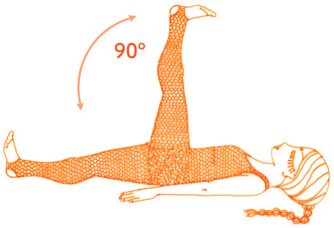
KUNDALINI YOGA SET FOR PERPETUAL YOUTH

1. Sit in Sukhasana (Easy Pose) and interlace your hands over your head in Venus Lock. Make circles with your torso (grind your digestive area) counter-clockwise and circle your hands and arms in the opposite direction. **4 Minutes.** *This is good for the digestive organs and elimination, adjusts the spine, and balances your energy.*

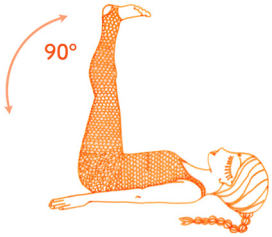
2. Stretch your legs forward. Place your hands on the ground slightly behind you for balance. Raise both legs up and begin with Breath of Fire. After **1 Minute,** switch to long, deep breathing. If you have the strength, hold the posture moving your legs up and down. **2 Minutes.**

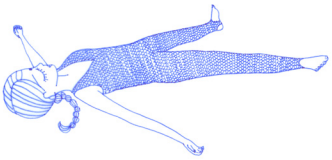
3. Bhujangasana - (Cobra Pose). Lie prone on the floor. Stretch your legs back, tops of the feet on the floor. Spread your hands on the floor under your shoulders. Hug the elbows back into your body.Press the tops of the feet and thighs and the pubis firmly into the floor. Inhale, press with your hands against the floor and begin to lift the chest off the floor, keeping your pubis touching the ground. Press the tailbone toward the pubis and lift the pubis toward the navel. Exhale and come down. Continue for **2 Minutes.** *In the original version of this Set, while in Cobra you lift your hands off the ground, clap them together and return them to the ground. Do it only if you can keep your upper body in position when your hands are off the ground.*



4. Lie on your back and do alternate leg lifts up to 90°. After **1 minute,** chant "Sa" as you lift your left leg, "Ta" as you lift the right leg, "Na" as you lift the left leg, and "Ma" as you lift the right. Continue for **2 Minutes.**

5. Lifting both legs up to 90°. Continue in the same posture, now lifting both legs. As the legs come up, chant "Sa", as they go down, chant "Ta", as the legs come up, chant "Na" and as they go down, chant "Ma". **1.5 Minutes.**





6. Savasana. Relax on your back for **6 minutes.** Then stretch as you need.

7. Purvottanasana (Upward Plank). Begin seated with your legs stretched forward. Rotate your shoulders back and place your hands on the floor, one step behind your shoulders. Activate your abdomen, open your chest and lift your pelvis up as much as you can to come into Upward Plank. If your toes touch the floor and it feel conformable, relax your head backwards, otherwise keep your chin towards your chest. Open your mouth, put your tongue out, and do Breath of Fire through the mouth. **1 Minute.** *This posture is good for the pelvis, the thyroid, and the parathyroid.*