



The Navel Center and Elimination

18 exercises 41 min - 56 min *Kriya: Yoga Sets, Meditations, Classic Kriyas*

In our modern life style, we seldom walk or exercise the body enough to promote good elimination through the bowels. The buildup of wastes in the digestive tract prevents good absorption of nutrients and provides a breeding ground for bacteria and illness. If the elimination is blocked in the main channels, your body will try to expel the toxins via the skin in pimples, rashes, boils, etc. This kriya works out the entire eliminative system. Then the sexual energy and breath energy are stimulated and circulated. Finally exercises 15, 16 and 17 raise the energy to the higher centers.

1. Bicycle Pose

Bicycle Pose (1 minute to 2 minutes)

1. Lie on the back.
2. Lift both legs 12-18 inches off the ground with the toes pressed forward. Alternately bend the knees to the chest with long deep breaths.
3. Continue, keeping the legs parallel to the ground.



2. Leg Lifts

Both Legs (1 minute)

1. Still on the back, inhale and lift the legs up 90-degrees, exhale and lower the legs.
2. Continue at a fairly rapid pace.

Relax (30 seconds)

1. Rest.

Both Legs (1 minute)

1. Begin the leg lifts again.

Relax (30 seconds)

1. Rest.

Both Legs (1 minute)

1. Begin the leg lifts one more time.



3. Cobra Pose - Kicking

Cobra Pose (2 minutes)

1. Come on to the stomach.
2. Put the hands under the shoulders and lift up into Cobra Pose.
3. Kick the buttocks with alternate heels. Exhale each time the heels strike the buttocks.



4. Bow Pose

Bow Pose (2 minutes)

1. Lie on the stomach.
2. Reach back for the ankles and stretch up into Bow Pose.
3. Look toward the sky.
4. Roll back and forth on the stomach. Inhale back, exhale forward.



5. Spinal Rolls

Spinal Rolls (2 minutes)

1. Lie on the back.
2. Clasp the knees to the chest.
3. Roll forward and back on the spine.



6. Baby Pose

Baby Pose (1 minute to 2 minutes)

1. Sit on the heels.
2. Bring your forehead to the floor and hold on to the heels.
3. Breathe normally.



7. Stretch Pose

Stretch Pose (2 minutes to 3 minutes)

1. Lift the heels six inches, raise the head and shoulders six inches, look at the toes.
2. Begin Breath of Fire.

To End

1. Inhale, relax down.



8. Locust Pose

Locust Pose (1 minute to 2 minutes)

1. Lie on the stomach with the arms stretched forward.
2. Put the hands in Venus Lock.
3. Lift the legs and arms off the ground; the arms hug the ears.
4. Begin Breath of Fire.

Mudra Venus Lock



9. Torso Tilts

Torso Tilts (2 minutes)

1. Stand up with the heels together.
2. Let the arms hang relaxed along the sides and begin to swing like a pendulum from side to side, bending to the left with the inhale and to the right with the exhale.
3. Continue gracefully.



10. Standing Twist

Standing Twist (2 minutes)

1. Still standing, begin twisting from side to side. As you twist left, extend the left arm parallel to the ground and place the right hand on the left chest; as you twist right, extend the right arm parallel to the ground and place the left hand on the right chest.
2. It's a continuous motion, from side to side, with deep breaths.



11. Forward Bend - Standing

Forward Bend (10 to 20 reps)

1. Bend forward with the knees straight.
2. Touch the palms flat on the ground.
3. Straighten up with the arms together, thumbs crossed, and lean back as far as possible while keeping balanced.
4. Hold the position for 10 seconds.
5. As you lean back, the breath will automatically come in; as you bend forward, the breath will automatically release.



12. Knee Lifts

Knee Lifts (1 minute to 2 minutes)

1. Lie on the back.
2. Lift both legs 12-18 inches off the ground with the toes pressed forward. Alternately bend the knees to the chest with long deep breaths.
3. Continue, keeping the legs parallel to the ground.



13. Leg Lifts - Alternating

Leg Lifts (2 minutes)

1. Stay on the back and place the hands in Venus Lock on the back of the neck under any hair.
2. At a fairly fast pace, raise one leg to 90-degrees with the inhale, and lower it with the exhale. Repeat on the other side, and continue alternating legs.

Mudra Venus Lock



14. Rock Pose

Rock Pose (5 minutes)

1. Sit on the heels with Venus Lock in your lap.
2. Concentrate on the breath and the mantra: Inhale Sat, exhale Naam.

Mudra Venus Lock

Mantra

Sat Naam



15. Sat Kriya

Sat Kriya (2 minutes)

1. Sit on the heels.
2. Raise the hands overhead with the palms together and the thumbs crossed.
3. Chant Sat verbally and pull Mool Bandh; chant Naam and relax. Continue rhythmically.

To End

1. Inhale, exhale, and apply Mul Bandh.

Mantra

Sat Naam



16. Life Nerve Stretch

Life Nerve Stretch (2 minutes)

1. Sit up with the legs out straight.
2. Raise the arms parallel to the ground.
3. Begin Breath of Fire powerfully.

Breath Breath of Fire



17. Meditation

Meditation (3 minutes to 5 minutes)

1. Immediately sit in Easy Pose.
2. Raise the arms overhead with palms together, arms hugging the ears.
3. Close the eyes and meditate at the Third Eye Point.
4. Chant Ek Ong Kaar Sat Naam Sat Naam Siri Wahe Guru.

Eye Focus Brow Point

Mantra

Ek Ong Kaar Sat Nam Sat Nam Siri Wahe Guru



18. Deep Relaxation

Deep Relaxation (5 minutes to 11 minutes)

1. Relax deeply on the back.

