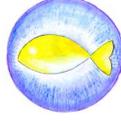
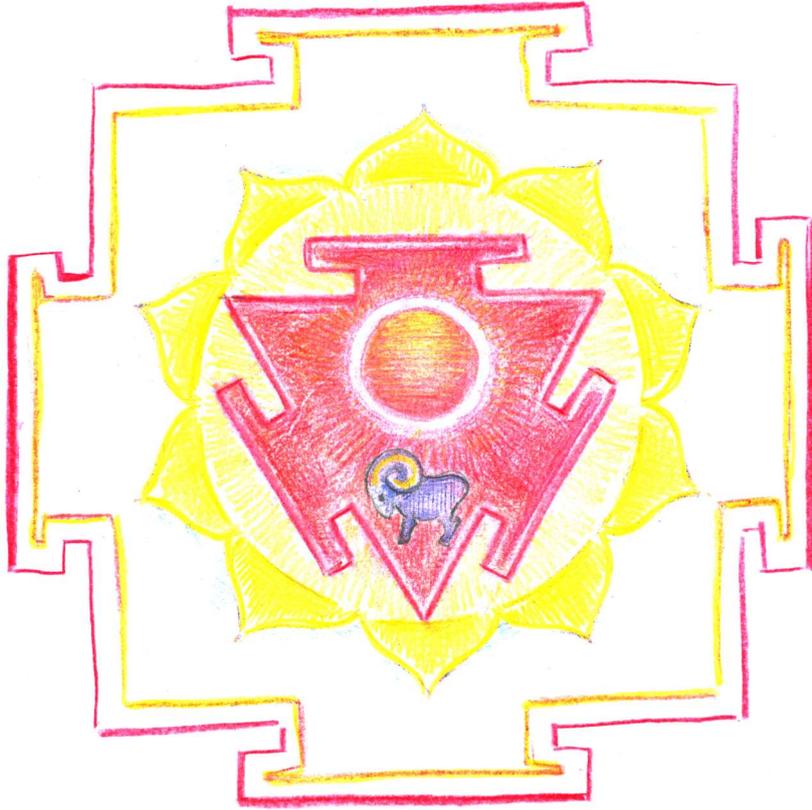


MATSYA KUNDALINI YOGA ACADEMY



# KUNḌALINĪYOGA

## KRIYĀ



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## MATSYA MANIPŪRA KRIYĀ

This *kriyā* is for the strength of the centre. All power radiates from there, From there you determine the way. It is the vital breath that elevates you. It is purifying and cleanses every pore of your body.

60 – 90 minutes

### *Samāsthiti*

The equalized pose. First, come up in *samāsthiti* and consciously be silent. You are not just standing here, you are venerating your centre with deep breathing and conscious silence. There is nothing to say, neither inwardly nor outwardly.

Then, when you breathe, do so through the navel. Imagine golden light gloriously emitting from your navel when you exhale, and golden light being pulled into your belly when you breathe in. Move your belly inward and outwardly with each breath. Feel the seed “Ram” strongly vibrating there with each breath. This is glory.

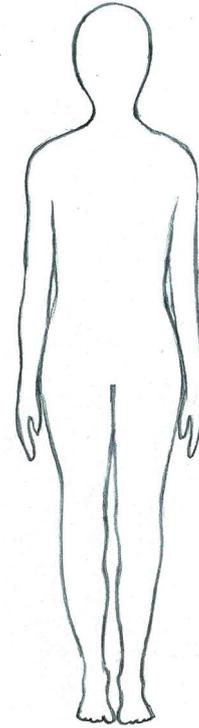
One minute.

In the next step, Start to straighten your body and pull your arms downwards, feel the muscles contract and fix your arms beside your body, feel tension and alertness. Start with a deep and slow *bhastrikā*. Move your belly intensely while doing so. When you finishes breathing perform *ajgari*, hold the breath 5 – 10 seconds inside and then exhale contract the abdomen and hold the breath outside for another 5 – 10 seconds. Then release and feel the silence.

Breath deeply, then start with 5 – 30 times *bhastrikā* and finish with *ajgari*.

