

GURURATTAN KAUR'S COMPLETE WARMUP & PREPERATION FOR MEDITATION

All exercises are to be done 1-2 minutes with powerful Breath of Fire unless otherwise specified. You may select from the list, but do them in the sequence given.

1. Standing, lock hips (bending knees if necessary), feet hip width apart, and twist upper torso from left to right, swinging the arms for momentum. Adjust hips, stimulates liver, promotes spinal flexibility, slims waistline.

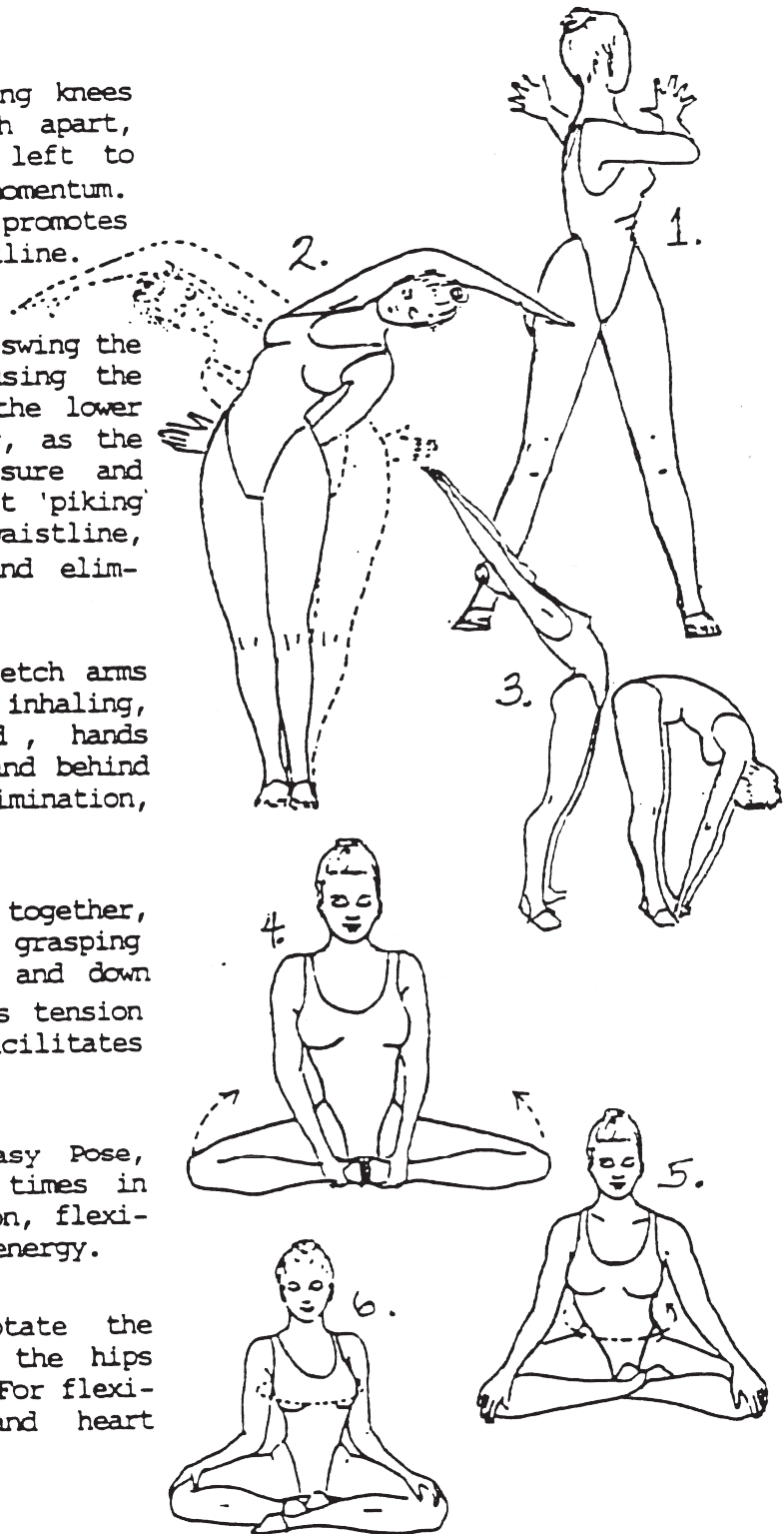
2. Place heels together and swing the torso from side to side, using the arms for momentum, allowing the lower arm to swing behind the body, as the upper rises overhead. Be sure and keep the body straight, (not 'piking' at the hips.) Good for waistline, liver, thighs, flexibility and elimination. 1-2 minutes.

