



Santhika
Retreat
Center

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Exercise Set for the Kidneys

Yogi Bhajan

" Drinking water is like washing out your insides. The water will cleanse the system, fill you up, decrease your caloric load and improve the function of all your tissues." - Kevin R. Stone

This kriya stimulates the kidneys, balances the lower three chakras, strengthens the navel point, opens the pelvic area, creates a flow of energy between the spine and first three chakras and creates a relationship between the navel center and the heart. As you perfect this kriya you will cultivate a sense of stability because this set promotes a stable base in the lower triangle (lower three chakras.)



1. Sit, extending arms and legs straight out in front. Tightly fold fingers onto the pads and point the thumbs up. Inhale, exhale and bend forward from the hips, keeping arms parallel to the floor, with heavy powerful breath, becoming heavier as you continue. 2 bends every 5 seconds for 5-6 minutes.



2. On back, bend knees and grasp ankles, pressing the navel up as you inhale, and exhale back down. Feet, neck and arms remain on the ground. This exercise works on the neck, kidneys, urinary tract, and is helpful for hernia. The heavy breath stimulates the pituitary gland.





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3. (A) On hands and knees, arms and legs straight and about shoulder and hip width apart, begin Cat/Cow with heavy breath, inhaling as the spine flexes down and head arches up, and exhaling as the spine curves up. For 2 minutes.

(B) Remain in Cow Pose and stretch the left leg back and holding for 30 seconds. Then switch to the right leg for 30 seconds.

(C) Changing legs again, kick the left buttock with the left heel for 1 minute. Reverse legs and repeat. This exercise works on the kidneys.

4. Lie on back, wrapping arms around legs and hugging knees to chest. Tuck nose up between knees and hold it, relaxing in this position for 1-2 minutes. Remain in Nose to Knee Pose, singing or breathing long and deep, for 7-9 minutes.
(Songs suggested are "[Nobility](#)" and "All Things Come from God").



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5. In Crow Pose, crouch with knees drawn into chest, soles of feet flat on floor, and stretch arms straight out in front, parallel to the ground, balancing there for 1 minute. Then begin continuously chanting [Har Har Har . . .](#) with the tip of the tongue hitting the upper palate with each repetition. Feel the connection between the tip of the tongue and the navel, and chant for 2-3 minutes.

Then inhale deeply, tighten the lips and mouth, and balance the entire body with the breath, holding the breath for 20 seconds, feeling that you are in complete control. Then exhale, inhale, and tighten again, balancing the body under your control for 3 seconds, and exhale and relax.

This exercise stimulates the kidneys and urinary tract. If you feel dizzy during the exercise, it indicates that you need to drink more water.



6. Sit in Easy Pose, with both hands in Gyan Mudra. Hold left forearm parallel to the ground in front of the chest, palm facing down. The right forearm is near the side, perpendicular to the ground, the right palm bent back beside the ear and facing the ceiling, stretching back at the wrist as far as possible.

Stretch the spine up, pulling on the muscles of the buttocks, hips and sides, lifting the upper structure until there is no weight on the buttocks. Pull in the abdomen and lift ribs and diaphragm up, chest out, chin in. Hold for 30 seconds and then release tension.

Repeat and continue for 5 minutes, then relax.

Maintaining the strong upward pull, with the tip of the tongue chant:

[Wahe Guru Wahe Guru Wahe Guru Wahe Jeeo](#)

keeping the waist area drawn up. The eyes will feel heavy and the breath will become very light. Accuracy of the mudra is essential. Continue for 5 minutes and then relax.

This is called KUNCHAN MUDRA. It is very powerful and purifying, enabling total relaxation of the body. When the posture is very accurate, it is equal to exercising 48 hours straight! There is no limit to the length of time you can practice this mudra, but make sure you build the time slowly.