

HEALTHY BODY KRIYA

Build your circle with the arm movements. Feel your finger tips as the outer edge of your circle. With each movement, clear and claim the space in your circle as your own. Between exercises stand for a bit and let the energy adjust. Be grounded in your body. Feel connected to the Earth. Then shake your whole body and release stuck energy.

1. Stand with feet shoulder-width apart, weight on the outer edges of the feet. Arms are straight out to the sides, just slightly higher than parallel to the ground. Palms are facing forward. Twist from the waist, swinging the arms to the left, then to the right on the exhale. Inhale left, exhale right. 1-3 minutes.



2. Standing with feet shoulder-width apart, arms straight out to the sides with palms facing down. Slowly bend the body from your hips left, then back up to center, and then right. Arms stay in a straight line. As one goes down to each side, the opposite side of the body moves up toward the sky. 1-2 minutes.

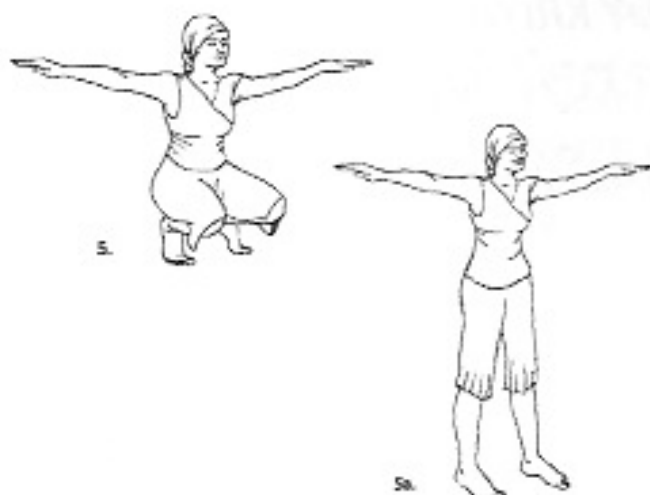


3. Standing with feet apart slightly, interlace fingers, palms down, hands at level of arm pits. Bend forward from the hips, bringing hands toward the ground. Do not bend legs. Stretch at your hips to adjust pelvic region. 26 times.

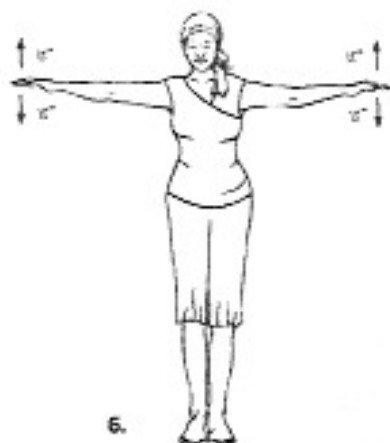


4. Standing with hands on hips, feet about 6" apart. Swing left leg forward and slightly to the left, up to the waist level if you can. Return the leg and do the same movement with the right leg. Repeat rhythmically for 2-3 minutes or 26 times.





5. Standing with the feet shoulder-width apart, up on toes, arms out to the sides slightly higher than parallel to the ground, inhale through the nose and squat down, maintaining a straight spine. Exhale through the mouth and rise up to standing. Repeat 26 times or 1-2 minutes.



6. Standing with heels together, legs straight, arms straight out to the sides parallel to the ground, palms down. Flap the arms up and down without bending elbows 15° from horizontal in both directions. 1-3 minutes.



7. Standing with feet slightly apart, with left hand make a fist with thumb inside at the center of your chest, level of the nipples. Extend right arm straight forward with palm open as if to grab something. Then make the hand into a fist, thumb inside, and snap the right hand back to the center of your chest. (Elbow comes down to the side of the body.) Feel like you are pulling a weight as you snap the hand back. Inhale as the hand snaps in and exhale as the hand extends out. Alternate arms. 1-2 minutes.



7a/b.

8. Standing with feet comfortably apart, arms up to 60° , palms facing forward, fingers spread apart, move hands at the wrists rapidly up and down. Create a meditative rhythm for 1-3 minutes.

9. Relax deeply for 5-10 minutes.