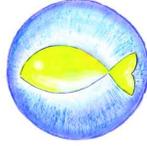
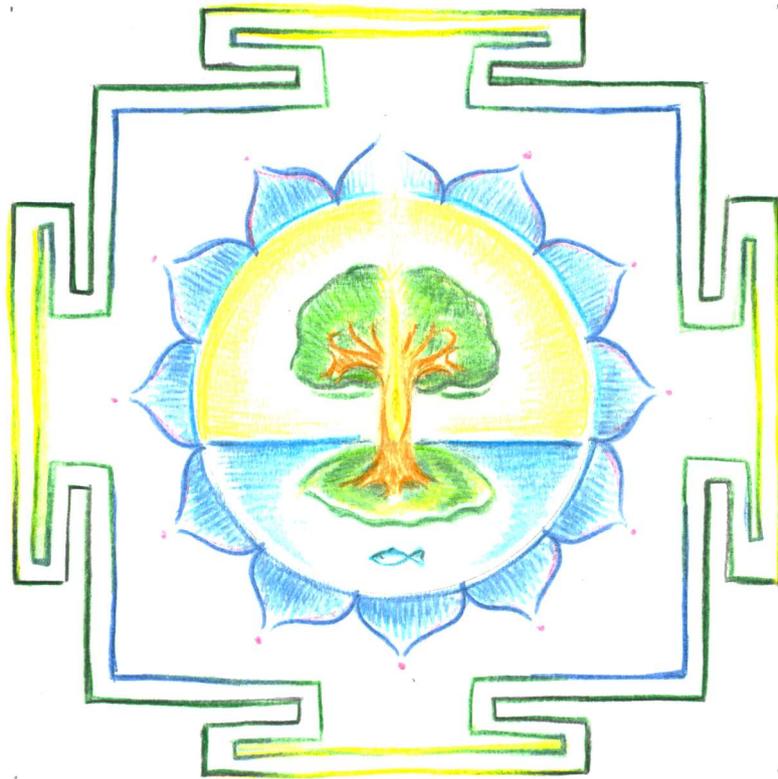


MATSYA KUNDALINI YOGA ACADEMY



# KUNḌALINĪYOGA

## KRIYĀ



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## MATSYA ANĀHATA KRIYĀ

Anāhata is the unstruck sound, the eternal flame. It is the place one should celebrate. It is home. It is reason. It is the reason to live. It is you. Celebrate this place.

60–90 minutes.

### *Namaskāra Mudrā*

Gesture of gratitude. Sit in mediation posture with your hands pressed against each other in front of your heart. Feel yourself falling in the space of your heart. Feel the point of maximum repose inside of you. There you rest. Deeply and profoundly. Just relax in your heart.

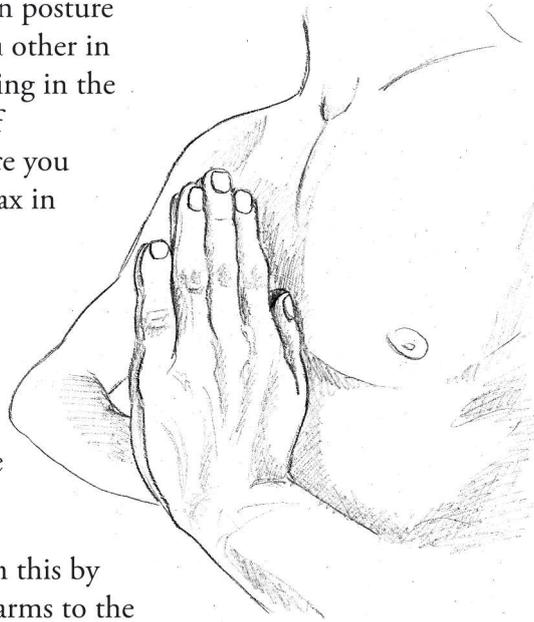
Then gently open your arms to the sides. Then stretch them as far as you can as if somebody were pulling them to the side. You are welcoming a friend. Take at least five deep breaths.

