



# Nabhi Kriya for Prana-Apana

8 Exercises 18 min - 43 min *KRI International Teacher Training Manual Level 1*

This kriya balances prana and apana by focusing on the Third Chakra at the Navel Point and then at the Heart Center. It is good for general strength, for digestion, for abdominal toning, for alleviating mild depression and for developing the healing flow of prana through the hands.

## 1. Life Nerve Stretch - One Leg at a Time

**Comments:** *This exercise opens the lungs, balances the polarity of the aura, and stimulates the pituitary.*

### Right Leg (1 min to 2 min)

1. Sit with the right leg straight out and the left foot on the right thigh. Grab the big toe of the right foot with the thumbs of both hands, pressing against the toenail and the first two fingers of both hands applying a pressure against the soft part of the toe.
2. Pull back on the big toe. Stretch the spine straight and apply Neck Lock. Begin Breath of Fire.



### Left Leg (1 min to 2 min)

1. Inhale, change legs, and continue.

### To End

1. Inhale and relax.

**Breath** Breath of Fire

## 2. Kicking Buttocks

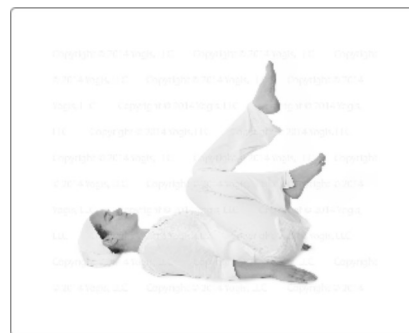
**Comments:** *This exercise is an aid to digestion.*

### Kicking Buttocks (1 min to 3 min)

1. Lie on your back with your arms at your sides. Bring the knees into the chest and begin alternately kicking the buttocks with the heels.
2. Inhale as you raise each leg, exhale as you strike the buttocks.

### To End

1. Inhale and relax.



## 3. Leg Pistoning

**Comments:** *This exercise aids in digestion.*

### Leg Pistoning (1 min to 3 min)

1. Remaining on the back, raise both legs to 18 inches.
2. Inhale and draw the left knee to the chest. Exhale as you extend the left leg and simultaneously draw the right knee to the chest, keeping the lower legs parallel to the floor.
3. Continue this push-pull motion with powerful breathing.

### To End

1. Inhale and extend both legs out.
2. Exhale and relax.



## 4. Front Platform

**Comments:** *This exercise gives strength to the lower back and stimulates the brain.*

### Front Platform (1 min to 3 min)

1. Lie on the stomach. Place the hands under the shoulders and raise the body until the elbows lock.
2. The weight of the body is supported by either the palms or the fingertips, and the tops of the feet. The body forms a straight line from head to toes.
3. Begin Breath of Fire.



### To End

1. Inhale and hold the breath briefly.
2. Exhale, inhale, then exhale completely and hold the breath out briefly.
3. Inhale and relax.

**Breath** Breath of Fire

## 5. Stretch Pose

**Comments:** *This exercise activates and balances the Third Chakra, sets the Navel Point and aids in digestion.*

### Stretch Pose (1 min)

1. Lie on the back, push the base of the spine into the ground, bring the feet together, and raise the heels 6 inches.
2. Raise the head and shoulders 6 inches and stare at your toes with the arms stretched out, pointing at the toes.
3. In this position inhale and hold briefly. Exhale. Inhale. Exhale completely and apply mulbandh. Inhale and relax.

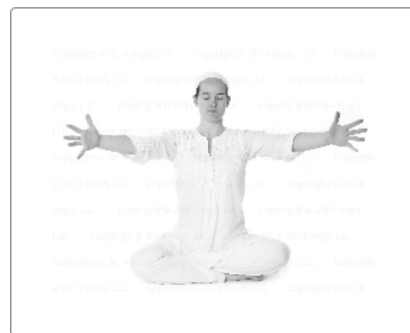


## 6. Heart Center Stretch for Healing

**Comments:** *This exercise brings mental and physical focus to the hands and opens the Heart Center.*

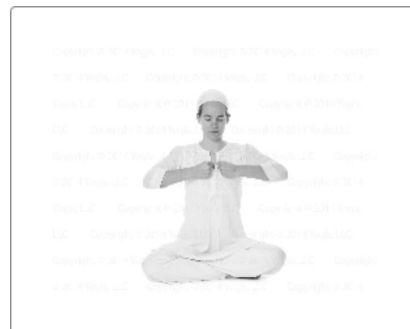
### Arms Wide

1. Sit in Easy Pose.
2. Spread the arms at an angle of 60 degrees, parallel to the ground, as if to receive someone. The arms create a large "V", with the Heart Center being the point of the "V".
3. Spread and tense all fingers. Breathe long and deep.



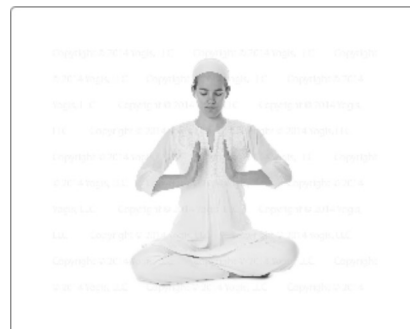
### Pulling to Center (2 to 3 reps)

1. Inhale, and bring the fingers into tight fists. Slowly bring the fists to the center of the chest as if bringing in a great weight.
2. When they reach the center of the chest exhale forcefully and repeat.



### Arms Wide (to 1 min)

1. Spreading the arms at an angle of 60 degrees or more, tense the fingers and breathe long and deep.
2. The arms create a large "V", with the Heart Center being the point of the "V".



### Hands 4 Inches Apart (1 min to 2 min)

1. Slowly bring the hands to a position 4 inches apart in front of the chest with the palms facing each other, fingers pointing up.
2. Staring at the space between the palms, feel the energy flow between the hands.
3. Continue long deep breathing in this position.



### Prayer Pose (1 min)

1. Bring the palms together at the center of the chest into Prayer Pose.
2. Meditate at the Brow Point.

### Prayer Pose, Bowing (1 min to 2 min)

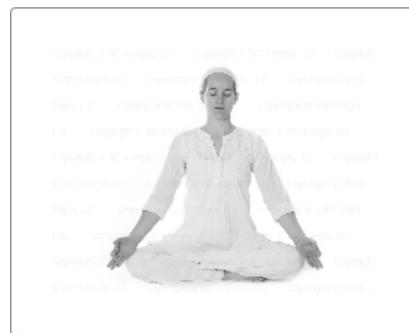
1. Keeping the hands at the Heart Center, bend forward from the waist and bring the forehead to the floor.
2. Relax in this position.



## 7. Meditation

### **Meditation (3 min to 11 min)**

1. Return to a cross-legged sitting position.
2. Meditate.



## 8. Relaxation

### **Relaxation (5 min to 11 min)**

1. Deeply relax.

