



# ***PART EIGHT***

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## ***Posture***



**CHAPTER 27**



***Postures***

*There are eighty-four postures of yoga,  
but all people, whether Westerner or  
Easterner, have done them in the womb  
of the mother. So you are yogis anyway.*

- YOGI BHAJAN

## ***Some of the Basic Postures Used in Kundalini Yoga***

The practice of Kundalini Yoga is done in *kriyas* and sets, and the effect of a particular exercise is determined by its placement within that set, its relationship to the other exercises in the set, the breath, mantra, mudras, and locks used.

The purpose of this section is to help with some of the basic, most commonly used postures in Kundalini Yoga. They are presented in this way:

- ▶ **Instruction.** Describing how to do the posture.
- ▶ **Checkpoints.** Tips for getting the most of out a posture, bringing attention to common mistakes, and correcting form and alignment. Remember Yogi Bhajan has said that if a student is not comfortable doing any of the postures, they may skip them, and still receive the benefit of the *kriya* from the group energy generated by the class.
- ▶ **Variation.** Some postures appear in different *kriyas* in different variations, as taught by Yogi Bhajan. Do not interchange one variation of a posture for another, as we do not substitute postures in Kundalini Yoga *kriyas*. Follow the instructions as given by the Master.

In general, with most Kundalini Yoga postures:

- ▶ **Neck Lock.** Check that the neck is in the proper alignment appropriate to the posture. In general, when sitting erect, Neck Lock should be applied, unless other instruction is given.
- ▶ **To end an exercise.** In general, inhale deeply and briefly hold, exhale deeply and briefly hold. You may apply *mulbandh*, unless other instruction is given.



**ARCHER POSE**  
*Virabhadrasana*

**INSTRUCTIONS:**

Begin in a standing position.

- ▶ Spread the feet approximately 2-3 feet apart, depending on your size.
- ▶ Place the right foot forward. Place the left foot at right angles to the right foot. Push forward, so that the right knee is over the right toes.
- ▶ Stretch the left leg behind, with the knee straight. Tuck the tailbone under using the internal muscles.
- ▶ Curl the fingers of both hands onto the palms, thumbs pulled back. As if pulling back a bow and arrow, lift the right arm up, extended forward parallel to the ground, over the right knee. The left arm, bent at the elbow, will be "pulling" back.
- ▶ Pull Neck Lock. Chin in, chest out.
- ▶ Do the same posture on the opposite side.

**CHECKPOINTS:**

- ▶ Feel the stretch across the hips, just under the hipbones.
- ▶ Avoid over-arching, so that there is no sway in the back.
- ▶ Balance the weight on both legs.
- ▶ Keep the back elbow parallel to the ground.



**BABY POSE**  
*Garbhasana*

**INSTRUCTIONS:**

Begin by sitting on the heels.

- ▶ Bend forward and place the forehead on the ground, putting pressure on the Third Eye.
- ▶ Arms are at the sides, with palms facing up.

**STRETCHING BACKWARDS****INSTRUCTIONS:**

Begin in a standing position.

- ▶ Stand with the feet parallel, sitting bones width apart.
- ▶ Inhale and draw the tailbone under, engaging the navel.
- ▶ Stretch the arms above the head.
- ▶ Lengthen the space between the vertebrae as you lean backwards. Legs should be actively working, drawing the kneecaps up towards the hips.
- ▶ Use *mulbandh* for support and balance.

**CHECKPOINTS:**

- ▶ Do not collapse the lower back.

**BACK ROLLS****INSTRUCTIONS:**

Begin by lying on the back.

- ▶ Bend the knees up into the chest, pressing them with the arms.
- ▶ Roll on the spine, inhaling forward, exhaling back.

**CHECKPOINT:**

- ▶ If the lower spine is not making contact with the ground, try holding the back of the upper thighs, and press the knees into the chest.



**BOAT POSE**  
*Dvipada*

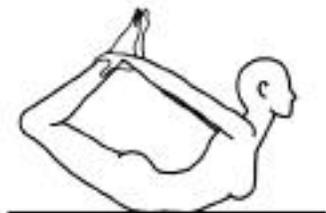
**INSTRUCTIONS:**

Begin by lying on the stomach.

