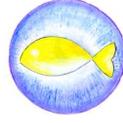
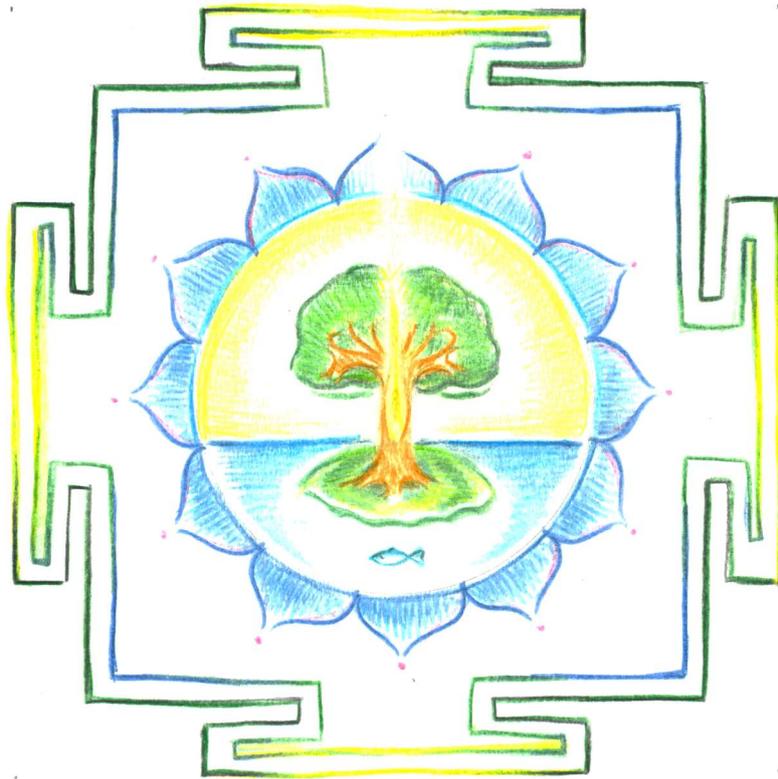


