

## Kundalini Practice

All movements done whilst in sukhasana (seated cross legged pose) or other comfortable seated position. All movements done with eyes closed and inner gaze directed to the third eye.

\*\*After each movement inhale the breath to the crown, eyelids closed but eyes turned up to the crown. Pause the breath. Root lock - pelvic floor up, lower belly in. Exhale breath and release root lock when ready. Practice takes around 30 minutes.

### One

Begin circling around the waist in a clock-wise direction. Reverse direction. Approximately 2-3 minutes in each direction.

### Two

Seated cat movement. Initially with hands against front shin.

Roll tail (pelvis) behind, chest moves forward - inhale. Tuck tail, rolling pelvis under - exhale.

Focus on lower body movement and find a comfortable rhythm. After 1-2 minutes move hands to knees. Continue with same movement, rhythm and breath movement now including the middle and upper back. Eyes closed with inner gaze directed to third eye. 4-5 minutes in total. \*\*

### Three

Hands to shoulders, fingers forward, thumbs behind. Twist to left side with inhale, exhale to right side with exhale. Repeat 3-4 minutes. \*\*After inhaling and pausing breath with root lock, exhale breath and create jnana mudra (joining thumb and index fingers of each hand with palms turned up). Sit and feel the effect/energy of the movement 1-2 minutes.

### Four

Bhastrika breath whilst striking the sides of the body with arms during exhale.

Begin with elbows bent, hands in front of shoulders with palms open. Breathing through nose.

Inhale arms up above head, exhale elbows strike the sides of the trunk. Rapid movement. (Adjust arms to out in front or beside body if shoulders are an issue). Repeat several minutes. Upon final inhale with arms raised,\*\* pause the breath + root lock, eyes closed, gaze up to the crown. Upon exhale create jnana mudra and again experience energy with eyes closed for 1-2 minutes.

### Five

Shoulder shrugs. Inhale shoulders up, exhale shoulders lower/drop. Continue for 2-3 minutes. On final lift of shoulders \*\*pause the breath up, eyes closed and up + root lock. After exhale, jnana mudra for 1-2 minutes with eyes closed to experience.

### Six

Turning head slowly side to side with breath. Inhale to left, exhale to right. Continue 3-4 minutes.

To finish inhale head to centre, pause the breath, eyes closed and up + root lock. Exhale to release.

### Seven

Sideways rocking motion with hands on shoulders, fingers forward, thumbs behind. Lower to left side inhale, to right side exhale. Repeat several minutes. To complete inhale to upright, \*\*pause the breath + root lock. Exhale and jnana mudra to feel 1-2 minutes.

## Anuloma Viloma Pranayama Meditation

Seated comfortably with jnana mudra.

Fill the lungs with 4 sniffs of breath in through the nose. Long slow exhale out through nose.

Continue 5 minutes. At end,\*\* one final inhale to the crown, pause, eyes up + root lock. Exhale to release.

Sit in stillness for at least a couple of minutes to experience the effects of the whole practice.