

Online Resource 8.1 • Kriya for New Lungs and Circulation

Tune in prior to beginning this kriya.

This kriya is rhythmical and short for enthusiastic beginners and intermediate students in good condition. It improves circulation throughout the body and rebuilds the lungs. This kriya can rebuild your system and prepare your lungs for an excellent practice of pranayama. Since the flow of the breath determines your emotional base, when the circulation and lungs are in excellent shape, calmness and control are easily accessed.

Eye Focus: Eyes are open.

1. *Arm Swings*

This exercise stimulates the lungs, as well as the lung meridians, and flushes the upper lymph system.

Position: Stand with your back straight and your weight equally balanced between your feet.

- Extend your arms straight ahead, shoulder height.
- Touch the tip of your little finger to the tip of your thumb; your remaining fingers are relaxed and straight.
- Swing your arms together in smooth and continuous circles, up over your head, then back and around. Concentrate. Use a strong rhythm.
- Continue for 5 minutes.

To End: Inhale, stretching the arms straight up briefly. Exhale and relax.

2. *Reverse Arm Swings*

This exercise balances the motion of the first exercise and releases the circulation through the neck and cheeks.

Position: Remain standing.

- Close both hands in fists with your thumbs inside.
- Extend your arms straight ahead, shoulder height.
- Begin arm swings in the reverse direction of posture 1—up in back, over the head, and down in front. Move powerfully, keeping your arms straight. Continue for 1–2 minutes.

To End: Inhale forward with your arms parallel to the ground. Exhale and relax.

3. *Front Bend Bounce*

This exercise stimulates the navel area and abdomen. It releases reserve energy to heal and coordinate the body as well as improve circulation in the digestive system. The mantra is an effective trigger for the navel point energy to release emotions such as confusion and fear that act as blocks to one's ability to act decisively.

Position: Still standing. Arms are straight overhead, palms facing forward.

- Bend forward from the hips and let both palms strike the ground.
- In this bent position, bounce up a little and hit 7 times.
- Each time the palms strike the ground, chant the sound *Har* (the tip of the tongue taps the back of the top teeth to pronounce the *r*). (*Note: Har* means "ecstasy.")
- For the 8th count, rise up straight, bring your arms straight over your head, and clap over your head while chanting the sound *Haree!* (*Note: Haree* is a variation of *Har*.)
- Bend forward again and continue with a steady rhythm with the chant *Har, Har, Har, Har, Har, Har, Har, Haree!* (*Note: It is better to have students' hands not reach the ground than to have students round their backs or bend their knees. And remind them to bend forward at the hip socket, rather than rounding their lower backs.*)
- Mantra: *Har, Har, Har, Har, Har, Har, Har, Haree!*
- Continue for 6–7 minutes.

To End: Inhale and stretch up briefly. Exhale and relax.

4. *Leg Lifts With Breath of Fire*

This exercise stimulates the lower colon by pushing the circulation below the navel and enhancing circulation to the lower legs.

Position: Sit down with your legs stretched out in front of you, heels together. Hands are palms down on the ground next to your hips, fingers facing forward.

- Lift your legs with vigor to a 60-degree angle and then back down.
- Add a strong Breath of Fire. Complete one inhale-exhale as you lift your legs up, and another as your legs go back down.
- Continue for 2 minutes.

5. *Crisscross Legs With Breath of Fire*. This reinforces the effects of exercise 4 but adds balance. It also strengthens the lower body.

Position: Sit with your legs stretched out in front.

- Place your palms on the ground next to your hips. Lift your legs off the ground 1.5 feet. Spread them comfortably to 45 degrees, then scissor your feet back and forth in a crisscross motion.
- Add Breath of Fire in sync with the motion.
- Continue for 2–3 minutes.

To End: Inhale, hold your feet up together briefly, then exhale and relax.

6. *Crisscross Arms With Breath of Fire*

This exercise rejuvenates the lungs, and the breath rhythm synchronizes with the energy of your heart center.

Position: Sit in easy pose.

- Extend your arms in front, parallel to the ground, palms down.
- Scissor your arms in a crisscross motion, alternating which arm is on top. When they separate, bring your arms to shoulder-width apart.
- Add Breath of Fire.
- Continue for 30 seconds–1 minute.

To End: Inhale deeply. Hold your arms parallel to the ground at shoulder width, then exhale and relax.

7. *Baby Pose With Breath of Fire*

This exercise brings a circulatory flush to the brain, eyes, and upper glands.

Position: Sit on your heels.

- Bend forward and place your forehead on the ground. Extend your arms back along your sides on the ground with your palms facing up.
- Concentrate at the brow point.
- Begin Breath of Fire.
- Continue for 30 seconds–1 minute.

8. *Moving Yoga Mudra With Breath of Fire*

This exercise affects the very top of the lungs and builds the energy field surrounding your body.

Position: Sit on your heels in rock pose with your hands behind your back, fingers interlaced, thumbs crossed, hands firmly locked.

- Bend forward and place your forehead on the ground.
- Lift your arms up and then back down in a rapid, rhythmical, steady motion.
- Add Breath of Fire to the motion. Complete one inhale-exhale as you lift your arms up and one complete inhale-exhale as your arms go down.
- Continue for 2 minutes.

To End: Inhale, raise your arms up, and hold briefly. Exhale and relax.

9. *Meditate*

Position: Sit in easy pose with a straight spine and your chest lifted slightly and your lower spine tucked gently forward.

- Allow your thoughts to be vast and expansive. Open your heart to your empowerment, healing, and awareness.
- Continue for 2–3 minutes. Immediately move to posture 10.

10. *Relaxation*

Position: Lie on your back with your feet relaxed slightly apart and your hands at your sides, palms facing up.

- Relax completely.
- Continue for 3–5 minutes.