MATSYA KUNDALINI YOGA ACADEMY

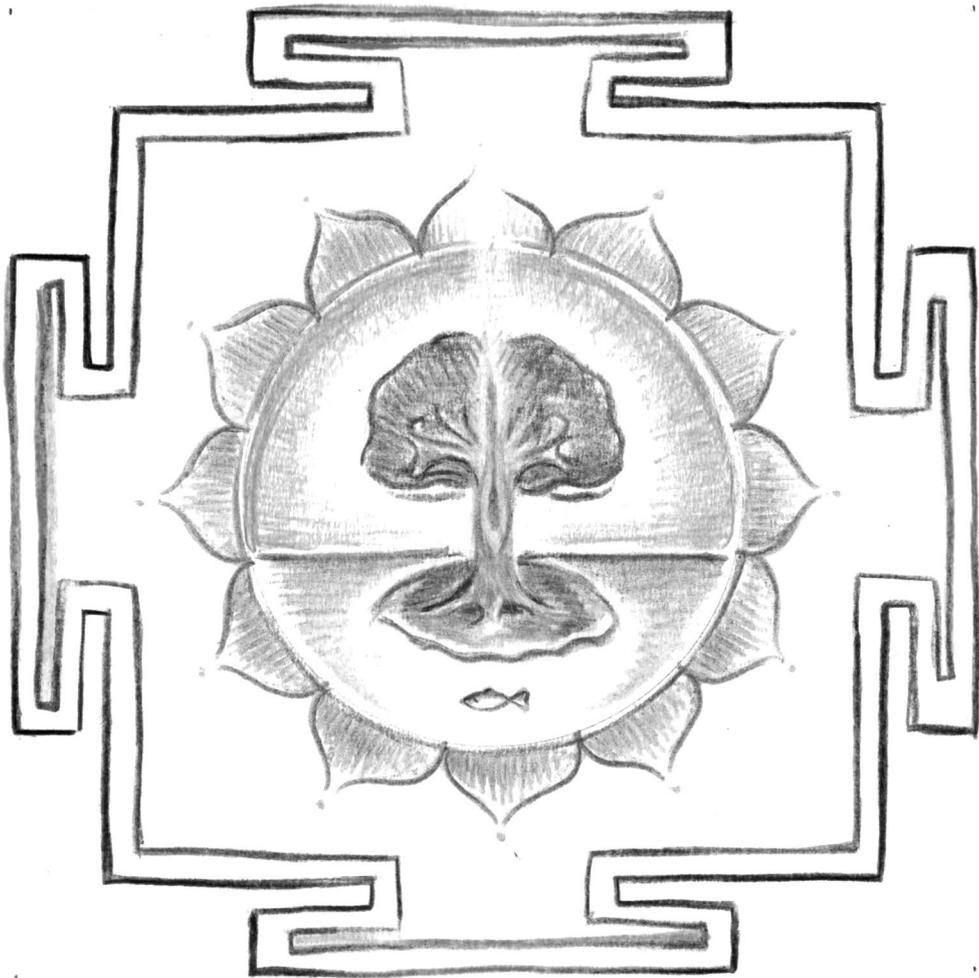


# KUNḌALINĪYOGA

## 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.

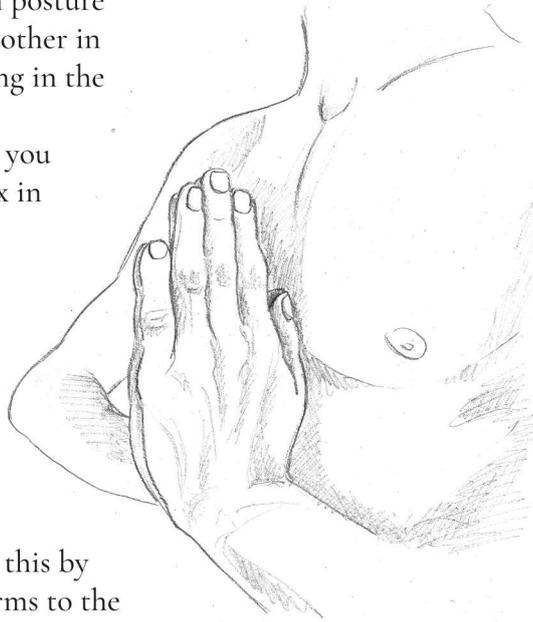
Then gently open your arms to the sides. Then stretch them as far as you can as if somebody were pulling them to the side. You are welcoming a friend. Take at least five deep breaths.

More advanced students can perform this by using *bhrāmarī* when stretching the arms to the sides, using *bhrāmarī* again to close them over the heart. Feel the heart contain nothing but an all-inclusive sound. Move between in and outbreath.

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 “*Oṃ Mā*” mantra.

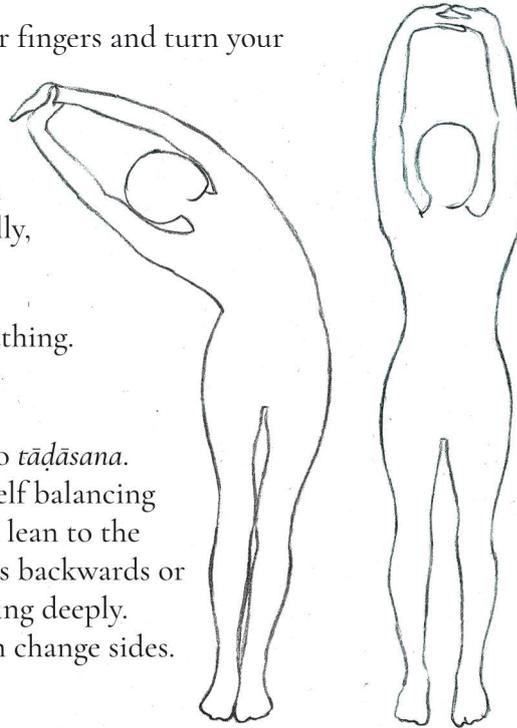
Remain like this for at least one minute.



### *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 *samāsthiti*.



Practice for one minute with deep breathing.

