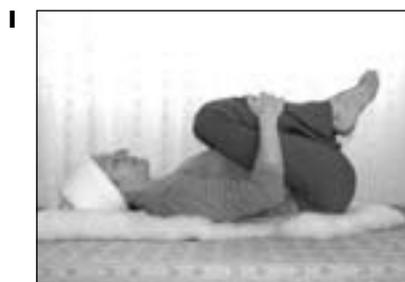


EVENING KUNDALINI YOGA



1. Lower Spine Rock:

Lie flat on your back and draw both your knees up to your chest. Keep your head on the ground and wrap your hands around your shins. Very gently pull the knees to the chest and then release. Repeat in a slow and easy rhythm while consciously relaxing the back. Continue for 2 minutes.

2. Front Stretch, left and right:

Come sitting up and stretch your left leg out straight in front of you. Bring the sole of the right foot against the inner left thigh. With both hands, stretch forward, then down over the left leg and hold on to your shin, ankle, or foot with both hands. Keeping the chin at a right angle with the chest, stretch forward and down until the position gently challenges you. Hold and breathe long and deep through the nose, using your mind and the breath to relax. Continue for 90 seconds, then change legs and repeat, with the right leg stretched out in front of you.

3. Basic Spine Flex:

Sit in Easy Pose. Place the hands on the shins right above the ankles. Inhale and lift the chest up high and tilt the pelvis forward (3A). Then exhale and lower the chest and gently tilt the pelvis back (3B). Keep the chin level to the ground throughout the exercise. Continue for 2 minutes.

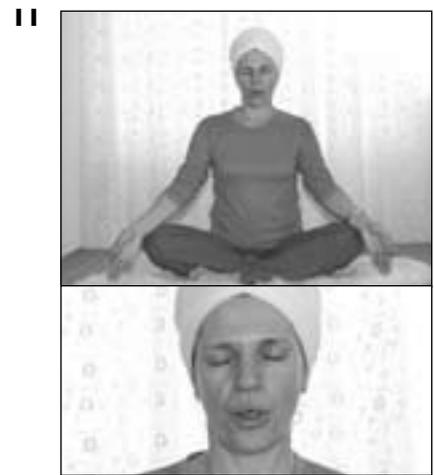
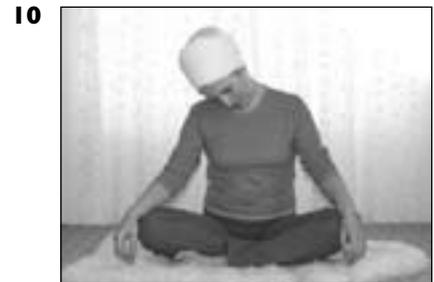
4. Half-Spinal Twist, left and right:

Stretch your legs out in front of you. Bring up the left knee and cross the left foot over the right leg, placing it flat on the floor next to the right knee. Bring the left hand to the floor behind you on the left side. Wrap the right arm around the left leg. Straighten up and, keeping the chin level to the ground, turn the chin all the way to the left. Hold the position with long, slow, deep breathing. Continue for 1 minute, then reverse the posture so the right knee is bent, the left leg is out straight, and you are twisting to the right. Continue for 1 minute.

5. Cow Pose:

Come onto the hands and knees. Place the hands shoulder-width apart, fingers pointing forward. Knees are directly below

This twenty-minute series is to be done at a very slow, relaxing pace. It is a fine way to clear out the effects of a busy, stressful day.



the hips, heels are touching. Gently press the spine down by tilting the pelvis and lifting the head up and back. Hold the position with long, slow, deep breathing. Continue for 45 seconds.

6. Cat Pose:

Still on your hands and knees, arch the spine up, chin on the chest, and tilt the pelvis the opposite way. Hold the position with long, slow, deep breathing. Continue for 45 seconds.

7. Cat Cow:

Come into Cow Pose as you inhale and then move into Cat pose as you exhale. Make the motion very smooth and relaxed. Continue for 1 minute.

8. Baby Pose with Arms in Front:

Sit in Rock Pose (on your heels) and bring the forehead to the ground. Stretch the arms out in front of you on the ground, shoulder width apart, palms flat against the floor. Relax in this position and breathe normally. Continue for 45 seconds.

9. Shoulder Rolls:

Sit in Easy Pose with the hands on the knees. Breathing normally,

roll the shoulders in big circles for 30 seconds. Reverse direction, continuing the breath for another 30 seconds. Relax.

10. Neck Rolls:

In Easy Pose, begin rolling the head in large, smooth circles in one direction, consciously relaxing the neck, throat, and shoulders. The breath is relaxed. Continue for 45 seconds. Then reverse direction and continue for 45 seconds.

11. Cooling Relaxing Breath:

In Easy Pose, place the hands in *Gyan Mudra*¹ on the knees. Make a tunnel with your tongue and inhale very slowly and deeply through the rolled tongue. Exhale slowly and deeply through the nose. Continue for 4 minutes.

This series can be found on the video *Morning Yoga Stretch/Evening Yoga Relaxation* by Nirvair Singh Khalsa, available through www.a-healing.com and www.spiritvoyage.com.

¹ The tips of the thumbs and index fingers touch and the rest of the fingers are straight