



Kundalini Yoga for men

Yoga to enhance your power to penetrate and relieve lower back pain

PHOTOS BY
GURUDARSHAN KAUR KHALSA

“THE FOLLOWING THREE EXERCISES ARE VERY important. They are part of man, and man is part of them. After practicing these exercises, never just sit down. First stand up, and only then relax.” Yogi Bhajan

1 Stand up straight, and extend your right arm straight up towards the ceiling. Bend the left arm at the elbow and place the palm of the left hand on your right side, directly over your liver. Hold tightly at this spot. Now bend at the waist towards the left. It is recommended by KRI that you hold the posture for 1 - 3 minutes.

Comments: Your liver will go through a lot of changes. Just watch it. Make sure you hold your liver tightly and bend as much as you can and hold the arm in the air as straight as possible. Don't feel you have to do it a long time. This posture develops your power of penetration.

2 Still standing, squat down as if you are about to come into Chair Pose, but instead of grabbing your ankles, place your hands flat on your thighs. Hold this posture. Your buttocks should go down, but not too

much. Putting all the weight on both the knees, look forward. Sit balanced with your lower back in and spine tight. Keep the elbows straight and the knees open. It is recommended by KRI that you hold the posture for 1 - 3 minutes.

Comments: If you want to develop your sexual potency, do this posture.

3 Stand up straight, stretch your arms overhead at 60 degrees. The arms form an arc over the head, with the palms facing down, directly above the shoulder area. Squat down, as in exercise 2, keeping the arms in this position. Knees should be a little bit together, but not touching. Heels should be placed together if you can do so and keep your balance. Heels do not have to be flat on the floor. Try to lower yourself down in the posture to the point that you can still keep your balance. It is recommended by KRI that you hold the posture for 1 - 3 minutes.

Comments: This exercise is very good for relieving pressure from the lower back.

From *Man To Man Part 6, Sex, Success, and Prosperity* available at www.a-healing.com