



THE ESSENCE OF SELF KRIYA

1) Arm Circles in Sukhasana - Easy Pose. Sit in Easy Pose, with your arms extended to the front, parallel to the ground, palms facing down. Open your arms to form a V and rotate them backward in big circles. Begin Breath of Fire and gradually increase the power of the breath as you rotate the arms. Find a rhythm that feels energizing. **Continue for 2 minutes.**



Alternatives: *If you have neck discomfort, you can: try different speeds; try doing the posture standing up; or keep your chest open and your arms without moving, with the elbows by the sides of your torso, and the forearms creating a V shape with palms facing down.*

2) Rocking Dhanurasana - Bow Pose. Lie on your abdomen and bend your legs. Grab the ankles, activate your lower abdomen, and pull back and up to lift your chest and legs off. Activate your navel and rock back and forth. Coordinate the movement with a powerful Breath of Fire. **Continue for 1 minute.**



Alternative: *Do dynamic Setu Bandhasana - Half Bridge Pose, moving your pelvis up and down, as you do with Breath of Fire.*



3) Rocking over your Spine from Apanasana - Knees to Chest Pose. Lie on your back, bring your knees towards your chest, and clasp them. Bring your chest towards your knees and rock along the entire length of the spine. Coordinate the movement with Breath of Fire. **Continue for 1 ½ minutes.**



4) Dynamic Upavesasana - Crow Pose. Stand up with your feet hip-distance apart, and interlace your fingers in Venus Lock on top of the head. Inhale as you squat down and exhale as you stand up. **Do 13 to 26 repetitions.**



5) Repeat Posture #1.





6) Meditation in Sukhasana - Easy Pose, with Hands over your Heart Center. Sit in Easy Pose and cross your hands over the center of your chest over the Heart Center. Close your eyes and breathe deeply, inhaling and exhaling through your nose. Focus on your breath and drop any self-limitations. Surrender the self to your higher Self. In this expanded awareness, experience your essence. Remain focused and meditate.



7) Relax on your back for 5-11 minutes.