- ▶ With palms together, stretch the arms out in front.
- ▶ Then lift the arms up.
- ▶ Draw the backs of the upper thighs together, then lift the legs up.

**CHECKPOINTS:**

- ▶ Only the navel stays on the ground.
- ▶ Lengthen out. Imagine someone pulling you from the toes elongating your lower back.



**BOW POSE**  
*Dhanurasana*

**INSTRUCTIONS:**

Begin by lying on the stomach.

- ▶ Grab the ankles, and use the thigh muscles to pull the upper body off the ground.
- ▶ Then lift the legs off the ground.
- ▶ As the chest lifts, let the head follow.

**CHECKPOINTS:**

- ▶ Ideally try to get the toe joints together.
- ▶ The knees are a little bit apart.
- ▶ Do not compress the lower back. Try to engage the *mulbandh* first, then stretch up, so that the back doesn't compress.
- ▶ Use the legs to pull the arms and to lift the chest up.



**BRIDGE POSE**  
*Setuasana*

**INSTRUCTIONS:**

Begin in a sitting position, with the legs out in front.

- ▶ Bend the knees, feet flat on the ground, about two fists apart.
- ▶ The arms are behind the body, palms flat on the ground, with the fingertips facing the feet.

- ▶ Lift the hips up.
- ▶ Keep the head up, with Neck Lock. (Note: in some *kriyas*, it calls for the head to fall back.)

**CHECKPOINTS:**

- ▶ There should be a straight line from the collar bone to the knees.



**BUTTERFLY POSE**  
*Baddha Konasana*

**INSTRUCTIONS:**

Begin in Easy Pose.

- ▶ Grab underneath the feet, and hold the soles of the feet together.
- ▶ Pull the spine up.
- ▶ Apply neck lock.
- ▶ Bounce the knees, coordinated with the breath.

**VARIATION:**

- ▶ In some *kriyas*, it calls for bending forward, lengthening the spine. As with all forward bends, do not lead with the head, initiate with the navel. As you exhale, draw the navel in and up.



**CAMEL POSE**  
*Ustrasana*

**INSTRUCTIONS:**

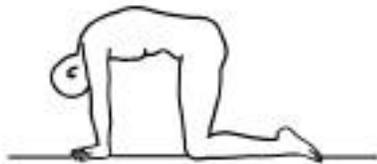
Begin by sitting on the heels, and rising up onto the knees.

- ▶ Root yourself with the knees, pressing firmly into the earth.
- ▶ Bring the pelvis forward, tilt the tailbone under, lift the heart center, and exhale as you lean back.

- ▶ Lift the hips as high as you can.
- ▶ Grab the heels or ankles.
- ▶ Drop the head back.

**CHECKPOINTS:**

- ▶ Do not have the knees too far apart. It is best approximately two fists apart.



### **CAT-COW** *Marjariasana*

#### **INSTRUCTIONS:**

Begin on the hands and knees.

- ▶ The hands are shoulder-width apart, with fingers facing forward.
- ▶ The knees are directly under the hips.
- ▶ *Inhale* and tilt the pelvis forward, arching the spine down (cow position), with head and neck stretched back. Do not scrunch the neck. Open the heart and raise the chin as far back as you can without collapsing the neck.
- ▶ *Exhale* and tilt the pelvis the opposite way, arching the spine up (cat position), pressing the chin into the chest.

#### **CHECKPOINTS:**

- ▶ Keep the motion smooth, moving from the bottom to the top. *The head moves last.*
- ▶ Start off slowly, then when the movement is established, you can speed up. You can go as fast as you want, *as long as your head moves last.*
- ▶ Inhale into the extended position, and hold a little bit of tension at the navel point. This allows for more widening of the ribs.



### **CAT STRETCH**

#### **INSTRUCTIONS:**

Begin by lying on the back.

- ▶ Stretch the arms above the head on the ground.
- ▶ Keeping the shoulders on the ground, pull up one knee and bend it over to the opposite side of the body on the ground. Do the same with the other leg.



### **CHAIR POSE**

#### **INSTRUCTIONS:**

Begin in a standing position.

- ▶ Feet are shoulder-width apart.
- ▶ Squat down to the point where the thighs are parallel to the ground.
- ▶ Bring the hands through the inside of the legs, and grab towards the toes, placing the palms on top of the feet.