### *Sūryanamaskāra*

*Sūrya* is the sun, *namaskāra* a salutation. The sun is the carrier of wakefulness. When he sets, life sleeps. When he rises, so does life. Life is dynamic and energetic. Aliveness is associated with *piṅgalā*, the carrier of *prāṇa*. When one practices *sūryanamaskāra*, one should do this with aliveness, dynamism and boundless energy. One should not try to stretch but rather prefer to stay dynamic. The morning body needs first to melt in the sun before it can be stretched, so allow



the sun to rise first. Perform this *sūryanamaskāra* with deep and loving breathing. Ensure that your eyes are following the movement of energy, not wandering around uncontrolled.

Perform 12–108 rounds.

### *Tādāsana*

Palm tree pose. Interlace your fingers and turn your palms upwards over your head. Stretch up as far as you can and feel yourself balancing the sky on your palms. Breathe deeply, then stand on your toes and stretch even higher. Finally, breathe out and come to *samāsthiti*.

Practice for one minute with deep breathing.

### *Bhuja Vallī Kriyā*

Strengthening the arms. From *tādāsana* lower your arms gently to raise your right arm to the sky. Your back is straight and the other arm is fixed and pointing downwards. Pull the muscles of your body and fix your posture. Now start with a deep *bhastrikā*, move your belly then perform *ajgari* and relax, change arms and do one more round.

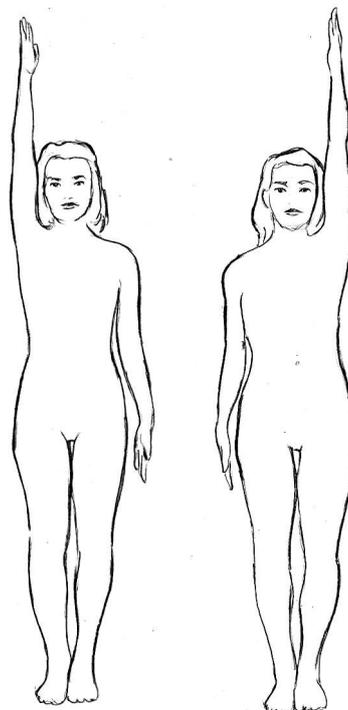
5 – 30 times *bhastrikā* and *ajgari* on each side.

### *Piṇḍala Śakti Kriyā*

Strengthening the calves

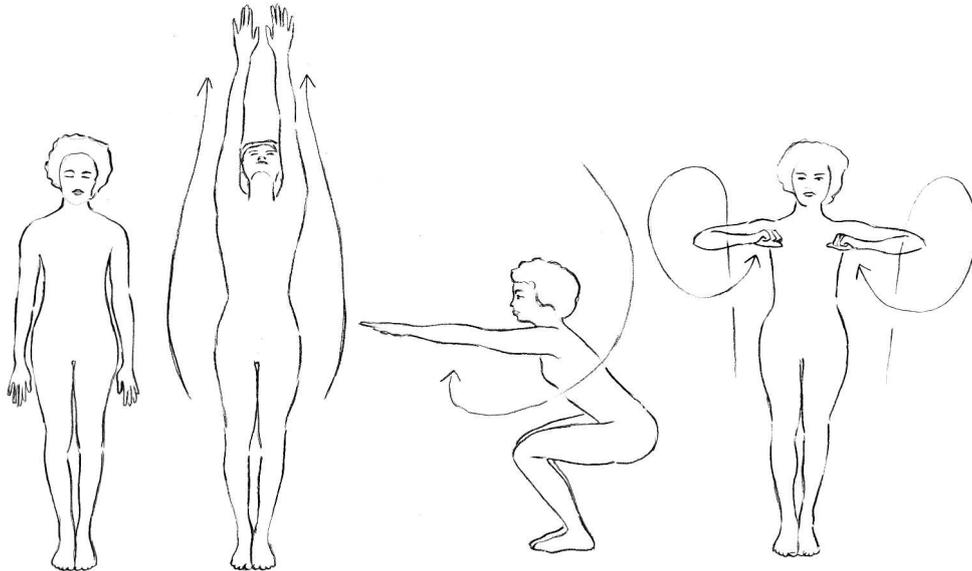
Stand with your feet together and your fingers closed, your neck relaxed. Your gaze is clear and fixed at a point in front of you.

