



Santhika
Retreat
Center

Stress Set for Adrenals and Kidneys

Yogi Bhajan

www.santhikaretreatcenter.com

Do we have the strength left to reach the goal, despite the blizzard? Our energy can flow freely, we can eat well, sleep enough, but if our adrenal glands are not working, it will be difficult to hold on. We get tired and irritable. It is important to have a balanced endocrine system, and especially strong adrenals and kidneys, in order to gain that extra stamina and the ability to control anger and hypoglycemia. Weakness of the adrenal glands and kidneys leads to dysfunctions of the heart.



The Lotus mudra. Sit in Easy Pose, rub palm on palm. With an inhalation, stretch your arms out to the sides parallel to the floor, palms out to the sides, fingers pointing up. With an exhalation, connect the hands in front of the chest with the bases of the palms, forming the Lotus Mudra (the little fingers and thumbs touch, the rest of the fingers are straightened). Finally, inhale with your palms together. 1-3 minutes.



Clasp the little fingers in front of the Heart Center, the thumbs are straight and directed upwards, the rest of the fingers are bent and pressed with their pads to the tubercles under the fingers on the palms, palms are turned towards the body. Lower your hands to the level of your solar plexus. Stretch the interlocking little fingers to the sides and perform the Breath of Fire in the area below the navel. Feel the stretch in your back. 1-3 minutes.

Benefits: This exercise creates internal heat and works on one side of the adrenal glands.



Cannon Breathing. Stay in Easy Pose and keep your spine straight. Begin Cannon Breath (Breath of Fire through tight pursed lips). Then inhale and concentrate on the spine. 1-3 minutes

This exercise works on the other side of the adrenal glands.



Santhika
Retreat
Center

Stress Set for Adrenals and Kidneys

Yogi Bhajan

www.santhikaretreatcenter.com



Sit in Easy Pose. Press the left hand with the back to the back at the level of the lower ribs. Extend your right arm straight out in front of you, extend your hand palm forward and raise it 60 degrees to the horizontal. Keeping your spine straight, stretch your arm forward from your shoulder. Eyes wide open, chant the mantra Hor, Hor, Chorus powerfully from the navel. 1-3 minutes



Body tossing. Sit in Lotus Pose with your palms on the floor on the sides of your body. Toss and release your body, inhaling upward, exhaling downward. 1-3 minutes.



Sit in Easy Pose, place your hands at the level of your solar plexus, with your left palm facing you, and with the base of your right palm pressed against your left wrist. With your gaze downward, breathe forcefully, slowly, and deeply. 1-3 minutes. The degree of purification that takes place depends on the power of your breathing.



Bends forward with a straight spine. Sit with legs extended forward, arms extended in front of you parallel to the ground, hands clenched into fists, thumbs extended upward. Bend forward with inhalation, lean back with exhalation. Powerful breath. Keep your arms parallel to the floor. 1-3 minutes.





Santhika
Retreat
Center

Stress Set for Adrenals and Kidneys

Yogi Bhajan

www.santhikaretreatcenter.com



Raising the pelvis. Lie on your back, bend your knees and bring your heels to your buttocks, keeping your feet firmly on the floor. Grasp your ankles. With an inhalation, lift the pelvis up, with an exhale, lower it. 1-3 minutes.



Cat-Cow (variation). In the Exhale Cat-Cow pose, pull your left knee to your forehead, and inhale, extend your leg back and up. Do not bend your lower back excessively. Change your legs. 1-3 minutes.



Sitting on your knees and heels, place your forearms on the floor in front of your knees, palms pressed together, thumbs extended upward. With an inhalation, stretch forward over the hands, with an exhalation, return to the starting position. Lift your chin to create tension in your lower back. 1-3 minutes.



Rolls on the back. Lie on your back. Bring your knees to your chest, lift your head so that your nose is between your knees. Breathe at a normal pace and roll back and forth on your back. 1-3 minutes



Santhika
Retreat
Center

Stress Set for Adrenals and Kidneys

Yogi Bhajan

www.santhikaretreatcenter.com



Complete relaxation. After completing this complex, it is advisable to rest for an hour. Drink a glass of water. This complex is performed practically without pauses between exercises.