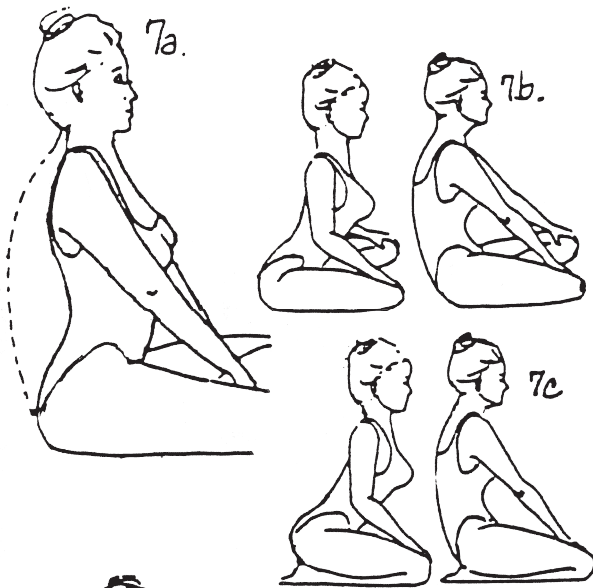
3. Feet hip width apart, stretch arms overhead and arch backwards, inhaling, and exhaling, bend forward, hands touching the ground between and behind the feet. For abdomen, elimination, flexibility.

4. Sit with soles of feet together, heels touching Perineum, hands grasping feet and move the knees up and down to touch the floor. Releases tension in the groin, adjusts hips, facilitates sitting in meditation.

5. Pelvic rotations. In Easy Pose, rotate the lower torso 15 times in each direction. For digestion, flexibility, and grounding sexual energy.

6. Sternum Rotations. Rotate the upper torso without moving the hips 15 times in each direction. For flexibility, tension release and heart center.



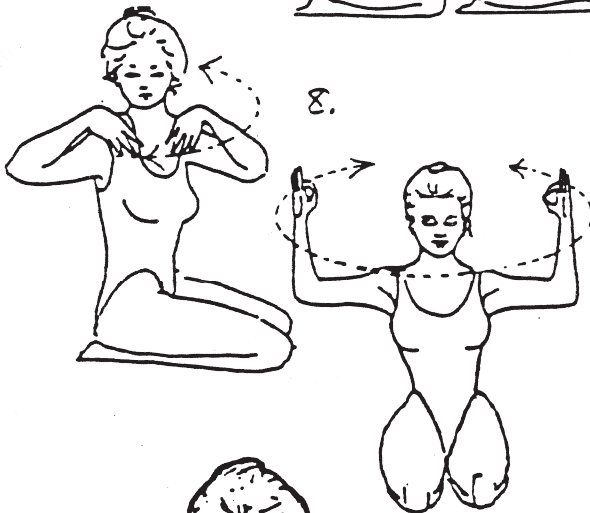


7. Spinal Flexes: Try to keep the head in place, moving it neither up and down nor forward and back to give the entire spine, including the neck, a good workout:

a. In Easy Pose, grasping ankles, inhale, arching the back forward at the waist, and exhale, contracting it back. For 1st & 2nd chakras.

b. Then place hands on knees with elbows straight and continue arching and contracting the spine with the breath. For the upper spine.

c. Then, in Rock Pose, seated on heels, hands on knees, continue with spinal flexes, coordinating the breath. Moves energy to the navel.



8. Side to side twists, still sitting on heels, hands on shoulders, fingers in front, thumbs in back, inhaling as you twist to the left, exhaling to the right. Moves energy from navel to heart, slims waist.

(Alternate: Upper arms parallel to the ground and out to the sides, forearms up at 90°, hands in Gyan Mudra (thumb and index fingers joined), twist back and forth with the breath, as above.)