More advanced students can perform this by using *bhrāmarī*. First one opens the arms to the sides, then using *bhrāmarī* again to close them over the heart. Feel the heart contain nothing but an all-inclusive sound. Move between in and out breath. If one can perform *bhrāmarī* when breathing in as well, one should so it.

This can take up to five minutes.

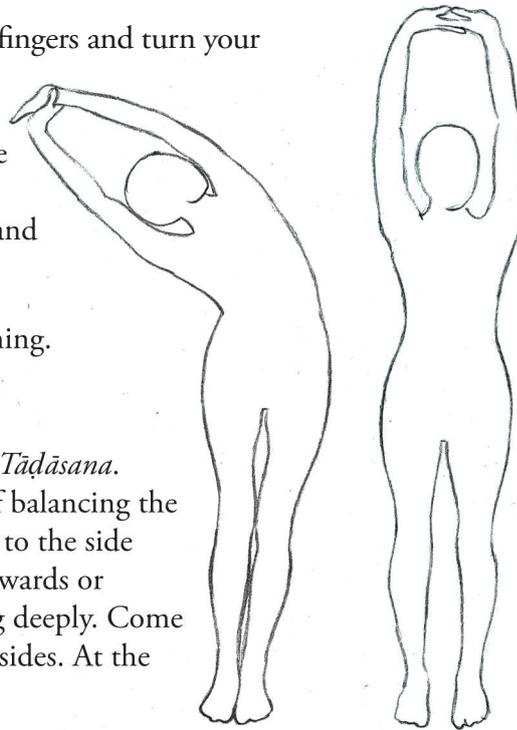
After this, slowly bring your hands in front of the heart, the palms touching each other, and apply a slight (but noticeable) pressure. Open your chest. Straighten out your spine and use *mūlabandha*. Mentally, or out loud, repeat the “On Ma” mantra.

Remain like this for at least one minute.



### *Tāḍāsana*

Palm tree pose. Stand up, interlace your fingers and turn your palms upwards over your head. Stretch up as far as you can and feel yourself balancing the sky on your palms. Breathe deeply, raise yourself on your toes and stretch even higher. Finally, breathe out and come to *samāsthitiḥ*.



Practice for one minute with deep breathing.

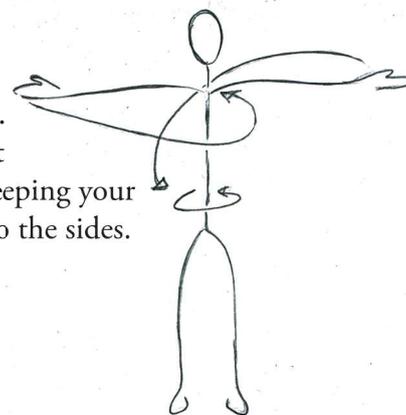
### *Tiryaka Tāḍāsana*

Swaying palm tree pose. Stretch up into *Tāḍāsana*. Stretch as far as you can and feel yourself balancing the sky on your palms. Breathe out and lean to the side without turning your torso or arms backwards or forwards and stay in one place, breathing deeply. Come to the center on the inhale, then change sides. At the end, come to *samāsthitiḥ*.

Practice each side for 20–30 seconds with deep breathing.

### *Kati Cakrāsana*

Waist wheel pose. Open your legs shoulder wide and stretch your arms to the sides. Feel the stretch. Stretch as far as you can. Breathe deeply, then start rotating your arms and torso dynamically while keeping your hips in position. Breathe into the center and out to the sides. Be joyful. Once done, come to *samāsthitiḥ*.



Practice for one minute with deep breathing.

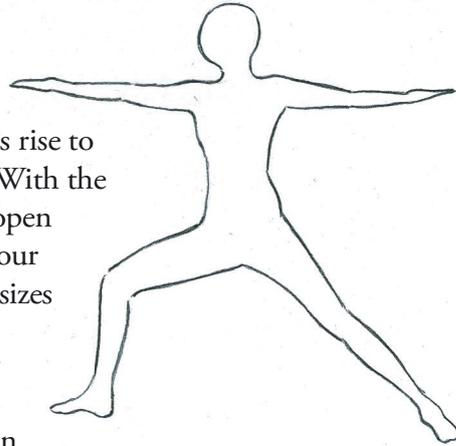
### *Tāḍāsana*

Palm tree. Again stretch up into *Tāḍāsana*. Venerate the sky.