#### **CHECKPOINTS:**

- ▶ Keep the back straight.
- ▶ *Only lift the head and look forward if the heart center is very flexible. Otherwise, apply Neck Lock.*



### **COBRA POSE** *Bhujangasana*

#### **INSTRUCTIONS:**

Begin by lying on the stomach. There are two ways to move into Cobra Pose:

- 1) The classic way, which is ideal:
  - ▶ Start out lying on the stomach, hands under the shoulders, palms flat on the ground.
  - ▶ Lift the chest and heart up first, and let the head follow as you lean back.
  - ▶ Straighten the arms.
- 2) The real. Try one or more of these tips if you have trouble with the ideal version:
  - ▶ Start out in Front Platform Pose, and carefully drop down into Cobra.
  - ▶ If you can't keep your feet together, keep the back of the upper thighs together.
  - ▶ If it is difficult to keep your arms straight, bend your elbows, or put your forearms on the ground.
  - ▶ Try Cobra Pose with your pelvis off the ground.

#### **CHECKPOINTS:**

- ▶ Do not let the back overarch.
- ▶ Stretch up across the abdomen and chest, and away from the lower back.
- ▶ It is good to do a counter pose after this, such as Baby Pose or Guru Pranam.



**CORPSE POSE**  
*Savasana*

**INSTRUCTIONS:**

Lie on the back.

- ▶ Arms are at the sides, with palms facing up.
- ▶ This posture facilitates deep relaxation.

**CHECKPOINTS:**

- ▶ Never cross the ankles.
- ▶ The legs are not wide apart. Feet should either be a little bit apart, or heels slightly touching.
- ▶ Do not try to breath mechanically. Just let the breath come naturally, letting the abdomen rise and fall.



**CROW POSE**

**INSTRUCTIONS:**

Begin in a standing position.

- ▶ Squat down. Knees and feet are wide apart, with heels flat on the ground.
- ▶ Apply Neck Lock.

**CHECKPOINTS:**

- ▶ The back should be perpendicular to the ground.
- ▶ If you are having difficulty getting down, or keeping your balance, try widening the feet and knees more.
- ▶ If you can't get the heels down, you may use something underneath your feet.



**EGO ERADICATOR**

**INSTRUCTIONS:**

Begin by sitting on the heels, or in Easy Pose.

- ▶ Apply neck lock.
- ▶ Lift the arms up to 60 degrees. Then draw the shoulder blades down over the back of the ribs, so the shoulders are away from the ears.
- ▶ Curl the fingertips onto the pads of the palms, with the thumbs stretched back. Thumbs aim at each other above the head.
- ▶ To end, touch the thumbs above the head, and open fingers.

**CHECKPOINTS:**

- ▶ Do not bend the elbows.
- ▶ Stretch up from the shoulders.
- ▶ Do not arch the spine.
- ▶ Check the angle of the arms. It is a common mistake to have the arms lower than 60 degrees.

**VARIATION:**

- ▶ Some kriyas call for the palms open, parallel to the ceiling, with wrists pulled back.
- ▶ When doing Ego Eradicator while standing, the angle is thirty degrees, for balance.



**CELIBATE POSE**

**INSTRUCTIONS:**

Begin by sitting on the heels.

- ▶ Spread the feet far enough apart so that your hips will fit between them. Move slowly, bending your knees, come sitting down with your feet on either side of your hips.

**CHECKPOINTS:**

- ▶ Try to maintain a straight spine.
- ▶ The flexibility should come from the hips, not the knees.
- ▶ This should not hurt the knees. If there is too much pressure on the knees, do not lower the buttocks all the way to the ground. Instead use a block or pillow under the buttocks.



**GURU PRANAM**  
*Supta Parvatasana*

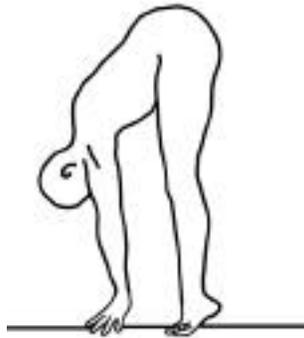
**INSTRUCTIONS:**

Begin by sitting on the heels.

- ▶ Bring the forehead to the ground, bending forward by lengthening the core of the spine.
- ▶ Bring the arms out in front, with the palms together.

