



For Health and Openness

10 exercises 19 min - 37 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

1. Arm Swings - Standing

Comments: *This exercise is good for the heart and thighs.*

Arm Swings (1 minute to 2 minutes)

1. Stand up straight, feet about a foot apart.
2. Interlock your fingers, left little finger on the bottom, with the index fingers pressed flat together and pointed straight out. The right thumb should be crossed over the left.
3. Extend both arms straight up over your head.
4. With one swooping motion, swing the arms down straight in front and then up to the left side, then reverse the motion and swing back down and up to the center again.
5. Repeat the motion, swinging the arms to the right side and then back to the center once more.
6. Continue alternating side to side.



2. Arm Flaps - Standing

Comments: *This exercise helps remove deposits from the shoulder joints. It also builds mental calmness and the ability to persevere in spite of obstacles.*

Arm Flaps (2 minutes 30 seconds to 5 minutes)

1. Remain standing with the feet about a foot apart.
2. Extend both arms straight out to the sides, fingers straight, palm down.
3. From this position, move the arms down to a 45-degree angle then return to the original position.
4. Now move the arms up to a 45-degree angle then return them to the horizontal position.
5. Continue in this way, at a moderately rapid pace, each movement remaining distinct. Take care to keep the neck straight.



3. Squats - Arms Twisting

Comments: *This is an excellent exercise for keeping the knees flexible and for flushing toxins from the liver. It is also good for the cardiovascular system in general.*

Squats (3 minutes to 6 minutes)

1. Remain standing and place the feet about 2 feet apart.
2. Move to a count of 8: Extend the arms out straight in front of the body, palms down, parallel to the ground.
3. On 1, twist the arms to the right.
4. On 2, keep the arms extended to the right and squat down into Crow Pose.
5. On 3 stand back up, keeping the arms to the right.
6. On 4, return to the original position, with the arms straight out in front.
7. On counts 5-8, repeat on the left side.
8. As you continue this sequence, count aloud.
9. Be sure to twist all the way to each side, and when you squat down, come all the way down.

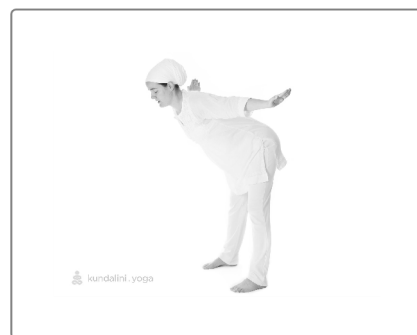


4. Arm Rotations - Front Bend

Comments: *This exercise helps prevent arthritis. It improves spinal flexibility, and helps you feel young!*

Arm Rotations (2 minutes 30 seconds to 5 minutes)

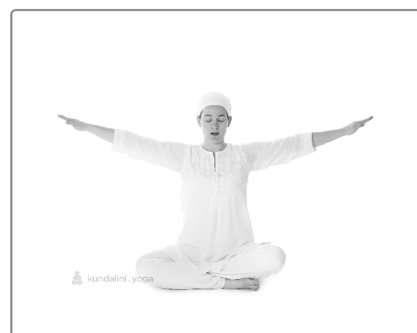
1. Remain standing.
2. Move to a count of 8: Counting aloud from 1 to 8, begin to bend from the waist, circling the arms in large forward circles.
3. Extend the arms straight out to the sides, hands relaxed.
4. On the count of 8, the body should be bent over as far as possible. Then, with backwards circles of the arms, begin rising back up to a standing position, counting out loud from 8 to 1.



5. Arm Flaps - Arms Extended

Arm Flaps (1 minute to 2 minutes)

1. Sit in Easy Pose.
2. Move to a count of 8: Extend the arms out straight to the sides, palms down.
3. On the count of 1, push the arms down 6-8 inches below horizontal.
4. On the count of 2, bring the arms 6-8 inches above horizontal.
5. Continue moving the arms up and down through the count of 7; on the count of 8, clap the hands loudly above the head.
6. Keep the arms straight. Go very fast!
7. Continue the sequence, counting aloud from 1 to 8.



6. Forward Bends - Sitting

Comments: *This exercise provides a good stretch for the life nerve and for the lower spine.*

Forward Bends (54 to 108 reps)

1. Sit with the legs extended straight out in front.
2. Extend the arms straight up overhead.
3. On the count of 1, touch the toes with the hands, keeping the knees straight as you stretch down.
4. On the count of 2, come back up to the original position.
5. Continue powerfully, counting aloud until you reach 108 (equals 54 repetitions).



7. Corpse Pose

Corpse Pose (2 minutes 30 seconds to 5 minutes)

1. Relax in Corpse Pose.



8. Leg Extensions - Prone

Comments: *This exercise improves abdominal muscle tone and aids the digestive system.*

Leg Extensions (54 to 108 reps)

1. Bring the knees to the chest and lock them tightly in place with the hands.
2. Then stretch the legs out straight, feet off the ground, arms relaxed on the ground.
3. Continue the sequence.
4. Count out loud. One complete cycle counts as one.



9. Squats - Venus Lock

Squats (26 to 52 reps)

1. Stand up with the feet about 18 inches apart.
2. Place the hands in Venus Lock on top of the head. Squat down into a modified crow pose as you count.
3. Then come back up to the original position and count 2.
4. Continue moving with lots of energy, at a fast pace, until you reach 52 (equals 26 repetitions).

Mudra Venus Lock



10. Meditation

Comments: *"Whatever you have said, whatever you have done now, believe it. It is for your health. It will give you openness."*

Chant Hum Dum Har Har Har Har Hum Dum (1 minute to 2 minutes)

1. Sit in Easy Pose with a straight spine.
2. In a monotone, at a steady, moderately fast pace, chant Hum Dum Har(a) Har(a) Har(a) Har(a) Hum Dum.
3. As you chant, calm the mind. Use the tip of the tongue to shape the words.



To End

1. Inhale and hold the breath for 10 seconds.

Chant God and me, me and God are One (1 minute to 2 minutes)

1. Now begin chanting God and Me, Me and God are One.

Mantra

Hum Dum Har Har Har Har Hum Dum
God and me, me and God are One

