



**Santhika
Retreat
Center**

Kundalini Yoga Maha Mudra Kunchun Mudra

Yogi Bhajan

www.santhikaretreatcenter.com

Sit in easy pose. Both hands in gyan mudra. The left lower arm is in front of the chest and parallel to the floor, the palm of the hand facing down. The right upper arm is sideways, with the lower arm vertical on the floor, the elbow sharply bent. The palm of the right hand is facing up and near the ear and stretched backwards as far as possible. Stretch out your back. Breath in, pull up the muscles of the buttocks, hips and sides. Lift the upperbody until there's no weight left on the buttocks. Pull in the belly and lift up the ribs and the diaphragm, widen the chest, pull in the chin, hold this position for 30 seconds and relax. Continue this exercise for 5 minutes, then breath in, breath out and relax. Tighten everything again and lift up the chest and chant with the tip of the tongue 'Wahe Guru, Wahe Guru, Wahe Guru, Wahe Jio'. Stay in this position keeping the upperbody lifted up. The eyes will feel heavy and the breathing will become very light. It is important to do this mudra very precise. Continue with this part for 5 minutes, then breath in, breath out and relax.

This exercise is called kunchun-mudra. It is very powerful, cleansing and relaxes the whole body. If the posture is done very precise the exercise will work out as powerful as doing other exercises for 48 hours. This mudra can be practiced as long as you wish, but increase the exercise time gradually.