**CHECKPOINTS:**

- ▶ Lengthen yourself away from the hips.



### **FROG POSE**

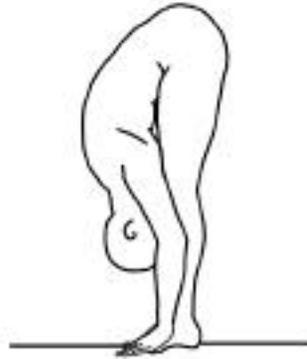
#### **INSTRUCTIONS:**

Squat down on the toes.

- ▶ The heels are touching, and raised up.
- ▶ Place the fingertips on the ground between the legs.
- ▶ The face is forward.
- ▶ *Inhale* as you raise the hips up, keeping the fingertips on the ground, heels up, knees locked.
- ▶ *Exhale* down; face is forward, knees outside of arms.

#### **CHECKPOINTS:**

- ▶ The movement is rapid.



### **FRONT BENDS** *Uttanasana*

#### **INSTRUCTIONS:**

Begin in a standing position.

- ▶ *Inhale*. Lift the spine up.
- ▶ *Exhale*, bend forward from the navel, continuing to lift and lengthen forward.
- ▶ Lastly, bring the head in towards the legs.
- ▶ Reverse to come up: push the feet into the ground, use the back of the legs to pull yourself up; head comes up last.

#### **CHECKPOINTS:**

- ▶ Never lead with the head.
- ▶ The navel is drawn in and up with the exhale in order to initiate the forward bend.



### **FISH POSE** *Supta Virasana*

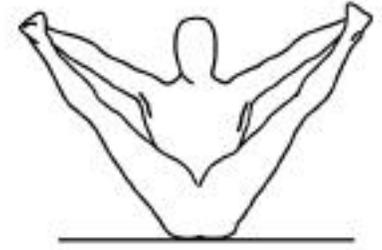
#### **INSTRUCTIONS:**

Begin by sitting on the heels.

- ▶ Lean back using first the hands as support, then the elbows, then resting the shoulders on the ground.

#### **CHECKPOINTS FOR BEGINNERS:**

- ▶ Remain supported by the elbows or hands.
- ▶ Sit in Easy Pose instead of sitting on the heels.



### **KUNDALINI LOTUS** *Urdhvamukha Prasarita Padottanasana*

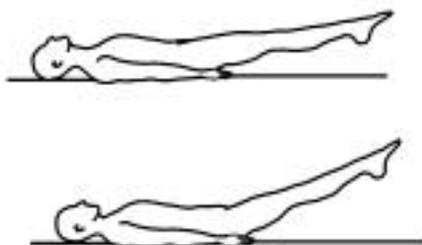
#### **INSTRUCTIONS:**

Begin in a sitting position, with the legs out in front.

- ▶ Grab hold of the big toes.
- ▶ Holding onto the toes, lift the legs up and spread them wide, as you straighten the legs. Engage the navel for balance.

#### **CHECKPOINTS:**

- ▶ Keep the back straight. Do not collapse the spine.
- ▶ Lift the heart center up. Then straighten the legs as much as possible.
- ▶ If you can't quite achieve the full stretch, it's better to bend the knees than to collapse the spine.



**LEG LIFTS (30, 60, 90 degrees)**

**INSTRUCTIONS:**

Begin by lying on the back.

- ▶ *Inhale*, press the lower back into the floor using a pelvic tilt, and lift the leg(s) up to the desired angle, using the muscles of the navel and *mulbandh*.
- ▶ *Exhale* as you lower the leg(s) down.

**CHECKPOINTS:**

- ▶ Use the power of the inhale to lift the legs up; use the strength of the abdominals on the exhale.
- ▶ Do not let the lower back arch up.
- ▶ Do not let the legs drop down.
- ▶ If you don't have the abdominal strength to keep the legs straight, it is better to bend the knees.
- ▶ Or use the hands under the small of the back as leverage, to avoid arching the back.



**LIFE NERVE STRETCH (Front Stretch)  
Paschimottanasana**

**INSTRUCTIONS:**

Use the same principle as Front Bends. Begin by sitting down, with the legs stretched out in front.

