



Santhika
Retreat
Center

Call the Power of Five Elements

Yogi Bhajan

www.santhikaretreatcenter.com

*"Unfortunately, we got a lot of guilt from Christianity.
This is unnecessary baggage." – Yogi Bhajan*

Starting position with open arms, bent at the elbows, fingers slightly to the sides. With an active swing, we close our hands in a cross position in front of the chest and return to their original position in the rhythm of the music ([drum beats](#)). 8,5 minutes.



Immediately we raise our hands up, all fingers are spread apart, breath of fire, at the end, take a deep breath, exhale, lower our hands. 1 minute. Relaxation.



Make tiger claw fingers, imagine holding a stone in each palm. Starting position - palms opposite the heart center, to the rhythm of the music, sharply spread your elbows to the sides, opening the chest, and again bring it to the starting position. Before starting, take 3 deep breaths in and out, 4 minutes. At the end, take a deep breath in and out. Relaxation



Dance as you like to rhythmic music for 14,5 minutes.

Sit down and meditate. The energy is below. Lift the kidney area up and inward to expand the top of the chest. Close your eyes. Detach from your pelvic bones, lift the energy up and pull the kidneys up. Sit up straight and control the line between the abdomen. Where the clitoris or penis is - this area is called the base of the second chakra, do not make a root lock, just concentrate. And go up to the throat to the thyroid gland. Concentrate on the connection between the thyroid gland and the second chakra. Breathing is slow and deep. Become weightless, lift yourself above the pelvis. 7 minutes.

Repeat the mantra [Har Har, Har Har Gobinde](#) (Nirinja). 4 minutes from the abdomen and lift up so that there is no weight in the pelvic area.