



Santhika  
Retreat  
Center

## Kriya for Liver

Yogi Bhajan

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The liver, spleen, pancreas are actively involved in blood circulation. With insufficient attention to these organs, toxins accumulate in them, which interferes with the complete cleansing of the blood. Most of us do not get enough physical activity due to a sedentary lifestyle, despite the fact that the functioning of the internal organs of the body is directly related to the movement of the arms and legs. It is believed that for the normal functioning of all organs, we need to walk up to 5 kilometers a day. However, today the distances are either too great to walk, or we do not have enough time for this, or the ecology of the environment is simply not conducive to walking. The exercises below compensate for the lack of movement while cleansing and restoring liver function.

This kriya is also good for menopausal women to stabilize the body and minimize unpleasant symptoms.



Sit in Easy Pose. The back is straight. Inhale - 5 sec. Exhale - 5 sec. Holding the breath - 15 seconds, while rhythmically drawing in and releasing the stomach. Inhale - 5 sec. Exhale - 5 seconds, and so on for 5 minutes. Relax.



Pavan Sodhan Kriya: Lie on your back. Legs straight, ankles together.



Inhale - Raise your legs 60 degrees. Hold this position for 15 seconds.



As you exhale, bend your knees and press to your chest for 15 seconds. On inhalation - at 60 degrees and hold for another 15 seconds. As you exhale, lower your legs to the floor, -15 sec. A wonderful feeling! Repeat this exercise 8 times and rest for 5 minutes.



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Sit on your right heel with your left leg extended back. Throw your head back. The gaze is directed upward. The elbows are close to the body, palms are extended and look forward. Slow deep breathing – 5 1/2min. Change sides, 5 1/2min. This kriya is also wonderful for women who wish to successfully overcome menopause.



Lie on your back. Spread your legs shoulder-width apart. The arms are parallel to the body. At the same time, raise your straight legs and arms about 30 degrees off the ground. Deep powerful breathing. Stay in this position until your body starts to shake. Relax.



Sit in either lotus position, floor lotus position, or simply on your heels. Lean back slowly until your head and, if possible, shoulders touch the floor. Hands lie quietly on the floor along the body. Stay in this position with deep, slow breathing for three minutes. Then, gently straighten your legs and rest.