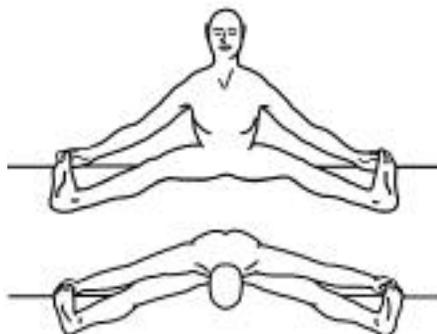
- ▶ Grab the big toes in finger lock. (Index finger and middle finger pull the toe, and the thumb presses the nail of the toe.)
- ▶ *Exhale*, lengthening the spine, bending forward from the navel, continuing to lengthen the spine.
- ▶ *Inhale*, use the legs to push up.
- ▶ The head follows last. Don't lead with the head.
- ▶ Reverse to come up: head comes up last.

**CHECKPOINTS:**

- ▶ Lead with the Navel Point; never with the head.
- ▶ Do not compress the lower back.
- ▶ Try to get the belly to the thighs rather than the head to the knees.
- ▶ Tighten the thigh muscles and pull them away from the knees to hold the stretch.

**VARIATION:**

- ▶ Legs spread wide. Follow instruction in the *kriya*.



**LIFE NERVE STRETCH (Left & Right)  
Upavistha Konasana**

**INSTRUCTIONS:**

Use the same principle as Front Bends and Life Nerve Stretch.

Begin by sitting down, with the legs stretched out in front.

- ▶ Bend the left leg and bring the left heel close to the groin.
- ▶ Grab the right big toe in finger lock with the fingers of the right hand. (Index finger and middle finger pulling the toe, and the thumb pressing the nail of the toe.)
- ▶ The left hand grabs the sole of the right foot.
- ▶ *Inhale* up, turn to your right, lengthen the spine.
- ▶ *Exhale*, bend forward from the navel, continuing to lengthen the spine.
- ▶ The head follows, last.
- ▶ Reverse to come up: head comes up last.
- ▶ Do the same on the left side.

**CHECKPOINTS:**

- ▶ Lead with the navel; never with the head.
- ▶ Pull with the arms to help lengthen the spine on the exhale.
- ▶ Do not compress the lower back.
- ▶ If you can't quite achieve the full stretch, grab the ankle, or wherever you can reach.



**LOCUST POSE**  
*Salabhasana*

**INSTRUCTIONS:**

Begin by lying on the stomach.

- ▶ Have the feet together.
- ▶ Place the fists under the hips where the hips and thighs join. Use the fists to raise the legs up, and the back of the thighs to keep your legs together.
- ▶ Place the chin on the ground.
- ▶ Use the fists to raise the legs up, keeping the chin on the ground.

**CHECKPOINTS:**

- ▶ Lengthen away from the pelvis.
- ▶ It takes a lot of back strength to do this.
- ▶ The more open the psoas muscles, the higher the legs can come up.
- ▶ Lift one leg at a time to lessen pressure on lower back.



**NECK ROLLS**

**INSTRUCTIONS:**

Sit in Easy Pose or on the heels.

- ▶ Lengthen the neck with Neck Lock, and lift the heart center up.
- ▶ *Inhale* and stretch the head back, allowing the heart center to come up.
- ▶ *Exhale* as the head hangs forward.

**CHECKPOINTS:**

- ▶ Feel the roll rooted in the Heart Center.
- ▶ Be gentle with the neck.



**MAHA MUDRA KRIYA**  
*The Great Seal of Yoga*

**INSTRUCTIONS:**

Begin by sitting up

- ▶ Sit on the left heel, placing the heel on the perineum.
- ▶ Stretch the right leg out in front of the body.
- ▶ Grab the right foot with both hands, keeping the spine straight.
- ▶ Apply Neck Lock.
- ▶ Apply *uddiyana bandh* and *mulbandh*.
- ▶ The eyes gaze at the toe, putting pressure on the Third Eye.

**CHECKPOINTS:**

- ▶ Neck Lock is very important.
- ▶ Spine stays straight. There should be a straight line from the top of the head to the base of the spine.
- ▶ Generally done only with the right leg stretched out, sitting on left heel.



**PELVIC LIFTS**  
*(Kandharasana)*

**INSTRUCTIONS:**

Lie on the back.

