



1) **Breathing through the Right Nostril.** Sit in Easy Pose with a straight spine. Rest the right hand in Gyan Mudra on the knee. Block the left nostril with the thumb of the left hand. The other fingers point straight up. Begin long, deep, powerful breaths in and out of the right nostril. Focus on the flow of breath. Continue for **3 to 5 minutes**. Inhale and relax. *This exercise draws on the "sun" breath and gives you a clear, focused mind.*

2) **Sat Kriya.** Sit on the heels with the arms overhead and the palms together. Interlace the fingers except for the index fingers, which point straight up. Men cross the right thumb over the left thumb; women cross the left thumb over the right. To do Sat Kriya begin rhythmically chanting Sat Naam, emphasizing Sat as you pull the navel in. On Naam release the lock. Focus at the brow point. Continue for **3 minutes**. Then inhale, suspend the breath, apply mulbandh and imagine your energy radiating from the Navel Point and circulating throughout the body. Relax. Repeat the exercise for **3 minutes**. Then inhale, apply mulbandh, and mentally draw all the energy to the top of the fingertips. Relax. *This exercise releases energy stored at the Navel Point.*

3) **Spinal Flex.** Sit in Easy Pose. Grasp the shins with both hands. Inhale, stretch the spine forward and lift the chest. Exhale, let the spine flex backwards. Keep the head level during the movements. On each inhale mentally vibrate the mantra Sat, on the exhale vibrate Naam. On each exhale apply mulbandh. Continue rhythmically with deep breaths **108 times**. Then inhale, hold briefly with the spine perfectly straight. Exhale. Relax. *This exercise brings the released kundalini energy along the path of the spine and aids its flexibility.*

4) **Frog Pose.** Place the toes on the ground, heels together off the ground, fingers on the ground between the knees, and lift the head up. Inhale, raise the buttocks high. Lower the forehead towards the knees and keep the heels off the ground. Exhale, come back to the original squatting position, face forward. Continue with deep breaths **26 times**. Inhale up, then relax down onto the heels. *This transforms the sexual energy.*

5) **Neck Turns.** Sitting on the heels, place the hands on the thighs. With the spine very straight, inhale deeply and turn the head to the left. Mentally vibrate Sat. Exhale completely as you turn the head to the right. Mentally vibrate Nam. Continue inhaling and exhaling for **3 minutes**. Inhale with the head straight forward. Relax. *This opens the throat chakra, stimulates circulation to the head and works on the thyroid and parathyroid glands.*

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