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Kundalini Meditation manual for intermediate students) A Come into camel pose: sit on the heels, grab the ankles, and arch up so the navel point is the highest point Head is relaxed back (A) Begin breath of fire powerfully Mentally

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inhale SAT, and exhale

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**Kundalini Yoga whahe guru kriya KY kriyas
(Taught November 27' 1972, source: Kundalini
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A) Come into chair pose: knees bent, back
parallel to the ground, hands grasping the heels
firmly Keep the spine straight The head looks
down (A) Turn head**

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Student manual of instruction as taught by Yogi Bhajan, Master of Kundalini Yoga. Contents: How to Use this Manual. Keeping the Body Beautiful. Kriya for Generating Navel Tapa. Prana-Apana Balance. Meditation on the Self. Choke Meditation. Kriya for Physical and Mental Vitality. Sexual Nerve Strength. Total Balance Kriya. Kauri Kriya.

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Kriya - Meditation for Sunrise - Shakta Kaur

(Kundalini Meditation Manual for Intermediate Students, pp. 45-46). Sit on the Heels. Place the palms on the thighs and begin to flex the spine. Inhale forward, exhale back. Mentally chant "Sat" with the inhale, "Nam" with the exhale for 5 minutes. Still on the Heels. Bend forward so the forehead is on the ground and t

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