- ▶ Bend the knees.
- ▶ Feet are flat on the ground.
- ▶ Grab hold of the ankles.
- ▶ *Inhale*, engage the navel, and lift the hips up.
- ▶ *Exhale* down, sequentially lowering the vertebrae, using the thighs and buttocks.

**CHECKPOINTS:**

- ▶ As you inhale up, engage *mulbandh* and tuck the pelvis in (pelvic tilt), and tuck the tailbone in (pelvic tilt) so that the lower back doesn't overarch.
- ▶ The sacrum and hips are last to touch down.
- ▶ The abdomen is relaxed when coming down.
- ▶ Focus on opening the Heart Center.



**PLATFORM POSE (Front)**

**INSTRUCTIONS:**

Begin by lying on the stomach.

- ▶ Place the palms flat on the ground.
- ▶ Push yourself up by straightening the elbows.
- ▶ Heels push the toes toward the ground.

**CHECKPOINTS:**

- ▶ Apply Neck Lock.
- ▶ There should be a straight line from the neck to the feet.

**VARIATION:**

- ▶ In some *kriyas*, it calls for the toes on the ground, instead of the top of the feet.



**PLATFORM POSE (Back)**  
*Purvottanasana*

**INSTRUCTIONS:**

Begin by sitting up, with the legs stretched out in front.

- ▶ Place the hands flat on the floor behind you, with the fingertips pointing towards the toes. Heels are on the ground.
- ▶ Lift the chest and hips up
- ▶ Allow the head to fall back, lifting the heart. Do not collapse the neck.
- ▶ Toes and heels stay on the ground.

**CHECKPOINTS:**

- ▶ Keep the body as straight as possible. Do not collapse the neck.
- ▶ It is best for those with any weakness in the neck, to keep the head up with Neck Lock applied.



**PLOW POSE**  
*Halasana*

**INSTRUCTIONS:**

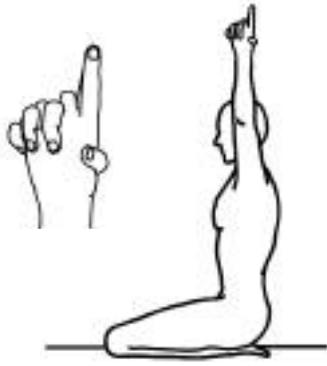
Start from Shoulder Stand.

- ▶ Drop the legs down and touch the pointed toes on the ground behind the head.
- ▶ Ideally the back is straight, perpendicular to the ground.
- ▶ Interlace the fingers with the arms on the floor, pointing away from the body.

**VARIATION:** (If students have lower back problems, suggest they try one or more of these pointers, or they may skip this exercise.)

- ▶ Hands point toward the toes.
- ▶ Have the arms supporting the sides.
- ▶ Drop the knees down toward the ears.
- ▶ Spread the legs.



**SAT KRIYA**

(See the Kriya chapter for more detail.)

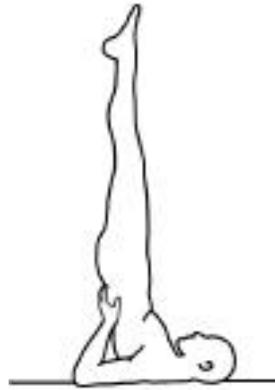
**INSTRUCTIONS:**

Sit on the heels.

- ▶ Clasp the hands above the head, with fingers interlaced except for the index fingers which point straight up. Men cross the right thumb over the left; women cross left thumb over right.
- ▶ The arms are straight, hugging the ears.
- ▶ Squeeze the Navel Point in and up as you say “sat (sut).” Do not snap the Navel point.
- ▶ Release on the sound “naam”.

**CHECKPOINTS:**

- ▶ Widen the shoulder blades.
- ▶ Roll the armpits towards each other.
- ▶ Do not make the squeezing of the navel a “snap.”
- ▶ Do not move the pelvis like a Spinal Flex.

**SHOULDER STAND**

*Salamba Sarvangasana*

**INSTRUCTIONS:**

Before attempting shoulder stand, lie on the back and breathe in and out, tightening all the muscles.

- ▶ Place the hands on the hips, just below the waist.
- ▶ Bring the hips and legs up to vertical position, making spine and legs perpendicular to the ground.

**CHECKPOINTS:**

- ▶ Make sure the elbows are not too far apart.
- ▶ Make sure your weight is supported by the shoulders, not the neck.