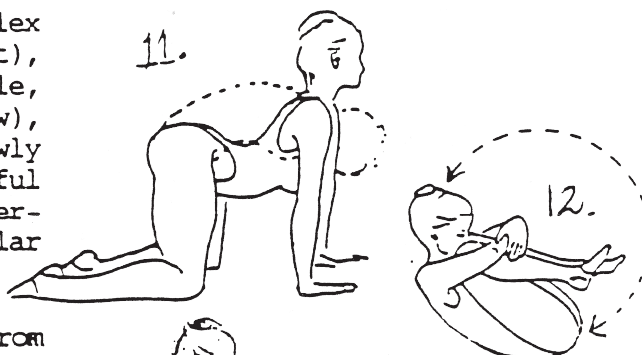
9. Shoulder Shrugs: Alternately shrug shoulders up to ears and down to the limit. For moving energy from heart to throat, releasing shoulder tension, and stimulates heart, thymus and throat center.



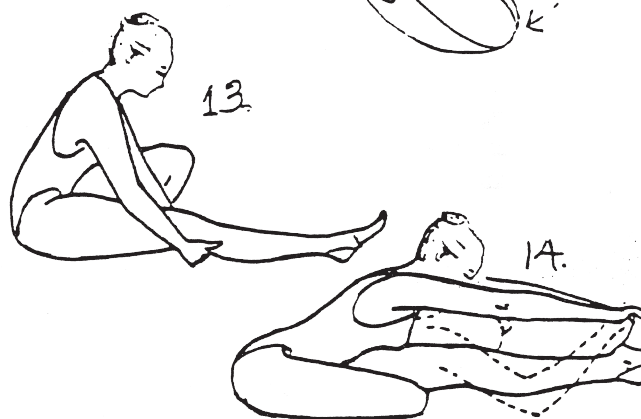
10. Still on knees, roll the head evenly and slowly forward, right, back, left and forward again, ironing out kinks as you go. Then reverse directions and continue. For thyroid and releasing tension in the neck.

(Alternate: Bend the head from side to side, keeping spine straight, touching ears to shoulders.)

11. Cat-Cow: On hands and knees, flex the spine up (like an angry cat), head dropping down on the exhale, and then down (like a tired cow), head up on the inhale. Start slowly and increase speed, with powerful breathing. For heart center, upper-spinal flexibility and the glandular system.

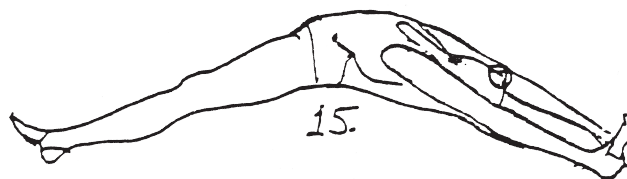


12. Rock and Roll on the spine from the base to the neck, knees clasped to chest, nose between knees. Circulates energy in the entire spine.



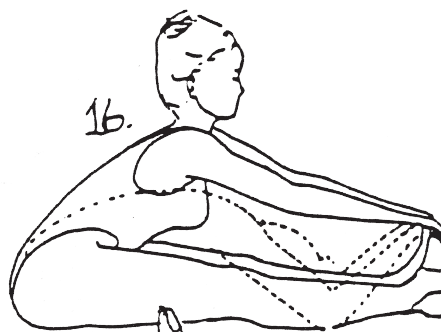
13. Massage the legs on the outsides, backs and behind the knees.

14. Life Nerve Stretch: With left heel pulled into groin, stretch out over outstretched right leg and hold with powerful Breath of Fire. Repeat on the other side. Relieves tension in the small of the back, moves energy up the spine, and prepares legs for sitting.



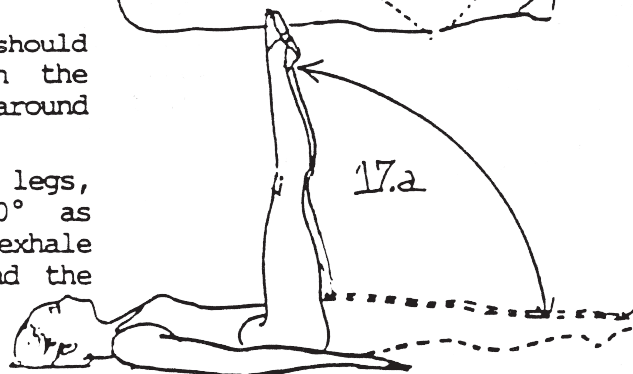
15. Alternate leg stretches with legs wide apart. Inhale up at center, and exhale as you stretch forehead down to alternate knees. Opens the pelvis.