Inhale through the nose and lower your body to squatting pose, your knees remain closed, the heels on the ground and your arms stretched out in front of you. Go down as far as you can and hold your breath inside a little. Then elevate your body describe a full circle with your arms (downwards- behind-upwards), so that your fists come in front of chest with the elbows bend and parallel to the



ground. Then exhale sharply, open then chest and push the elbows behind. – this is one full round, continue again by stretching out your arms.

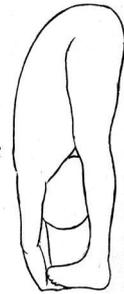
5 – 30 times, do it with determination.



### *Pādahastāsana*

Hands to feet pose. Move your arms to the sky and then gently bend forward, bending your knees. Place your fingers under your toes and your belly on your thighs. Breathe. Then gently stretch the knees while keeping your belly on the thighs. Breathe deeply.

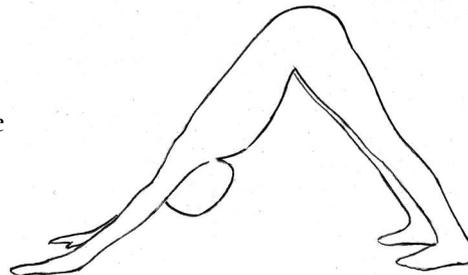
Practice until you are completely relaxed.



### *Adho Mukha Śvānāsana*

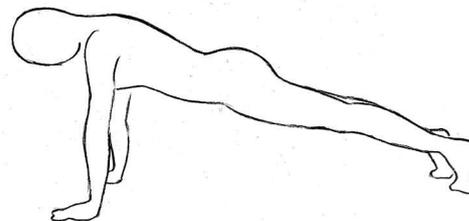
Downward facing dog. Come into *Adho Mukha Śvānāsana*, here the feet are hip-wide open and the body shall fully relax in strength. Just breath

Practice for 30 – 60 seconds with deep breathing.



### *Santolāsana*

Platform pose. Come into *vajrāsana* and relax in this posture if needed. Then, come forward, put your hands under your

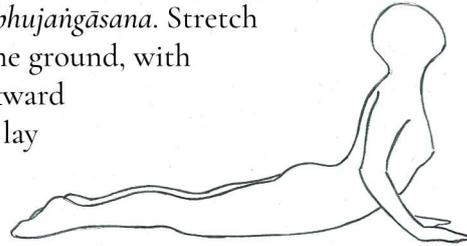


shoulders and move into the blank pose. Breathe deeply and then start to perform a deep *bhastrikā*, feel the heat. Perform *ajgari* and in the end relax on your belly in *advāsana*.

5 – 30 times *bhastrikā* and *ajgari*.

### *Bhujaṅgāsana*

Cobra pose. Relax profoundly on the ground. From there, place your hands underneath your shoulders and move into *bhujaṅgāsana*. Stretch your arms first, then lower your pelvis to the ground, with your elbows at the chest. Focus on the backward bend. Feel the sky. Breathe deeply. To relax lay down on your belly and stretch your arms over you on the ground, palms facing downwards, this is *advāsana*.

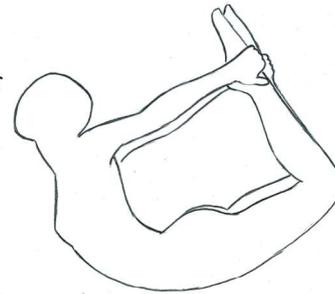


5 – 10 deep breaths, relax into *advāsana*, then repeat the exercise another time.

### *Dhanurāsana*

Bow pose. Bring your feet to your buttocks, grasp your ankles and push your feet backwards. Elevate off the ground and focus on your central channel rising to the sky from the base to the top. Pull *mūlabandha*.

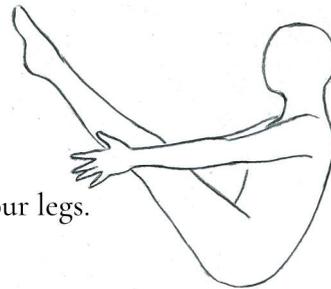
5 – 10 deep breaths then relax in *advāsana*, repeat the exercise another time.