**SHOULDER SHRUGS****INSTRUCTIONS:**

Sit in Easy Pose or on the heels.

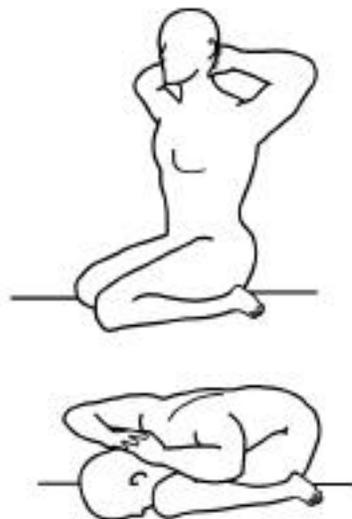
- ▶ Place the hands on the knees.
- ▶ *Inhale*, and bring the shoulders up to the ears.
- ▶ *Exhale*, and release them down.

**CHECKPOINTS:**

- ▶ Breathe from the navel.
- ▶ Keep the arms very relaxed.
- ▶ Move rapidly.

**VARIATION:**

- ▶ Some *kriyas* call for raising alternate shoulders.

**SITTING BENDS****INSTRUCTIONS:**

Use the same principles as with Front Bends.

Sit on the heels.

- ▶ Interlace the fingers behind the neck, pulling the elbows back.
- ▶ *Inhale* and stretch the spine up.
- ▶ *Exhale* forward, continuing to lengthen the spine, bringing the forehead to the ground.
- ▶ Use the legs to push up as you inhale.

**VARIATION:**

- ▶ In some *kriyas* you will find the same movement, sitting in Easy Pose.



**SUFI GRIND**

**INSTRUCTIONS:**

Sit in Easy Pose.

- ▶ Grab hold of the knees.
- ▶ Move the spine in a big circle.
- ▶ *Inhale* as the body rotates forward.
- ▶ *Exhale* as you rotate backwards.

**CHECKPOINTS:**

- ▶ The head stays relatively still.
- ▶ Keep the Heart Center open. Do not drop the head down.



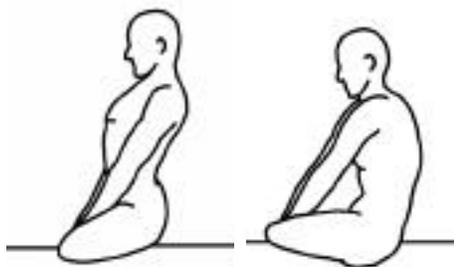
**ROCK POSE**  
*Vajrasana*

**INSTRUCTIONS:**

- ▶ Sit on the heels.
- ▶ Pull a light neck lock.

**CHECKPOINTS:**

- ▶ Keep the spine straight.
- ▶ If the ankles hurt, place a blanket or pillow under the buttocks.



**SPINAL FLEX (CAMEL RIDE)**

**INSTRUCTIONS:**

Sit in Easy Pose.

- ▶ Grab the ankles.
- ▶ *Inhale* and rock the pelvis forward, pulling the chin into the throat to open up the spine. Push the chest forward and up. Root the sitting bones into the ground.
- ▶ *Exhale*, round the lower back, rocking the pelvis back.

**CHECKPOINTS:**

- ▶ The head does not move up and down. Rather, the chest rises.
- ▶ Pulling the chin into the throat opens up the spine.
- ▶ The pelvis must move.
- ▶ Use the hands to deepen the movement of the pelvis and spine.

**VARIATIONS:**

- ▶ Spinal Flex is sometimes done in Rock Pose.



**SPINAL TWIST**  
*(Torso Twist)*

**INSTRUCTIONS:**

Sit in Easy Pose or on the heels.

- ▶ Grab the shoulders, with the thumbs in back, and other fingers in front.
- ▶ *Inhale*, twist to the left. (Left side is the initiating.)
- ▶ *Exhale*, twist to the right. (Right side represents the active.)

**CHECKPOINTS:**

- ▶ Rotate from the Navel Point.
- ▶ In Neck Lock the chin remains in line with the chest. (The head does not twist separately.)
- ▶ In Spinal Twist, Yogi Bhajan instructs that we only inhale twisting left, exhale twisting right. We don't reverse the breath.



