



# Balancing the Vayus

15 exercises 27 min - 27 min *Owners Manual for the Human Body*

"These are the five principal vayus: Praana, which moves in the heart; Udaana, which moves in the throat; Samaana in the navel region; Apaana, which moves in the sphere of the anus; and Vyaana, which pervades the whole body." –Theo Bernard

These five vayus have to have a combination and balance. This set moves all the vayus of the body and brings an equilibrium to the entire glandular system. If you can practice this set alone, you'll be surprised how much control over mind, body and soul, and combination you can achieve.

## 1. Sufi Circles

### **Sufi Circles (1 minute)**

1. Sit in Easy Pose.
2. Put your hands on your knees, keeping your spine straight and stiff.
3. Move cylindrically at the base of your spine. It's almost like rocking straight back and forth, but because you are not letting the spine bend, a small circular motion is achieved at your base.

## 2. Torso Bends - Sitting and Bending to Alternate Knees

### **Torso Bends (1 minute)**

1. Stay in Easy Pose and keep your hands on your knees.
2. Bend to the left, touching your forehead to your left knee and then bend to the right, touching your forehead to your right knee.

## 3. Torso Twists - Hands over Heart

### **Torso Twists (1 minute)**

1. Stay in Easy Pose and cross both hands at your heart center touching your chest.
2. Twist your body left and right moving your shoulders.

**Mudra** Hands over Heart

## 4. Bowing - Easy Pose

### **Bowing (1 minute)**

1. Still in Easy Pose, lock your hands behind your neck and bend forward toward the ground and rise up.

## 5. Cat Cow

### **Flexing (15 seconds)**

1. Get into Cat-Cow position and begin flexing your spine up and down as rapidly as possible for 15 seconds.

### **Clapping (1 minute)**

1. Then when you bring your head up, lift your hands from the ground and clap.
2. When you bring your head down, return your hands to the ground.

## 6. Frog Pose - Squats

### **Frog Pose (21 reps)**

1. Come into Frog Pose.
2. Start doing frog squats, straightening the legs while leaving the hands on the ground, and then lowering the buttocks back into a squat.

## 7. Kangaroo Jumps

### **Kangaroo Jumps (21 seconds)**

1. Stand like a kangaroo with knees bent and arms close to the sides bent at the elbows.
2. From this position start doing kangaroo jumps, leaping up into the air while holding the posture.

## 8. Cobra Rolls

### **Cobra Rolls (1 minute 30 seconds)**

1. Lie on your stomach with your heels together and your hands on the ground on either side of your chest.
2. Rise up into Cobra Pose.
3. From Cobra Pose roll your body to the left so that you end up lying on your back on the ground.
4. Roll back onto your stomach and rise back up into Cobra Pose.
5. Now repeat, turning your body to the right, rolling quickly over so that you again end up on your back on the ground.
6. Roll back onto your stomach, up into Cobra Pose, and continue.

## 9. Bow Pose

### **Bow Pose (1 minute)**

1. Come into Bow Pose and begin strong Breath of Fire so that your belly button moves.

**Breath** Breath of Fire

## 10. Fish Pose in Celibate Pose

### **Pound Upper Chest (20 seconds)**

1. Sit on your heels, spread your knees, and put your buttocks on the ground between your heels. Lie back so that your upper body is on the ground.
2. Begin pounding your upper chest with your fists (the lymph area).

### **Pound Belly (15 seconds)**

1. Now gently pound your belly.

### **Pound Thighs (15 seconds)**

1. Then pound your thighs heavily for 15 seconds.

### **Pound Navel Point (10 seconds)**

1. Now pound your navel point.

### **Pound Sides of Neck (15 seconds)**

1. Now pound both sides of your neck.

## 11. Sufi Grind - Easy Pose

### **Sufi Grind (51 seconds)**

1. Sit once more in Easy Pose with your hands on your knees.
2. Rotate your upper body, squeezing the digestive area.

## 12. Shimmy - On Back

### **Shimmy (2 minutes)**

1. Lie down flat on your back.
2. Extend your left hip and shoulder downward while you stretch your right hip and shoulder upward.
3. Then extend your right hip and shoulder downward toward your feet while stretching your left hip and shoulder upward.
4. Continue the alternating motion.

## 13. Leg Lifts - Both

### **Leg Lifts (1 minute 15 seconds)**

1. Still lying on your back with your knees straight and your heels together, lift your legs up to 90 degrees and lower them back down with breath of fire.

**Breath** Breath of Fire

## 14. Forward Bends - From Laying Flat

### **Forward Bends (1 minute 30 seconds)**

1. Still on your back, lock your hands behind your neck and rise up bringing your head to your knees and then lie back down flat.
2. Continue the motion.

## 15. Deep Relaxation

### **Deep Relaxation (10 minutes)**

1. Deeply relax on your back.
2. Feel the shakti energy moving in your spine.
3. Listen to Bhai Avatar Singh's tape of "Jai Tay Gung" for 10 minutes.  
In class Yogi Bhajan played this tape and also played the gong to further activate the shakti energy.