### *Naukāśana*

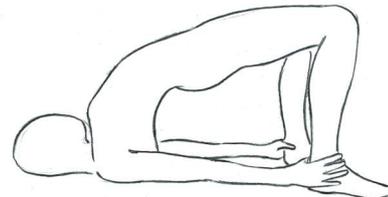
Boat pose. Then move gently into *parvatāsana* and from there sit down. Stay until your body is calm. Then move into *naukāśana*. Hold as long as you can. When your muscles fail, simply return by hugging your legs. Continue once strength is regained.

5 – 10 deep breaths, then relax in *bījāsana* by hugging your knees tightly and repeat the exercise another time.



### *Kandharāsana*

Shoulder pose. Lay down. Bring your feet to your buttocks and hold your ankles with your hands. If

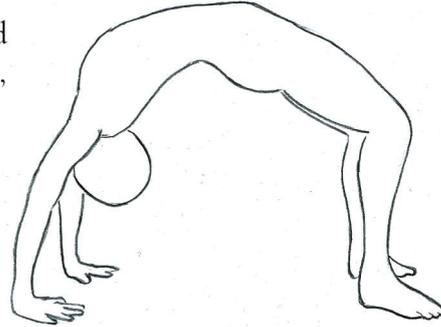


you cannot grasp your ankles just interlace the hands behind your back. Come gently into *kandharāsana*. Push the pelvis as far up as possible. Stay here and rise to the sky. To relax come down and hug your knees.

5 – 10 deep breaths, relax by hugging your knees then repeat the exercise another time.

### *Cakrāsana*

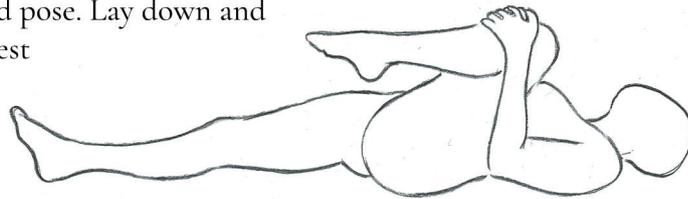
Wheel pose. Hug your knees to your chest and relax. Then, place your hands beside your ears, and gently and slowly move up into *cakrāsana* according to your own capacity.



Stay there, breathing deeply, for about 3 – 10 deep breaths. Then relax by hugging your knees.

### *Supta Pavanamuktāsana*

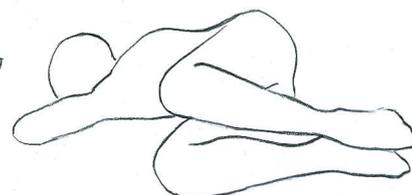
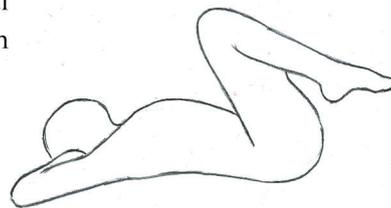
Sleeping freeing the wind pose. Lay down and pull one knee to your chest while stretching out the other leg. When you breathe out, lift your head to your knee. When you breathe in, lower your head to the ground. Breathe deeply. Change legs after about one minute.



Then, bring both knees to the chest. Breathe in and out by lowering and raising your head in the same manner. Do so for another minute, then relax.

### *Supta Udarakarśanāsana*

Sleeping abdominal stretch pose. Lay on your back and interlace your fingers under your neck. Bring your



closed knees up to the chest. Open your chest. Let your legs fall to the left and breathe deeply. This is the sleeping abdominal stretch pose.

After one minute, change sides and repeat.

