



New Lungs and Circulation

9 exercises 21 min - 26 min *KRI International Teacher Training Manual Level 1*

You feel full of energy and in control when the lungs and circulation are in excellent shape. The breath and its flow in the body determines your emotional base.

This set rebuilds the lungs and improves circulation throughout the body.

It is a rhythmical and short kriya for intermediate students or for enthusiastic beginners who are in good condition.

In 22 minutes a day you can practice this kriya and rebuild your system.

It will prepare your lungs for an excellent practice of pranayam in Kundalini Yoga.

1. Arm Swings

Comments: *This exercise stimulates the lungs, lung meridians, and flushes the upper lymph system.*

Arm Swings (5 minutes)

1. Stand up. Balance equally on both feet. Keep both arms straight with no bend in the elbows.
2. Make Buddhi Mudra with each hand (touch the tip of the little finger to the tip of the thumb, the other fingers relaxed but straight).
3. Swing the arms in giant circles up and back over the head, then down in back and forward.
4. The beat is automatic and strong. Concentrate and put all your energy into the exercise. It should be a smooth and continuous swing.

To End

1. Inhale and stretch the arms straight up briefly.
2. Exhale and relax.

Mudra Buddhi Mudra



2. Reverse Arm Swings

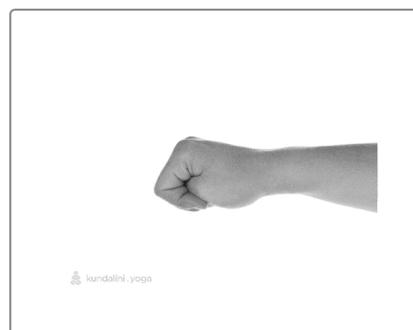
Comments: *This exercise balances the motion of #1 and releases the circulation through the neck and cheeks.*

Reverse Arm Swings (1 minute to 2 minutes)

1. Still standing up, close the fists of both hands over the thumbs, and reverse the direction of the arm swing.
2. Swing the arms down in front, up in back, and over the head. Keep the arms straight and move them powerfully.

To End

1. Inhale forward with the arms parallel to the ground.
2. Exhale and relax.



3. Front Bend Bounce

Comments: *This exercise stimulates the Navel Chakra. It releases reserve energy to heal and co-ordinate the body and to improve circulation in the digestive areas. The mantra is an effective trigger for the Navel Point energy. It also frees up emotions like fear and confusion that block the ability to act decisively.*

Front Bend Bounce (6 minutes to 7 minutes)

1. Stand up straight. Raise the arms over the head, keeping them straight. Bend forward and place both palms flat on the ground.
2. Strike the ground with the palms 7 times as you bounce in the bent position.
3. Chant the sound Har! with each bounce. Then rise up and clap the hands together over the head as you say Haree!
4. Create a steady rhythm with the chant "Har, Har, Har, Har, Har, Har, Har, Har, Hare!"

To End

1. Inhale and stretch up briefly.
2. Exhale and relax.

Mantra

Har, Har, Har, Har, Har, Har, Har, Hare



4. Leg Lifts with Breath of Fire

Comments: *This exercise pushes circulation below the navel and stimulates the lower colon. It enhances circulation to the lower legs.*

Leg Lifts with Breath of Fire (2 minutes)

1. Sit down with the legs stretched out in front. Keep the legs and sides of the heels together.
2. Place the palms on the ground next to the hips. With a vigorous motion, lift both legs up to a 60 degree angle, then let them back down.
3. Add a strong Breath of Fire. Coordinate one inhale-exhale of Breath of Fire as you lift the legs up, and another as the legs go back down.



Breath Breath of Fire

5. Criss-Cross Legs with Breath of Fire

Comments: *This reinforces the effects of exercise 4, but adds balance to the electromagnetic field. It is also excellent for strengthening the sexual system.*

Criss-Cross Legs with Breath of Fire (2 minutes to 3 minutes)

1. Sit with the legs stretched out in front.
2. Place the palms on the ground next to the hips. Lift the legs off the ground 1-1/2 feet.
3. Begin a criss-cross motion of the legs. Spread them comfortably to 45 degrees.
4. Add the Breath of Fire in synchrony with the motion.



To End

1. Inhale and hold the legs together briefly, exhale and relax down.

Breath Breath of Fire

6. Criss-Cross Arms with Breath of Fire

Comments: *This exercise rejuvenates the lungs and synchronizes the electromagnetic field of the heart with the breath rhythm.*

Criss-Cross Arms with Breath of Fire (30 seconds to 1 minute)

1. Sit in Easy Pose. Extend the arms in front of the torso parallel to the ground and to each other. Palms face down.
2. Begin a criss-cross scissor motion. Alternate the crossing of the arms over each other. When they separate bring them to shoulder width apart.
3. Add to the motion a powerful Breath of Fire.



To End

1. Inhale with the arms parallel. Exhale and relax.

Breath Breath of Fire



7. Baby Pose with Breath of Fire

Comments: *This brings a circulatory flush to the brain, eyes and upper glands.*

Baby Pose with Breath of Fire (30 seconds to 1 minute)

1. Sit on the heels. Bend forward and place the forehead on the ground.
2. Extend the arms back along the sides on the ground. The palms face up.
3. Concentrate at the Brow Point. Do Breath of Fire.



Eye Focus Brow Point

Breath Breath of Fire

8. Moving Yoga Mudra with Breath of Fire

Comments: *This affects the very top of the lungs and builds the magnetic field.*

Moving Yoga Mudra with Breath of Fire (2 minutes)

1. Still in the same position, lift the arms up and join the hands together behind the back.
2. Interlace the fingers of the two hands in a hammer lock—crossing the thumbs over each other to lock the hands firmly.
3. Lift the arms up and then back down. Create a steady, rapid, rhythmical motion.
4. Add Breath of Fire to the motion. Do one Breath of Fire as the arms go up, and one as the arms go down.

To End

1. Inhale, raise the arms up, hold briefly. Exhale and relax.

Breath Breath of Fire



9. Meditation

Meditation (2 minutes to 3 minutes)

1. Sit in Easy Pose. Become very meditative. Keep the spine straight, chest lifted slightly, with the lower spine tucked gently forward.
2. Elevate your thoughts to the Infinite, the Unlimited and the Vast. Open your heart and give your best personal prayer for empowerment, healing, and awareness. Put your head, heart and soul into it.