Practice for 30 seconds with deep breathing

### *Virabhadrasana*

Warrior pose. Standing in *namaskāra mudrā*, Step backwards with your left foot and turn it 90 degrees outwards. Your hands rise to the sky the index finger pointing upwards. With the exhalation open your arms to the side and open your pelvis, so that it is in one plane with your legs. The palms facing upwards, this emphasizes *anāhata*. Enjoy this beautiful posture.

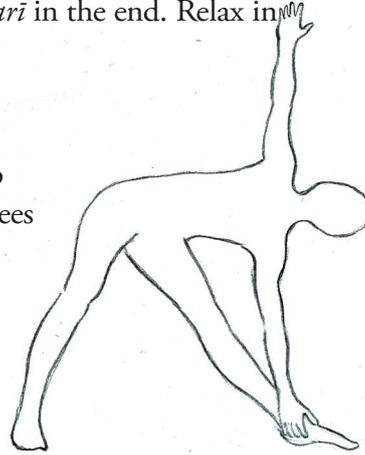


To change step to the front into *namaskāra mudrā* and repeat on the other side. One can add different variations of *virabhadrasana*.

Take a few deep breaths, *kapālabhāti* and *bhrāmarī* in the end. Relax in *pādahastāsana*

### *Trikoṇāsana*

Triangle pose. Standing in *namaskāra mudrā*, step backwards with your left foot and turn it 90 degrees outwards. Open your arms horizontally over the ground. With the next exhalation, move forward and down with your upper body to the right side. Turn your arms from a horizontal to a vertical axis. Keep them in the same plane. Put your right arm against your leg. Open the left shoulder. Look up and stretch to that which is above. After breathing deeply, step back to *namaskāra mudrā* and change sides.



Take three normal breaths and five deep breaths in *bhrāmarī*.

### *Eka Pada Prāṇāmasana*

Tree pose. From *namaskāra mudrā* come to the tree pose. Play with lightness with several variations of this pose. Change sides.

About one minute for each side.



### *Garuḍāsana*

Eagle pose. From *namaskāra mudrā* move into the eagle. Feel the center. Enjoy its firmness.

30 for seconds each side.

### *Trikoṇāsana*

Triangle pose. Again, perform *trikoṇāsana*.

Take three normal breaths and *kapālabhāti* .

### *Hastottānāsana*

Raised arms pose, Backward bend.

Stretch far up and behind, create a half moon shape with your body.

Remain here gazing at the sky for about 5 breaths.

### *Pādahastāsana*

Hands to feet pose. Bend gently forward, bending your knees. Hold your toes and breathe deeply. Then gently stretch the knees while keeping your belly on the thighs.

Practice until you are completely relaxed.

### *Vajrāsana*

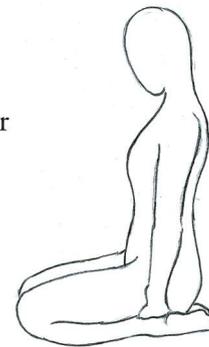
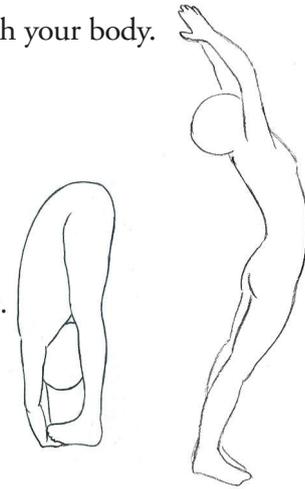
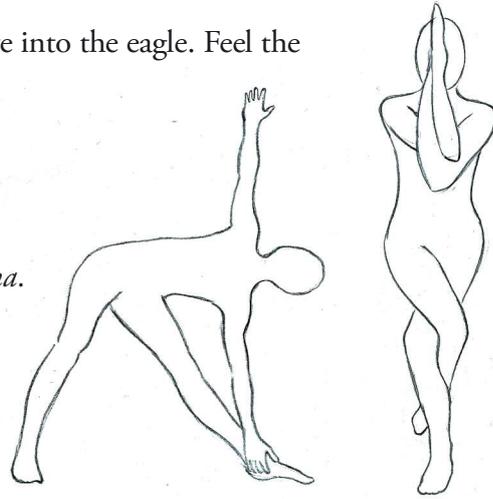
Thunderbolt pose. Finally, sit down in *vajrāsana*. Apply *jālandharabandha* and put your hands on your heart. Breathe deeply.