### *Śava Udarakarśanāsana*

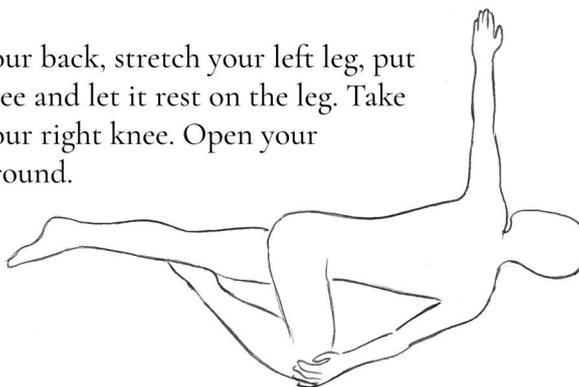
Universal spinal twist. Lay on your back, stretch your left leg, put your right foot over your left knee and let it rest on the leg. Take your left hand and place it on your right knee. Open your right hand to the right on the ground.

Turn your head to the right.

Look in your open palm.

Rotate your leg to the left.

Breathe deeply. This is the universal twist pose.



After one minute, change sides and repeat.

### *Naukāśana*

Boat pose. Gently move to *naukāśana* once more.



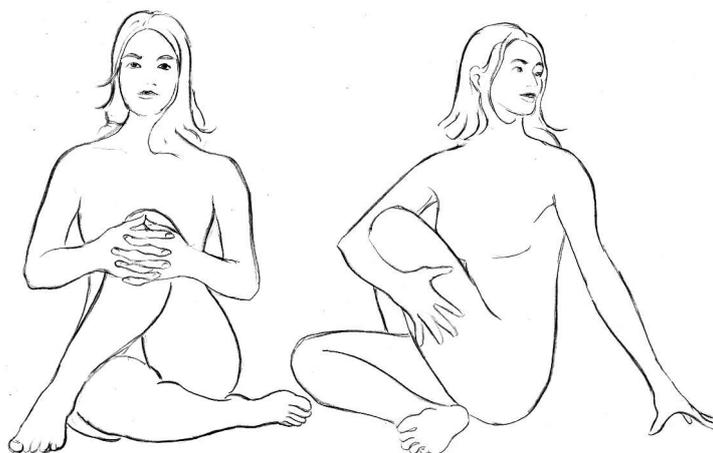
Practice a deep breath, then start with a joyful *bhastrikā*, while moving the belly in and out. Look at your belly expand and contract, moving all the body. In the end perform *ajgari*, hold and relax by lying down.

5 – 30 times *bhastrikā* and *ajgari*, then relax

### *Ardha Matsyendrāsana*

Half spinal twist. Come up sitting comfortably and first feel your centre. Place the left leg over the right thigh, right foot on the left and left foot on the ground on the right side of your body

Hold your knee, open your chest gracefully and feel the beauty of this posture.



When you can feel it, gently use your breath to rotate to the right. Breathe deeply and massage your intestines. Change sides. Stretching means letting go.

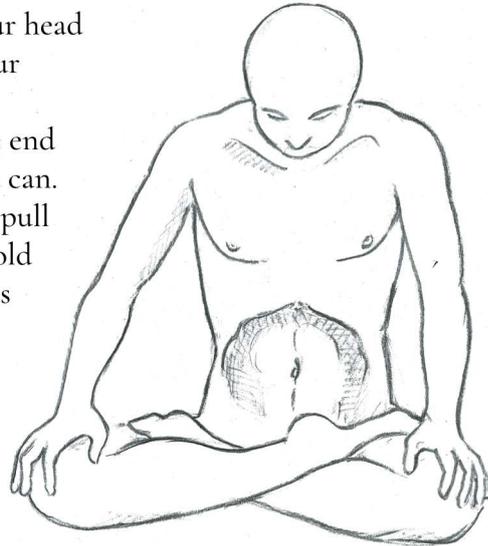
Perform this for one minute on each side, with deep, deep breathing.

### *Bhastrikā Prāṇāyāma*

The bellows of the blacksmith.

*Bhastrikā prāṇāyāma* is the bellows that fans the fire. It is an equally strong inhalation as exhalation. *Bhastrikā* is often mistaken with *kapālabhāti*, as it has a similar appearance. The crucial difference is, the previously mentioned equal strength of exhalation and inhalation. *Bhastrikā* brightens fire, awakens *kuṇḍalini* and purifies the mind and body

*Ida bhastrikā* - Sit up straight, elevate your head and venerate your solar plexus, Close your right nostril and perform 5 – 30 times *bhastrikā* through your left nostril. In the end inhale, expand your belly as much as you can. Hold 5 – 30 seconds, then exhale deeply, pull your belly inwardly and upwardly and hold for another 5 – 30 and then inhale. This is *ajgari* the panther. Take yourself time to relax then continue.



