



Santhika
Retreat
Center

Kundalini Yoga For Disease Resistance

Yogi Bhajan

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1) Sit on your heels. Stretch the arms straight up over the head with the palms pressed together. Inhale. Pump the stomach by forcefully drawing the navel in toward the spine and then relaxing it again. Continue rhythmically until you feel the need to exhale. Then exhale. Inhale and begin again. Continue for 1 to 3 minutes, then inhale. Exhale and relax.

Benefits: This exercise stimulates digestion and the Kundalini energy in the third chakra



2) Sit on your heels. Place the hands in bear grip (2A) at the chest level with the forearms parallel to the ground. Inhale, Hold the breath and without separating the hands, try to pull the hands apart. Apply your maximum force. Exhale. Inhale and pull again. Continue for 1 to 3 minutes. Inhale. Exhale and relax.

Benefits: This exercise opens the heart center and stimulates the thymus gland



3) Sit on your heels with your fingers interlocked in venus lock behind your neck. Inhale. Exhale and bend forward touching your forehead to the ground. Inhale and sit up again. Continue with powerful breathing for 1 to 3 minutes. Inhale, sitting up. Exhale and relax.

Benefits: This exercise improves digestion and adds flexibility to the spine.



4) Sit with the legs stretched out straight in front of you. Reach forward and grab your toes. Bending from the waist bring your forehead to your knees and your elbows to the floor. Remain in this position, breathing normally for 1 to 3 minutes. Then inhale. Exhale and relax.

Benefits: This exercise allows the glandular secretions from the previous exercises to circulate through the body and allows the body to deeply relax.



5) Sit in easy pose. Begin rolling the neck clockwise in a circular motion, bringing the right ear toward the right shoulder the back of the head toward the back of the neck, the left ear toward the left shoulder and the chin toward the chest. The shoulders remain relaxed and motionless and the neck should be allowed to gently stretch as the head circles around. Continue for 1 - 2 minutes, then reverse the direction and continue for 1 - 2 minutes more. Bring the head to a central position and relax.

This exercise and the two exercises following it combine to open circulation to the brain and to stimulate the higher glands including the pituitary parathyroid, thyroid and pineal glands which work together to give harmony to the entire body.



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6) Come into a position supporting yourself on your hands and knees. The knees should be about shoulder width apart and the arms should be straight. No bending of the elbows, Allow the head to drop down and toward the chest in a relaxed manner. Inhale and flex your spine downward as if someone were sitting on your back. Then inhale and flex your spine in the opposite direction, keeping your head down. Continue rhythmically with powerful breathing for 1 to 3 minutes.

Gradually increase your speed as you feel the spine becoming more flexible. Inhale in the original position. Exhale and relax.

This exercise, in addition to the effects mentioned above, helps to transform the sexual energy of the second chakra and the digestive energy of the third chakra while stimulating the main nerves that are regulated through the lower cervical vertebra.



7) Sit on your heels. Alternately shrug your shoulders as high as possible. Do not move your head. As you inhale, your left shoulder should come up and your right shoulder come down. As you exhale, the right should come up and the left go down. Continue rhythmically with powerful breathing for 1 to 3 minutes. Inhale, raising both shoulders up. Exhale and relax.



8) Deeply relax, lying on your back with your arms at your sides, palms facing up, for 5 to 7 minutes.



9) Triangle Pose. Supporting yourself with the palms of your hands and the soles of your feet, and with your rear end up in the air, form a triangle with the ground. Your body will form a straight line from the heels to the buttocks and from the buttocks to the wrists. The head should be in line with the body and the arms should be about 2 feet apart. Hold this position for 5 minutes, breathing normally. Then inhale. Exhale and slowly come out of this position and relax.

This exercise aids in digestion, strengthens the entire nervous system and relaxes the major muscle groups of the body.



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10) Stand up. Reach down and grab your ankles. Keeping the knees straight, begin walking around the room. Continue for 1 to 3 minutes, then return to your place sit down and relax.

This exercise aids in elimination and adjusts the magnetic field to prepare you for meditation.

Comments: To avoid persistent colds and illness, it is essential to keep digestion and elimination functioning well. Add to this a strong metabolic balance and you will have heartiness. This kriya develops these capacities. It gives physical strength and builds disease resistance.