**YOGA MUDRA**  
*Yogasana*

**INSTRUCTIONS:**

Sit on the heels.

- ▶ Come into Baby Pose, bringing the forehead to the ground.
- ▶ Interlace the fingers, with the palms facing the head.
- ▶ Pull the arms up, making them perpendicular to the ground.



### STRETCH POSE

#### INSTRUCTIONS:

Use the same principles as with Leg Lifts. Lie on the back.

- ▶ Have the feet together.
- ▶ Flatten the lower back into the ground.
- ▶ Put the hands wherever it feels most natural, either palms facing the thighs alongside the body, or hands over the thighs, palms down.
- ▶ Lift the head up by lifting the heart up.
- ▶ Apply Neck Lock.
- ▶ Look at the toes.
- ▶ Lift the feet up 6 inches.
- ▶ Begin Breath of Fire.

#### CHECKPOINTS:

- ▶ You may use hands under the buttocks to support the lower back.
- ▶ You may use one leg at a time, and keep the Breath of Fire powerful.



### TREE POSE

*Vrikshasana*

#### INSTRUCTIONS:

Begin in a standing position.

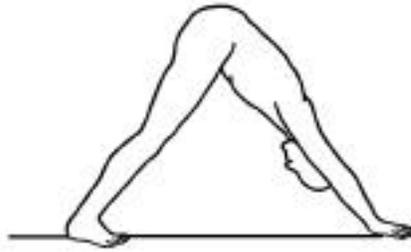
- ▶ Bring the right heel up to the groin.
- ▶ Stretch the arms up with palms together, hugging the ears.
- ▶ Apply the Neck Lock.
- ▶ Reverse sides.

#### CHECKPOINTS:

- ▶ Use *mulbandh* to keep the pelvis turned under.

#### VARIATIONS:

- ▶ Tree Pose is sometimes done in certain *kriyas* with hands in Prayer Pose at the heart center.



### TRIANGLE POSE

*Adhomukha Svanasana*

#### INSTRUCTIONS:

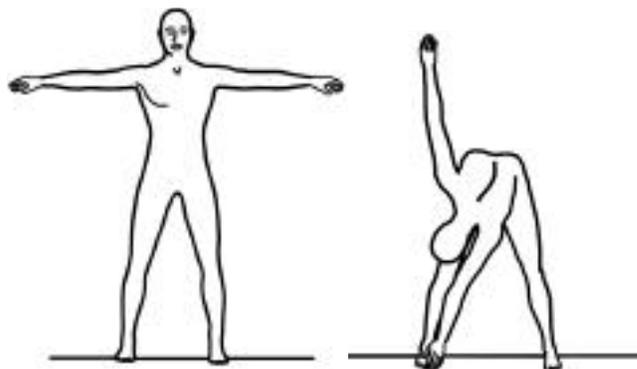
Begin in a standing position.

- ▶ Place the palms of the hands with the fingers spread wide and the soles of the feet on the ground.
- ▶ The feet are approximately hip-width apart.

#### CHECKPOINTS:

- ▶ Create a straight line between your wrists and your hips, and from your hips to your heels.
- ▶ The chin is pulled in, elongating the neck.
- ▶ Roll the armpits toward each other.
- ▶ Do not oversway the back.

### WINDMILL



#### INSTRUCTIONS:

Begin in a standing position.

- ▶ Have the feet 2-3 feet (60-90 cm) apart.
- ▶ Have the arms out to the side, parallel to the ground, palms facing the floor.
- ▶ *Inhale*, turn to your right. Elongate.
- ▶ *Exhale*, bow down and touch the ground at your right with your left hand.



### WHEEL POSE

*Urdhva Dhanurasana*

#### INSTRUCTIONS:

Begin lying on the back.

- ▶ Bend the knees, and place the feet flat on the floor.
- ▶ Have the palms flat on the ground, with the fingers pointing towards the feet.
- ▶ *Inhale* and do a pelvic tilt.
- ▶ *Exhale*, into a bent-arm wheel pose.
- ▶ *Inhale* lift the navel all the way up.

#### CHECKPOINTS:

- ▶ Try to get a perpendicular line from the heart to the wrists.
- ▶ Try to pull away from the lower back. Do not compress the lower back.
- ▶ Push heels down into the ground to bring more weight onto the hands.