



4. Stand with your feet wide apart. (A) Raise the arms straight over the head with the palms pressed together. Inhale in this position, keeping the elbows and knees straight. (B) Exhale, bending at the waist, and touch the fingertips to the left foot. Inhale up once again and then exhale, bending at the waist and touching the right foot. Continue rhythmically with a powerful breath for 1-3 minutes. Inhale in the upright position. Exhale and relax. This exercise balances the movement of the pelvis and coordinates the muscle groups on opposite sides of the body.



5. Kundalini Lotus. Begin in a sitting position. Grasp the big toe of each foot with the thumb and the first two fingers of each hand, wrapping the fingers around the fleshy part of the toes with the thumbs pressed against the toenails. Raise the legs to an angle of 60 degrees to the floor, locking the knees. Spread the legs wide and keep the spine straight. Begin Breath of Fire. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise helps to channel sexual energy and maintain potency.



6. Come into Cow Pose, supporting the torso on the hands and knees. (a) Inhale, lifting the head up and back and raising the right leg as high as possible keeping the knees straight. (b) Exhale, bring the chin down to touch the chest and drawing the right knee toward the chest to touch the head. Then inhale backup into the original position. Continue rhythmically with a powerful breath for 1-3 minutes. Then inhale. Exhale and repeat the exercise on the opposite side. Continue for 1-3 minutes. Then inhale. Exhale and relax. This exercise balances the leg and abdominal muscles and helps to maintain sexual potency.



7. Deeply relax.



Yogi Bhajan • from Keeping Up with Kundalini Yoga