*Piṅgalā bhastrikā* - Perform the same process, by closing the left nostril on the right side.

*Madhya bhastrikā* - Then perform 5 – 30 times *madhya bhastrikā* (central bellows breath) one last time in the centre through both nostrils. Keep straight. In the end perform *ajgari*, this will centre the energy and give life to every pore of your being.

5 – 30 times *bhastrikā* and *ajgari* on each side and in the centre. Then relax.

### *Alternative 1: Agnisāra Kriyā*

Cleaning the digestive fire. Sit open-kneed in *vajrāsana* or in your preferred sitting posture. Empty the lungs of air like in *uḍḍiānabandha*. Stick out your tongue and pump the diaphragm empty until you need to inhale. This motion is to be done fast and playful. Be completely empty-minded when performing this. It is

mandatory to perform it gently and not to strain. If a headache occurs, stop immediately. When you cannot perform *agnisāra kriyā* comfortably, switch to *svāna prāṇāyāma*.

### *Alternative 2: Svāna Prāṇāyāma*

Dogs breath. The breath of the panting dog. *Svāna prāṇāyāma* is a preparatory exercise for *agnisāra kriyā* — the cleansing of the digestive fire. *Svāna prāṇāyāma* will massage the diaphragm and remove blockages that hinder the energy allowing you to move freely through the bodily centre. When the diaphragm is well-tuned, you will be easy and strong, and your mind will be settled and free of unnecessary and clouding thoughts.

Don't be self-conscious! You can feel like a happy young dog panting freely at the day. It will relieve you of human stupidity and open your body.

Sit straight in *siddhāsana* or *vajrāsana*. Place your left hand under your ribcage on your belly and keep your spine straight. Breathe in deeply and happily stick out your tongue. Then rhythmically push out your diaphragm—just as if you were laughing—to resemble a panting dog. Give yourself over to the exercise, hold nothing back. Once finished, breathe out gently, rest in the centre and observe the relief of your body.

Perform *agnisāra kriyā* or *svāna prāṇāyāma* for two to five minutes.

### *Bīja Nyāsa*

Placing the seed sounds. Sit in meditation posture. Stretch out and fix your hands. Perform *mūlabandha* at the beginning of each sound. Perform our *bīja nyāsa*.

Finally, perform *namaskāra mudrā* and breathe deeply.

### *Śavāsana*

Corpse pose. Lay on the ground and surrender completely.

Contemplate. I am the light. I am the sunrise, I am eternal. Without beginning, without end.



## **Summary**

<i>Samāsthiti</i>	Equalized pose, mountain pose
<i>Sūryanamaskāra</i>	Salutations to the sun
<i>Tāḍāsana</i>	Palm tree pose
<i>Bhujā Vallī Kriyā</i>	Expanding the energy of the arms
<i>Pādahastāsana</i>	Hand to foot pose
<i>Parvatāsana</i>	Mountain pose (downward facing dog)
<i>Santolāsana</i>	Balancing pose (platform pose)
<i>Bhujāṅgāsana</i>	Cobra pose (upward facing dog)
<i>Dhanurāsana</i>	Bow pose
<i>Naukāśana</i>	Boat pose
<i>Kandharāsana</i>	Shoulder pose
<i>Cakrāsana</i>	Wheel pose
<i>Supta Pavanamuktāsana</i>	Leg lock pose
<i>Supta Udarakarśanāsana</i>	Sleeping abdominal stretch pose
<i>Śava Udarakarśanāsana</i>	Universal spinal twist
<i>Naukāśana</i>	Flat boat pose
<i>Śaithalyāsana</i>	Animal relaxation posture
<i>Ardha Matsyendrāsana</i>	Half spinal wist (Matsyendras pose)
<i>Agnisāra Kriyā</i>	Activating fire (Acting the essence of fire )
<i>Bīja Nyāsa</i>	Placing the Seed sounds
<i>Śavāsana</i>	The corpse pose