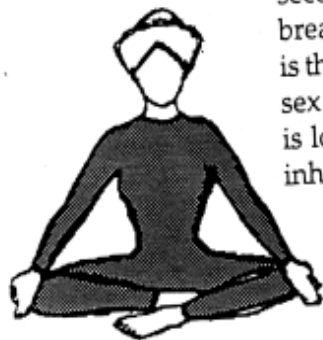


# SVADHISTHANA

SET B

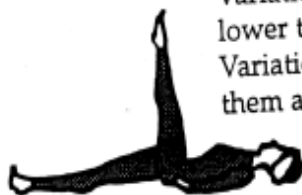
PART 1 OF 13



1.) EASY POSE: The hands are in gyan mudra, receptive pose, (the palms are facing up) . The arms are relaxed and the hands are resting on the knees. You are now in position. Focus is on the sex organs (location of second chakra). The eyes are closed. The breath is breath of fire. Continue for five minutes. (next) Posture is the same . Pull up and than release the muscles of the sex organs. This is done at a very rapid rate. The breath is long and deep. Continue for five minutes. To end, inhale, exhale and pull mul bandh.

SET B

PART 2 OF 13



2.) Lie on your back. Bring the legs up (straight) six inches off the ground, the toes point forward. Long deep breathing , or breath of fire for 1-5 minutes. Variation. Bring one leg up (inhale) and(exhale) and lower the leg down to the ground. Alternate legs. Variation. Bring both legs up 6 inches than spread them as wide as possible, hold with breath of fire.



SET B

PART 3 OF 13



3.) Sit in easy pose. Your arms will be held out to the sides parallel to the ground, the elbows are straight the palms are facing down. Now you are in position. Begin to roll on your buttocks from side to side, maintaining the position of the arms. Long deep breathing and continue for three minutes.

# SVADHISTHANA

SET B

PART 4 OF 13



4.) Froggies, 26 times. Keeping your spine straight, squat down on the balls of the feet with the heels touching and the knees spread wide apart. Arms are between the knees and the fingertips touch the ground. Inhale as you straighten the legs while remaining on the balls of the feet. The forehead is pulled in toward the knees as close as possible. Then exhale down into the squatting posture vigorously striking the buttocks to the heels.



SET B

PART 5 OF 13



5.) