



MATSYA SVĀDHIṢṬHĀNA KRIYĀ

Svādhiṣṭhāna is vitality, movement, emotion and love. The more these waters are moved the stronger the spiritual endeavor. It will give life and remove energy blockages.

60–90 minutes.

HATĪHA PRĀṆĀYĀMA

Use the power of your imagination.

Sun-Moon breath. Picture a large shining sun in front of you. Enjoy the image. This sun is floating into the right side of your body, vitalizing all.

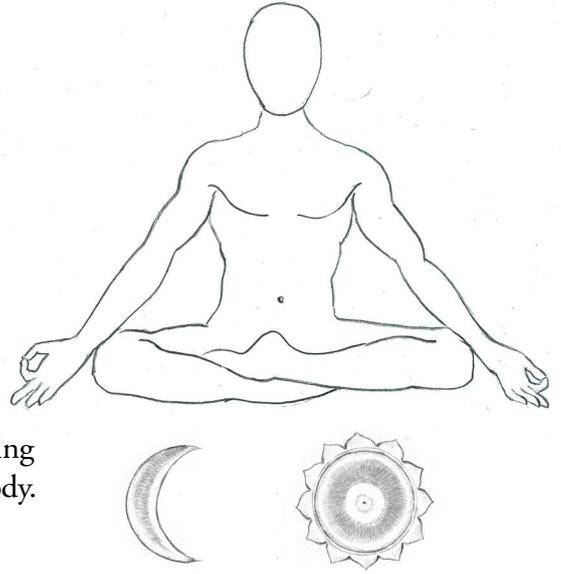
Imagine a full glowing moon in front of you. Enjoy the vision.

This moon is floating into the left side of your body, healing all. Now breathe strongly and fearlessly.

Breathe in and imagine a beam of silvery healing light settling into *mūlādhāra* from above through the left side of your body. Hold the breath in *mūlādhāra* for three seconds.

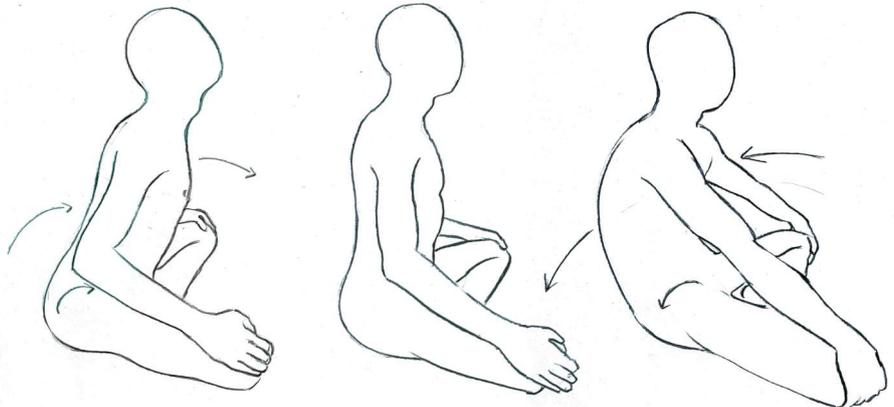
Then breathe out and imagine the golden light of the sun rising from *mūlādhāra* through your right side and out into the sky. Hold the out-breath for three seconds. Breathe deeply and fearlessly.

Do this for at least three minutes. Enjoy the vision and be thankful at the end.



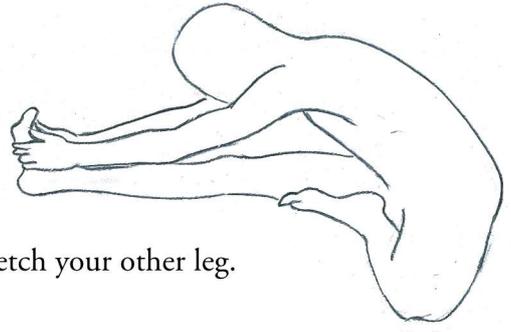
GATYATMAK UṢṬRĀSANA

Camel ride. Sit in *siddhāsana* or *sukhāsana* (easy pose), with arms stretched out and resting on the knees. Then start to gently rock the body. Breathe in, tilt the pelvis forward and open your chest. Exhale, tilt the pelvis backward and close your chest. Be fast but smooth.



Finally, breathe in, hold your breath and feel the center.

Practice joyfully for one minute



JĀNUŚIRĀSANA

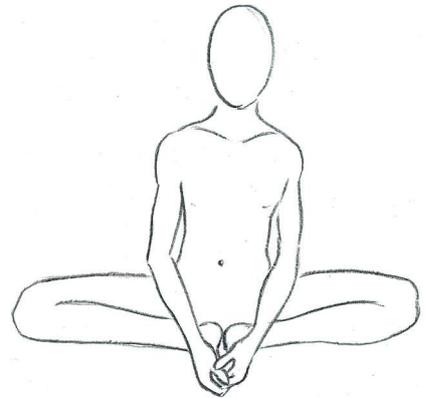
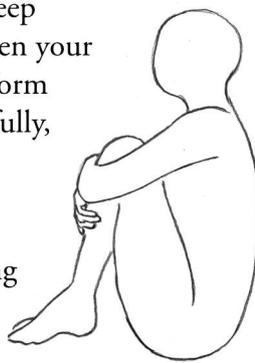
Head to knee pose. Put your heel against the perineum and stretch your other leg. Hold onto your foot and come down gently.

Perform three times, breathing deeply. Then one minute of *kapālabhāti* on each side.

TITALIĀSANA

Butterfly pose. Come into *Bijāsana*, take a few deep breaths, hold your legs tight, and from there open your legs and come into the butterfly pose. First perform the butterfly quickly and dynamically, but playfully, for one minute.

Stretch out your spine, feel the center and pull yourself up. Enjoy the creative energy underlying the posture. Pull your genital muscles inward and perform *kapālabhāti*.



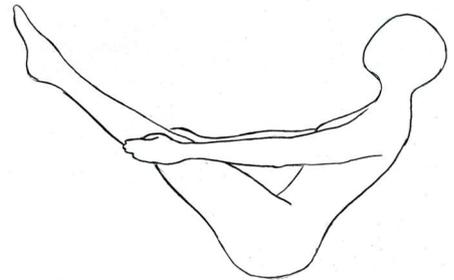
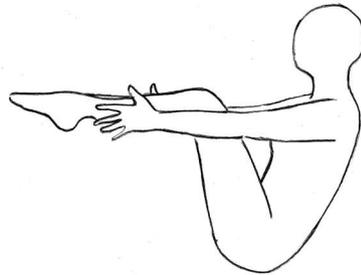
Perform dynamic at first for about one minute, then *kapālabhāti* for at least another minute before bending forward while breathing deeply.

NAUKĀSANA

Boat pose. Through *Bijāsana*, gently pull your legs up and stretch them into *naukāšana*.

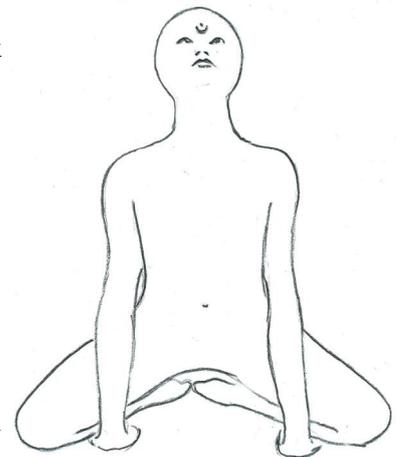
Keep your spine straight. Open your arms parallel to the ground next to your feet. Keep a 60 degree angle between your legs and chest. Hold for as long as you can. When your muscles fail, simply come back by hugging your legs. Continue when your strength is regained.

Practice for one minute with long and deep breaths.



SIMHĀSANA

Lions pose. Sit in *vajrāsana*, then open your legs, place your hands inwardly in front of you on the ground. Hold your rear out and contract your anus muscles (*aśvinīmudrā*). Rest your head on your neck and gaze at the sky or at *ājñā* chakra. Feel the underlying creative



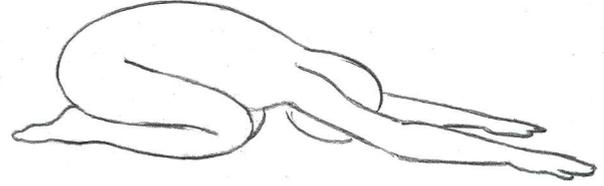
energy. Stretch your back up to the sky. Elongate yourself, breathe deep.

Perform this for more than one minute. Then relax with your chin on your chest in *vajrāsana*.

ŚAṢANKĀSANA

Rabbit pose. From *vajrāsana*, with your knees still open, stretch up and bend forward to *śaṣankāsana*. Surrender. Stretch out your arms.

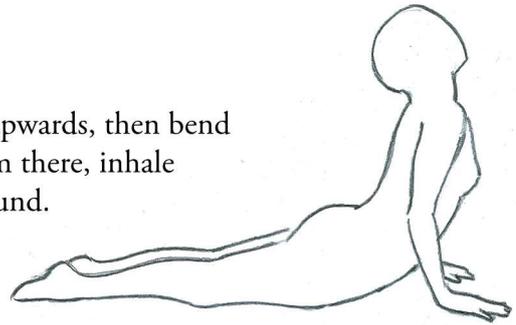
Practice with very deep breathing for more than one minute.



ŚAṢANK BHUJAṄGĀSANA

Striking cobra pose. Then, gently close your knees, stretch upwards, then bend forward again into *śaṣankāsana*. Stretch out your arms. From there, inhale and move into *bhujāṅgāsana* with your face close to the ground. Breathe out and move back into *bhujāṅgāsana*. Do this at a gentle pace.

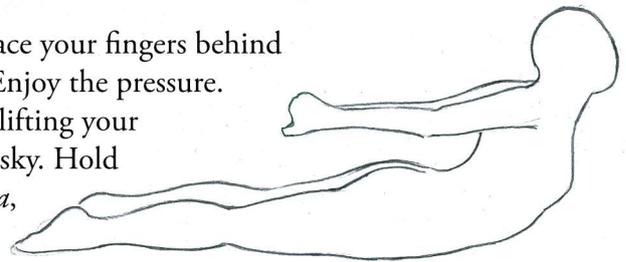
Practice 5–10 times. Relax in *śaṣankāsana*



SARPĀSANA

Snake pose. Lay down on your belly and relax. Interlace your fingers behind your back and feel your fist resting on your sacrum. Enjoy the pressure. Breathe. Pull your feet together and breathe in while lifting your upper body from the pelvis upwards. Look up to the sky. Hold the breath as long as is comfortable when in *sarpāsana*, then breathe out and lower yourself. Come up and down to the rhythm of your deep breathing.

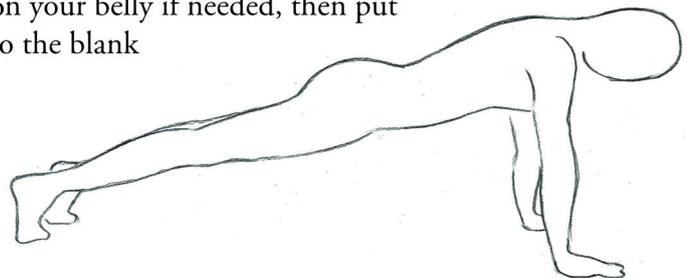
Do this for about one minute. Then relax in *advāsana*.



SANTOLĀSANA

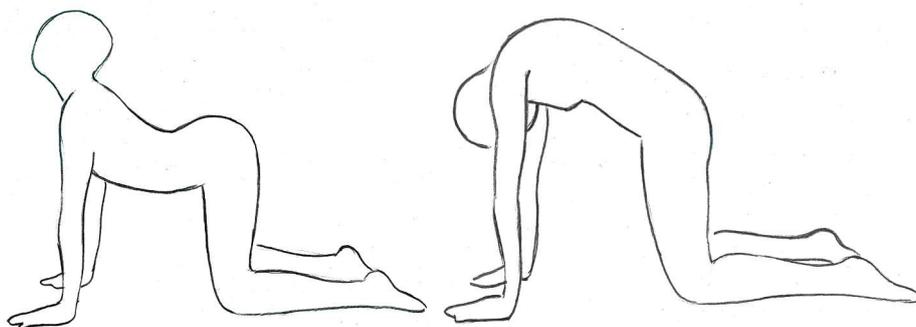
Platform pose. Come to the ground and relax on your belly if needed, then put your hands under your shoulders and move into the blank pose.

Perform this Asana with *kapālabhāti* for one minute, then relax in *śaṣankāsana*.



MAJARIĀSANA

Move into the cat–cow posture. Move quickly and gently from the cat to the cow. Do this slowly so as to void getting dizzy, but find a nice speed. Breathe in while looking up, head on neck. Then, breathe out while looking into your navel.



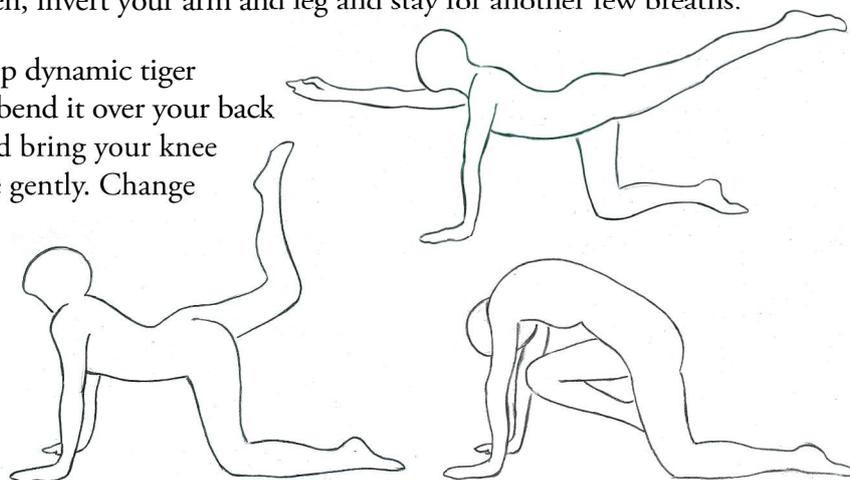
Do this for one minute getting gradually slower until the movement follows a long deep breath.

VYĀGHRĀSANA

Tigers pose. Stay in this posture. Stretch out your right arm and left leg horizontally. Look forward. Breathe deeply and stay here. Then, invert your arm and leg and stay for another few breaths.

Then, start with the slow and deep dynamic tiger pose. Stretch one leg out up and bend it over your back while looking up. Breathe out and bring your knee inwardly to the forehead. Breathe gently. Change sides. Enjoy the dynamism.

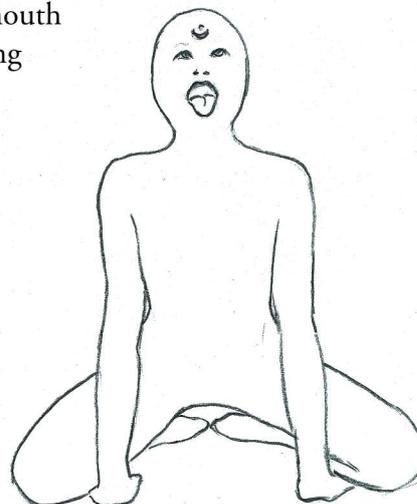
Do this for over one minute. Then relax deeply in *śaṣankāsana*.



SIMHAGARJANĀSANA

Sit in *vajrāsana* and open your legs. Place your hands on the ground inwardly facing in front of you. Extend your rear and contract your anus muscles (*āśvinīmudrā*). Rest your head on your neck and gaze at the sky or *ājñā* chakra. Feel the underlying sexual energy. Open your mouth wide and stick out your tongue. Breathe in deeply through the nose and exhale through the mouth while making the sound of a hissing cat. Let it out, don't hold anything back.

Do so about one minute. Then relax with your chin on your chest in *vajrāsana*.



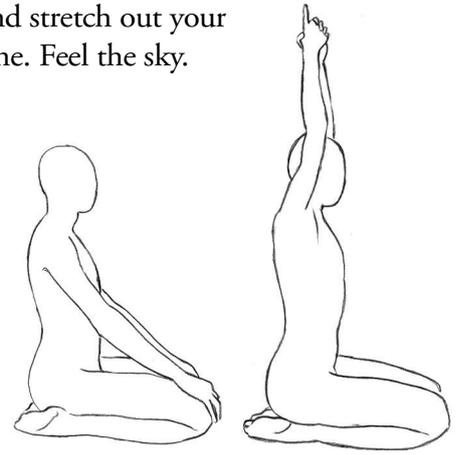
VAJRĀSANA

Thunderbolt pose. If you experience the slightest discomfort in *vajrāsana*, place a blanket under your ankles. You must be comfortable.

Breathe long and deeply. Hold your thighs with your open hands and stretch out your arms. Tighten the muscles of your thighs slightly. Elongate your spine. Feel the sky.

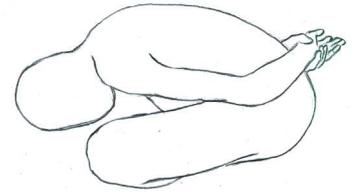
Hold your hands up to the sky, index fingers pointing upwards. In Kaplabhati, stretch yourself up for one minute. Then breathe in, holding the breath, and exhale slowly. Repeat one more breath.

Stay here in *kapālabhāti* for at least one minute.



YOGAMUDRĀSANA

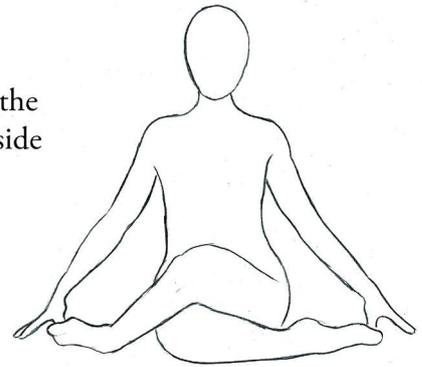
Gesture of union. Open your legs slightly. Take your right wrist behind your body with your left arm. Open your chest. Lean forward until your forehead touches the ground. If this is difficult, open your legs wider. Feel the gentle pressure on your forehead. Concentrate on a beautiful flame burning on your forehead. Inside, and silently, repeat your favorite mantra.



DHYĀNA VĪRĀSANA

Come into the great *dhyāna virāsana*. Fold your left leg inwardly over the right and the right leg inwardly under the left. The heels should be beside the buttocks. Concentrate on your forehead on which there is a shiny silver disk. Feel great and royal. You are the hero.

Perform this with three deep breaths in *bhrāmarī*.



PAŚCIMOTTĀNĀSANA

Practice with deep breathing, relax all your being and stretch.

One minute with deep breathing.



BĪJA NYĀSA

Sit in meditation posture with your hands stretched out and fixed. Perform our *bīja nyāsa* (as explained at the end of the introduction to this chapter).

ŚAVĀSANA

Lay on the ground and surrender completely.



Contemplate. I am the pulsing heart, forever and undying. I am with you. You are with me. Thank you.

SUMMARY

<i>Haṭha Prāṇāyāma</i>	Sun-Moon breathing
<i>Gatyatmak Uṣṭrāsana</i>	Camel ride (dynamic camels pose)
<i>Jānuśīrāsana</i>	Head to knee pose
<i>Titaliāsana</i>	Butterfly pose
<i>Naukāšana</i>	Boat pose
<i>Siṃhāsana</i>	Lions pose
<i>Śaṣankāsana</i>	Hare pose (rabbit)
<i>Śaṣank Bhujāṅgāsana</i>	Striking cobra (rabbit-cobra)
<i>Sarpāsana</i>	Snake pose
<i>Santolāsana</i>	Balancing pose (platform pose)
<i>Majariāsana</i>	Cat pose
<i>Vyāghrāsana</i>	Tigers pose
<i>Siṃhagarjanāsana</i>	Roaring lions pose
<i>Vajrāsana</i>	Thunderbolt pose
<i>Yogamudrāsana</i>	Attitude of Yoga
<i>Dhyāna Vīrāsana</i>	Meditating heros pose
<i>Pāścimottānāsana</i>	Back stretch pose
<i>Bija Nyāsa</i>	Placing the Seed sounds
<i>Śavāsana</i>	The corpse pose