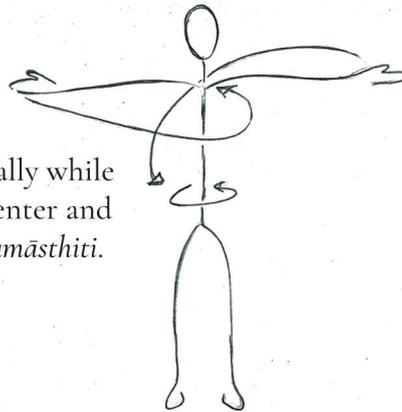
### *Tiryaka Tāḍāsana*

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 the center, breathing deeply. Come to the middle on the inhale, then change sides. At the end, come to *samāsthiti*.

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

### *Kaṭi 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 *samāsthiti*.



Practice for one minute with deep breathing.

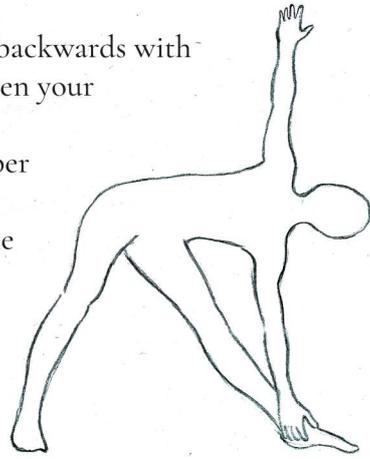
### *Tāḍāsana*

Palm tree pose. Again stretch up into *tāḍāsana*. Venerate the sky.

Practice for 30 seconds with deep breathing

### *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 outbreath, 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*.

### *Ekapāda Prāṇāmasana*

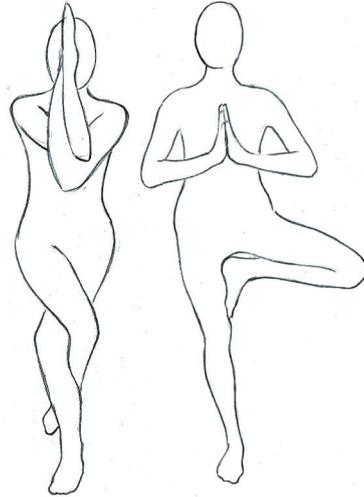
Tree pose. From *namaskāra mudrā* come to the tree pose. Play with lightness with several variations of this pose. Change sides.

About one minute for each side.

### *Garudāsana*

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

30 for seconds each side.



### *Trikoṇāsana*

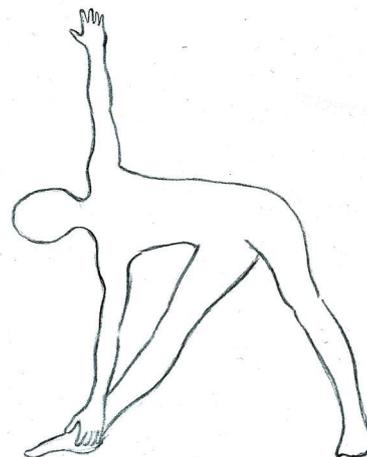
Triangle pose. Again, perform *trikoṇāsana*.

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. From *hastottānāsana* bend forward gently to a 90 degrees angle and perform *dwikonāsana* – the half angle pose if desired, then bending your knees come down completely and hold your toes. Gently stretch the knees while keeping your belly on the thighs.

Practice until you are completely relaxed with deep breathing.

### *Vīrabhadrāsana*

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 outbreath 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 *vīrabhadrāsana*.