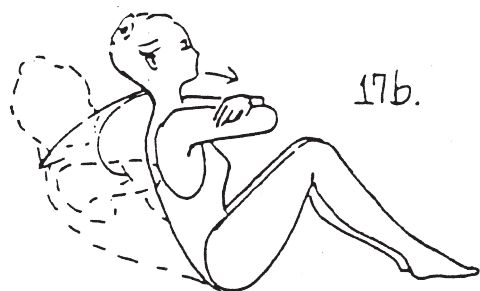
16. Two Leg Life Nerve Stretch with legs together, holding on to the toes or ankles, knees remaining on the floor, inhale up and exhale down. For spinal flexibility, releasing tension in the pelvis.



17. Setting the navel. (You should feel a strong heart beat with the fingertips pressed together, around the navel after these exercises.)

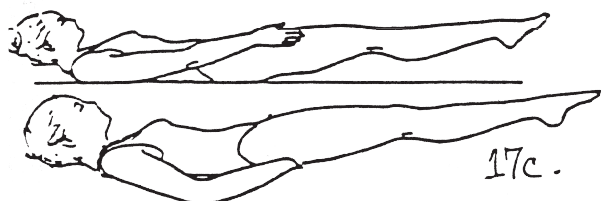
a. Leg raises on back. Raise legs, alternately or together to 90° as you inhale and lower them as you exhale for lower abdominal strength and the navel.





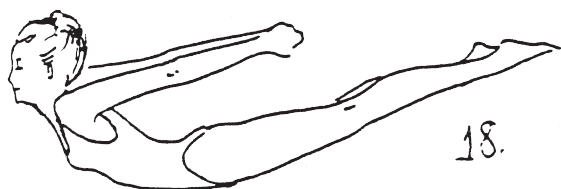
17b.

b. Crunches: Sitting with knees up, arms folded, lean back as far as possible, keeping the spine straight on the inhale, come upright on the exhale. Then lean back, twisting to the left and the right. For strengthening the upper abdominal muscles and the navel point.



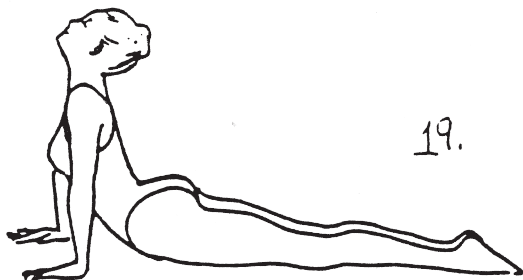
17c.

c. Stretch Pose: With the hands under the buttocks to protect the back, raise straight legs and head 6" off the ground, and hold with Breath of Fire. Strengthens abs and navel.



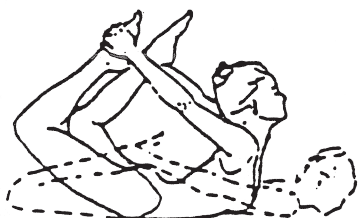
18.

18. Cobra variation: On stomach, clasp hands in Venus Lock behind the back, and raise legs and upper torso. Keeping arms and legs straight, and hold with Breath of Fire. Then inhale, exhale and pull Mulband, tightening the buttocks to raise Kundalini energy up the spine.



19.

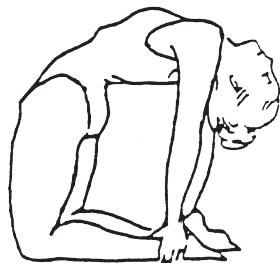
19. Go immediately into normal Cobra (on stomach, hands under shoulders, straighten arms as you arch the back, drop the head back and look at ceiling). Inhale, exhale and apply Mulband and feel the energy rise up and out the top of the head. Relax down, vertebra by vertebra.



20.

20. Bow Pose: Still on stomach, bend knees, grasp ankles and rock back and forth on the stomach, using the breath to move you. Good for tension in the upper spine and shoulders, digestion and elimination.

21.



21. Camel Pose: Kneeling, press the pelvis forward and drop head back, laying palms of hands on soles of feet. Prevents P.M.S in women, removes stress from ovaries and pelvis, and adjusts the Calcium/Magnesium balance.