



Santhika
Retreat
Center

Exercise to Improve the Functioning of the Excretory System

Yogi Bhajan

www.santhikaretreatcenter.com

Good for the kidneys and bladder. This is an intermediate and very effective kriya. Make sure you follow the directions carefully.

Sit on your heels, knees to the sides, toes together. The fingertips are on the floor, the elbows are straight, and the arms are perpendicular to the floor. Lift your body slightly, supporting its weight with your fingertips. Take a full breath. Exhale, hold your breath as you exhale and, while holding it, swing your belly forward and inward 5 times. Relax for 1 minute. Then take a full breath, hold your breath while inhaling, and swing your stomach 15 times. Exhale completely and swing your stomach again 15 times. Then rest for 1 minute.

