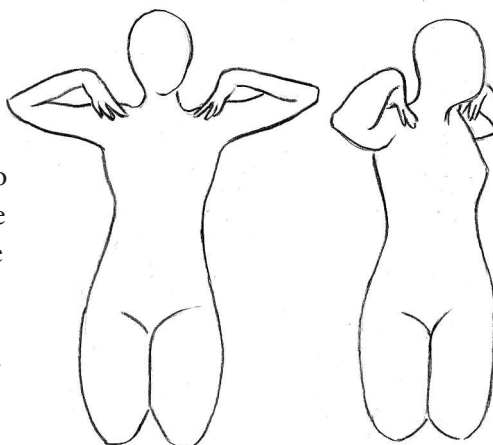
the chest. Be fast but smooth. Finally, breathe in, hold your breath and feel the center.

Practice for one minute. In the end raise your arms in *upaviṣṭa tādāsana*, and balance the sky on your palms for at least five breaths.



Meru Cakrāsana

Spinal twist pose. Sit in *vajrāsana* with your hands holding onto your shoulders, and your upper arms parallel to the ground and stretched to the sides. Then start to gently turn the upper body from left to right. Breathe in when turning to the left and out when turning to the right. Be fast but smooth. Finally, breathe in, hold your breath and feel the center.

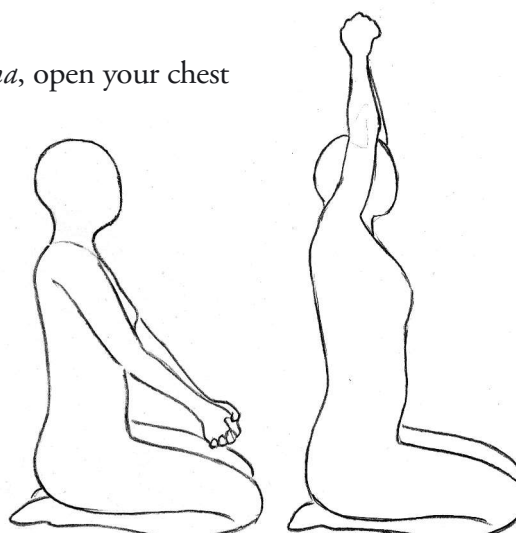


Practice for one minute.

Svarga Takṣanāsana

Chopping the sky pose. Still in *vajrāsana*, open your chest and interlace your fingers. Raise your arms to the sky. Breathe in when your arms are elevated and breathe out forcefully when you lower them. Create a joyful rhythm.

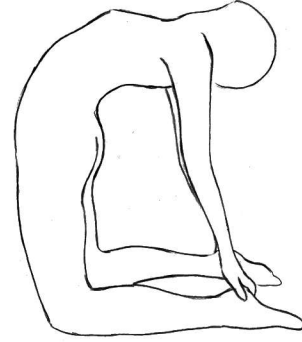
Practice for one minute, when you inhale in end raise your arms in *upaviṣṭa tādāsana*, and balance the sky on your palms for at least five breaths. venerate the golden *suṣumnā*.



Uṣṭrāsana

Camel pose. Move from *vajrāsana* into *uṣṭrāsana*. Hold gently on your heels with the thumbs pointing outwards. Raise your chest to the sky, the hip moves in front. For *ardha uṣṭrāsana*, the left hand will first hold onto the right heel while the right arm will extend above. Push yourself deep into the *āsana* and try to fall into the sky.

Practice five times on each side with deep breaths.



Bhaivari Mudrā

Rest in *bhaivari mudrā* and gaze inside yourself. Forbid your senses from straying outside. Keep the mind firmly fixed at the center. Imagine a bright flame burning in the base of your body. This flame is like a bolt of lightning. It burns brightly without smoke.

Bija nyāsa

Sit in meditation posture with your hands outstretched and fixed. Perform *mūlabandha* at the beginning of each sound. Let these *bijas* move through your body, from the base to your head. Perform our *bija nyāsa*. Feel the grace of the Goddess.

Finally, perform *namaskāra mudrā* and breathe deeply.

Summary

<i>Bījasana</i>	Seed posture
<i>Naukāśana</i>	Boat posture
<i>Merudaṇḍāsana</i>	Spinal column pose
<i>Druta Utkāṭāsana</i>	Fast upward rising pose
<i>Gatyatmak Vajrāsana</i>	Dynamic Vajrasana (Camel ride)
<i>Meru Cakrāsana</i>	Spinal wheel pose
<i>Kandhā Cakrāsana</i>	Shoulder wheel pose
<i>Svarga Takṣanāsana</i>	Chopping the sky pose
<i>Ardha Uṣṭrāsana</i>	One sided Camel pose
<i>Bhaivari Mudrā</i>	gesture of the fearless
<i>Bīja nyāsa</i>	Placing the seed sounds

Vision, content, design and drawings by Clemens Biedrawa