



Santhika
Retreat
Center

KY Meditation For The Lower Triangle

Yogi Bhajan

www.santhikaretreatcenter.com

Alleviates any problem in the lower spine. It is a direct healer for the kidneys and adrenal glands. Consequently it helps repair the energy drained by long term stress. This kriya also helps the heart. Although there is no breath specified, the breath will automatically become longer and deeper as you continue. It is important to hold the arms perfect still to receive the full benefit.

Sit in easy pose. Make sure the spine is pulled up and stretched straight. Extend the right arm straight up hugging the ear. Extend the left arm to 60° from horizontal, with the palm facing down. On both hands, put the thumb onto the mound just below the little finger. Keep the eyes slightly open. Look down toward the upper lip. Press the elbows straight. Stretch the arms up from the shoulders. Continue for 11 minutes.

