



KRIYA TO CREATE INTERNAL BALANCE

This kriya helps create internal balance on all levels of your being. It can improve your overall health and energy levels. Use it to return to balance when things just feel off, or if you've clearly swung too far to one side.

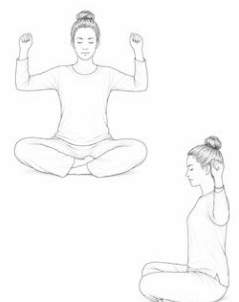
1) Forearm Bounces in Sukhasana (Easy Pose). Sit with your chest open, arms by your sides, elbows close to the sides of your torso, and forearms parallel to the ground with your palms facing down. Move your forearms and hands up and down simultaneously, keeping them straight from fingers to elbows, as if bouncing two balls, inhaling up and exhaling down at a fast pace, almost like Breath of Fire. **Continue for 4 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) Cow Pose (Bitilasana) Push-Ups. Come into your hands and knees, with your hands shoulder distance apart. Inhale in this posture and exhale, bending your arms to move your forehead to the ground. Continue inhaling up and exhaling down, moving vigorously with a powerful breath **for 1 minute.** Be sure not to sink on your wrists to avoid discomfort. **Alternative:** make fists with your hands or use blocks under your palms



3) Alternate Arm Rises in Easy Pose (Sukhasana) with Cactus Arms. Sit elongating the spine, with in your arms opened to the sides, parallel to the ground, elbows at the level of your shoulders, and forearms up perpendicular to the ground making fists with your hands. Inhale and stretch your right arm up and out to a 60 degree angle. Then exhale and bring it back to the original position. Continue alternating sides for **3 ½ minutes.** If you have neck discomfort keep your elbows down by the sides of your body.





4) Side Bends with Hands over Shoulders in Sukhasana (Easy Pose). Sit in Easy Pose and place your hands over your shoulders, opening your chest. Lift your elbows to the level of your shoulders and inhale, then exhale as you bend to your left side. Inhale coming back up and continue alternating sides. **Continue for 3 minutes.**



5) Pump the Abdomen in Sukhasana (Easy Pose) with Hands in Venus Lock. Sitting in Sukhasana, interlace your fingers and place your hands about 20cm in front of your chest, with your palms facing your body. Inhale and hold your breath for as long as you can, as you powerfully pump the abdomen in and up towards the spine. When you need, exhale. Then inhale and continue repeating the cycle. Keep the focus at the eyebrow point and **continue for 9 ½ minutes.**

Then chant the mantra HAR, trying to touch your upper palate with the tip of your tongue **for 1 ½ minutes.** Make sure you pull your navel in with each repetition of "HAR".



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