Stay here until you are strong and centered. .

### *Ananda Madirasana*

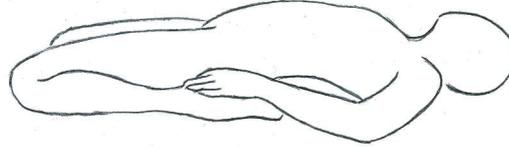
Intoxicating bliss pose. Sit in *vajrāsana*. Place your fingers under the inside of your feet, but keep your thumbs up. Perform *mūlabandha*, lean forward and feel your chest being opened. Breathe into your heart. Meditate over the trancelike bliss.

Stay here for at least one minute with *kapālabhāti* and then *bhrāmarī*.



### *Supta Bhadrāsana*

Sleeping gracious pose. Sit in *bhadrāsana*, but turn your feet outward so they are next to your buttocks. Then bring your arms behind your body and beside your feet, lean the upper body backward. Only go so far down as to be able to get up easily. Place the back of your head on the ground. Breathe deeply.



Stay here for 30–60 seconds.

### *Śaṣankāsana*

The rabbit. Open your knees wide, just like in *bhadrāsana*, stretch up and bend forward to *śaṣankāsana*. Surrender and stretch forward.

Practice with very deep breathing and *bhrāmarī* for more than one minute.



### *Ardha Matsyendrāsana*

Half sided spinal twist. Put your left leg over your right thigh, right foot on the left and the left foot on the ground on the right side of the body. Hold your knee and feel this posture's beauty. When the feeling comes, gently use your breath to rotate to the right. Breathe deeply, massage your intestines. Change sides.

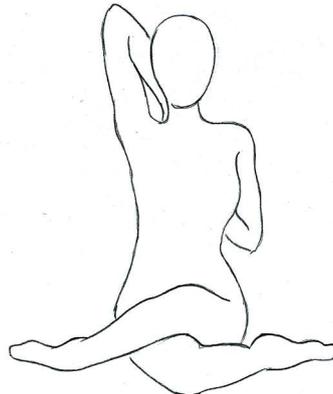
Perform this for one minute on each side, breathe deeply or use *kapālabhāti*.



### *Gomukāsana*

Cows face pose. Sit in *dhyāna vīrāsana* and open your chest. Fold your arms either in prayer pose or from up to down behind your back. Open your chest and breathe deeply. Change sides. Legs and arms.

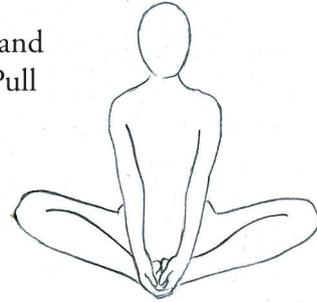
Practice five deep breaths on each side.



### *Titaliāsana*

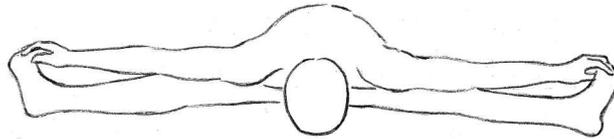
Butterfly pose. Open your legs. Come into the butterfly and stretch your spine. Feel the center and pull yourself up. Pull *mūlabandha* and perform *kapālabhāti*, then *bhrāmarī*.

Perform *kapālabhāti* for at least 30 seconds before bending forward in *bhrāmarī*



### *Pāda Prasara Pāścimottānāsana*

Forward bend with legs wide. Open your legs and hold on your toes, stretch with the chest forward till you reach the ground. If you can't just imagine that you do so ;-). Open your heart to the earth underneath. Stretch about one minute with deep *bhrāmarī*..