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

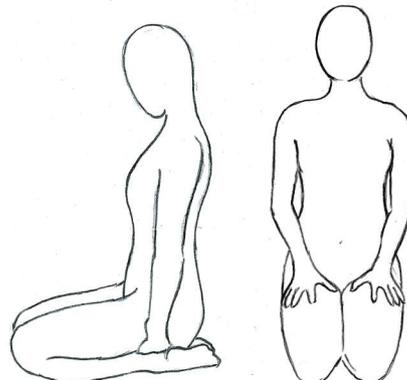
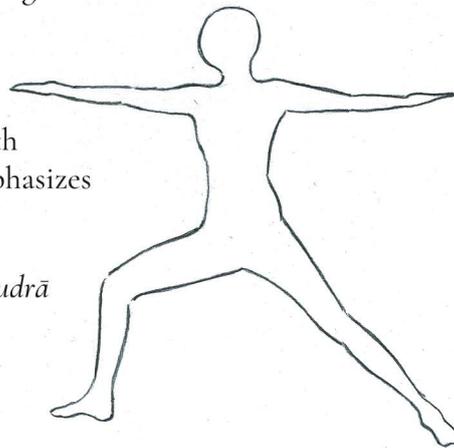
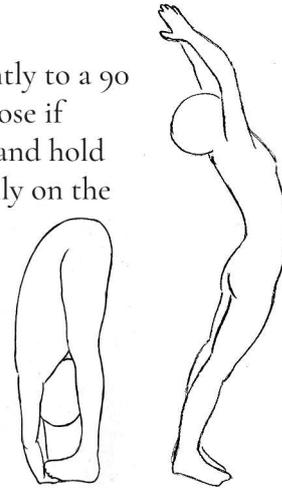
### *Vajrāsana*

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. .

### *Ānanda Madirāsana*

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 this trancelike bliss. Stay here for a few

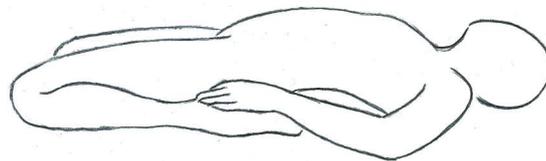


breaths feeling your heart. Then start with an gentle *bhastrikā* while moving your belly in and out. choose a speed that allows your lungs to fill and empty themselves completely. In the end breath in and hold with and extended abdomen. Then exhale and contract your abdomen. This is *ajgari*.

Practice with 5 deep breaths and then perform gently 5-30 times deep *bhastrikā*, *ajgari* and then relax.

### *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 like in the previous exercise.



Practice with 5 deep breaths and then perform gently 5-30 times deep *bhastrikā*, *ajgari* and then relax.

### *Śaśankāsana*

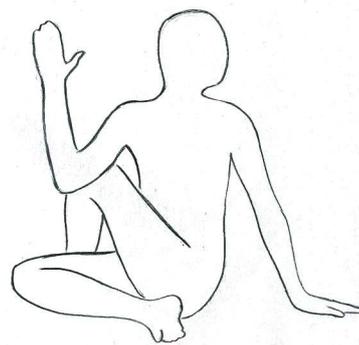
The rabbit. Open your knees wide, just like in *bhadrāsana*, stretch up and bend forward to *śaśankāsana*. Surrender and stretch forward.



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 *bhrāmarī*.

### *Gomukhāsana*

Cows face pose. Sit in *Dhyāna Virāsana* 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. Perform *mūlabandha* strongly.



### *Titali Āsana*

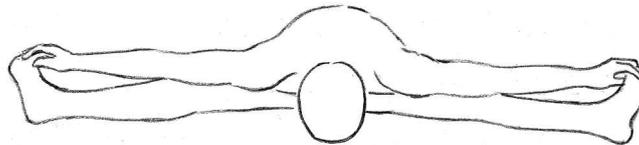
Butterfly pose. Open your legs. Come into the butterfly and stretch your spine. Feel the center and pull yourself up. Pull *mūlabandha*. First start with a gentle but dynamic movement, keep this gentle movement for about one minute. Then become more intense so to make the knees move stronger further up and down, keep this speed for another two minutes. After this become slow again and move the knees gently just like in the beginning for one minute. In the end breath in and hold. From here on continue with *bhastrikā* and *ajgari*.



Practice dynamically for 4 minutes slow-fast-slow and then 5 - 30 times *bhastrikā*, *ajgari* and then relax.

### *Pāda Prasāra Paścimottānāsana*

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.

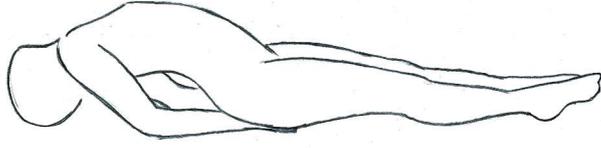


Practice with 5 deep breaths and then with gentle 5-30 times deep *bhastrikā*, *ajgari* and then relax.

