



Santhika
Retreat
Center

Skull & Pelvic Bone Adjustment, Set One

Yogi Bhajan

www.santhikaretreatcenter.com

"To forget how to dig the earth and to tend the soil is to forget ourselves." - Mahatma Gandhi

Practice this kriya to cultivate your relationship with Mother Earth. At first, some of the exercises may indicate that you are 'shaky on the ground.' But with practice, you will strengthen your connection and experience the physical pleasure of being grounded with the Earth and very present in your body. You can shake between exercises to release stuck energy.

This challenging set adjusts the skull bones through the pelvic bone system, where the breath of life is triggered. (The breath of life is triggered anywhere the breathing power of the pranic body is located.) The lungs are cleansing processors, the diaphragm is a helper, and it is through the spinal column that energy flows.



1. On your stomach, place your hands beneath shoulders and push up into Cobra Pose (elbows can bend, or rest on your forearms). Kick the buttocks with alternate heels as fast as you can for 1 minute. Relax for 1 minute.



2. Squat into Frog Pose, heels raised and touching each other, arms between legs directly under shoulders, fingertips on floor. Do not alter position of arms during exercise. Inhale into standing position, hands coming off the floor, the straight, tight arms maintaining the same angle with the body, and exhale as you squat down. Continue at a constant, strong pace for 1-2 minutes (for digestion), and proceed immediately to the next exercise.



3. With the arms crossed over the chest do Crow Squats for 1-2 minutes.



4. Continue with Squats but with the hands in Venus Lock (fingers interlocked, palms facing down) on top of head for 1-2 more minutes (for the nervous system).



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5. Standing straight, feet a few inches apart, extend both arms out to the sides and angled slightly forward. The left hand is held just below shoulder level, and the right is just above shoulder level and a little farther from the body than the left. Relax the hands and let the balance come, feeling poised and strong. Rise onto the balls of the feet and, keeping them in place, pivot to the right (twisting from the waist) with five bounces and lower heels to the floor. Then pivot with five bounces to return to center. Then twist/pivot 5 times to the left side and 5 times back to center. Repeat right, center, left center keeping the magnetic balance of the hands, moving slowly with control and a meditative mind as a worship that becomes a dance, going from side to side, with the eyes closed, for 4-5 minutes.



6. Squat with feet 2-3 feet apart, so that thighs are about parallel to the ground, as if you are seated in a chair. Bending forward from the waist slightly, extend arms down and out at the same angle as the legs, elbows above knees, forearms 120° to upper arms, with palms facing down. Begin bouncing up and down from the knees as you twist from the waist side to side, taking several bounces to twist to each side, arms moving along with upper body with eyes focused at the third eye for 2-3 minutes. Bless and connect with the Earth.



7. Stand on left foot, without bending either knee, extend the right leg straight out in front and parallel to the floor. Holding on to the right ankle with both hands by bending forward a little from the waist, but keeping the spine straight, try to hold it for 2-3 minutes, concentrating at the third eye point. Use a wall or chair if needed for support.



8. Feet 3 feet apart, clasp hands in Venus Lock, stretch arms up to the right and swing them down powerfully as if swinging an ax, and follow through stretching the arms up to the left and down. Continue swinging and striking with force on alternate sides for 2-3 minutes. Then relax 10-15 minutes in Corpse Pose or Easy Pose.