### *Matsyāsana*

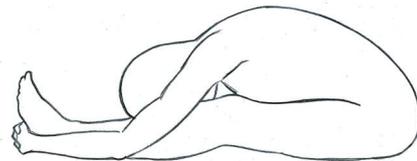
Fish pose. Lay back and support your rear with your hands, stretch your legs, and arch up your chest. Practice three times with deep breathing. Relax by pulling the knees to the chest.



One minute of *kapālabhāti*, then take a few deep breaths.

### *Pāścimottānāsana*

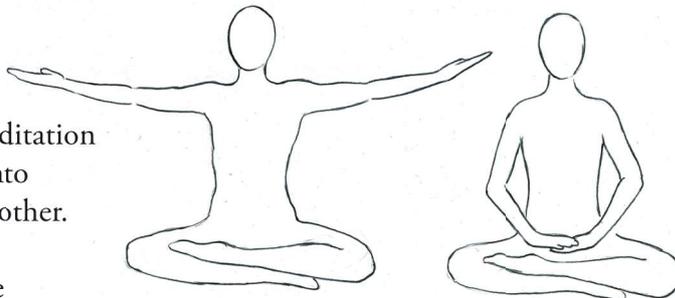
Back stretch pose. Practice with deep breathing and stretch.



One minute with deep *bhrāmarī*..

### *Prāṇa Mudrā*

Gesture of Energy. Sit up straight in a comfortable meditation posture. Bring your hands into *bhairava mudrā*, one on the other. Face your palms upwards. Then, when inhaling, elevate



your hands with your palms facing inwards until they are over the eyebrow center, fingertips pointing to one another. Then raise and open your arms over your head so that the palms are at the height of your ears, palms facing the sky. Hold your breath for a glimpse of time. In the *inbreath*, bring the arms back down the way they came, lowering them one over the other in *bhairava mudrā*. Hold the breath in emptiness. Follow the rhythm of your breath. The in- and *outbreath* must have the same duration. Holding your breath outside or inside must also be of same intensity and duration. The *prāṇas* must be balanced.

Perform for at least five minutes with deep breathing.

### *Bīja Nyāsa*

Placing the seed sounds. Sit in meditation posture with your hands outstretched and fixed. Perform *mūlabandha* at the beginning of each sound. Perform our *bīja nyāsa*.

Finally, perform *namaskāra mudrā* and breathe deeply.

### *Śavāsana*

Corpse pose. Lay on your back with your palms facing upwards. Contemplate the following: I am the sound of eternity, I am the heart. Wherever I go, whatever I am, I am the heart. The heart is all, and all that will ever be. Nothing is outside of it.



## Summary

<i>Namaskāra Mudrā</i>	Gesture of gratitude
<i>Tāḍāsana</i>	Palm tree pose
<i>Tiryaka Tāḍāsana</i>	Sawing palm tree pose
<i>Kati Cakrāsana</i>	Dynamic spinal twist
<i>Tāḍāsana</i>	Palm tree pose
<i>Virabhadrasana</i>	Warrior pose
<i>Trikoṇāsana</i>	Triangle pose
<i>Eka Pada Prāṇāmasana</i>	Three pose (one foot prayer pose)
<i>Hastottānāsana</i>	Raised hands pose
<i>Pādahastāsana</i>	Hands to feet pose
<i>Vajrāsana</i>	Thunderbolt pose
<i>Ananda Madīrasana</i>	Intoxicating bliss pose
<i>Supta Bhadrāsana</i>	Sleeping gracious pose
<i>Śaṣankāsana</i>	Hare pose, rabbit
<i>Ardha Matsyendrāsana</i>	Half sided spinal twist, (Matsyendras pose)
<i>Gomukāsana</i>	Cows face pose (holy cow ;-)
<i>Titaliāsana</i>	Butterfly pose
<i>Pāda Prasara Paścimottānāsana</i>	Leg spread back stretch pose.
<i>Paścimottānāsana</i>	Back stretch pose
<i>Prāṇa Mudrā</i>	Attitude of energy
<i>Bija Nyāsa</i>	Placing the seed sounds
<i>Śavāsana</i>	The corpse pose

Vision, content, design and drawings by Clemens Biedrawa