### *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. And then deep and slow *bhastrikā*, inhale and hold in the end, exhale and contract the abdomen to rise the energy. Relax by pulling the knees to the chest.



Practice with 5 deep breaths and then with gentle 5-30 times deep *bhastrikā*, *ajgari* and then relax.

### *Pāścimottānāsana*

Back stretch pose. Practice with deep breathing and stretch.

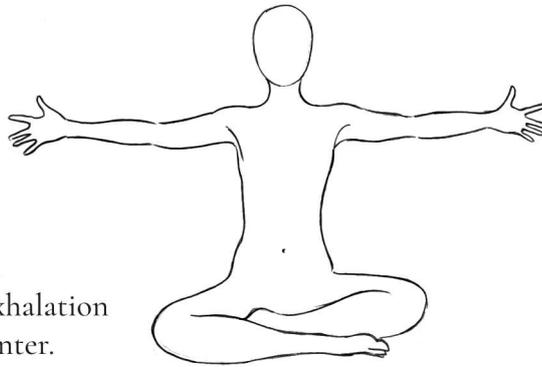
Practice with 10 deep breaths and then with gentle 5-30 times deep *bhastrikā*, *ajgari* and then relax.



### *Hṛdayāsana*

Heart pose. Come into meditation posture and stretch both arms to the sides. Open your fingers wide and fix your arms horizontally. Pull *mūlabandha* with joy. After a few deep breaths start joyfully and powerfully with *bhastrikā prāṇāyāma*.

In the end hold the inhalation and exhalation in *ajgari* to draw the energy in the center.

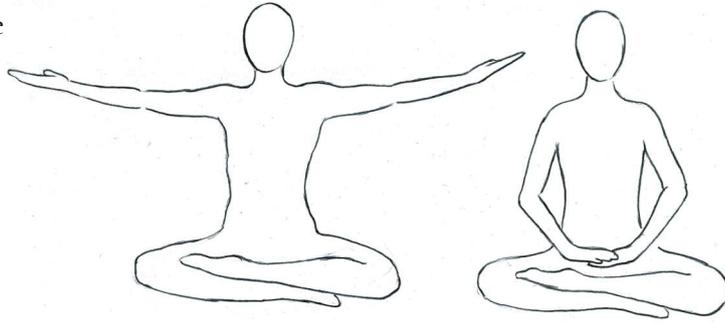


Practice with 5 deep breaths and then with gentle 5-30 times deep *bhastrikā* and *ajgari* and then relax.

### *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>Kaṭi Cakrāsana</i>	Dynamic spinal twist
<i>Tāḍāsana</i>	Palm tree pose
<i>Trikoṇāsana</i>	Triangle pose
<i>Eka Pada Prāṇāmasana</i>	Three pose (one foot prayer pose)
<i>Garuḍāsana</i>	Eagle pose
<i>Trikoṇāsana</i>	Triangle pose
<i>Hastottānāsana</i>	Raised hands pose
<i>Pādahastāsana</i>	Hands to feet pose
<i>Vīrabhadrāsana</i>	Warrior pose
<i>Vajrāsana</i>	Thunderbolt pose
<i>Ānanda Madīrasana</i>	Intoxicating bliss pose
<i>Supta Bhadrāsana</i>	Sleeping gracious pose
<i>Śaśankāsana</i>	Hare pose, rabbit
<i>Ardha Matsyendrāsana</i>	Half sided spinal twist, (Matsyendras pose)
<i>Gomukhāsana</i>	Cows face pose (holy cow ;-)
<i>Titli Āsana</i>	Butterfly pose
<i>Pāda Prasara Paścimottānāsana</i>	Leg spread back stretch pose.
<i>Matsyāsana</i>	Fish pose
<i>Paścimottānāsana</i>	Back stretch pose
<i>Hṛdayāsana</i>	The heart pose
<i>Prāṇa Mudrā</i>	Attitude of energy
<i>Bīja Nyāsa</i>	Placing the seed sounds
<i>Śavāsana</i>	The corpse pose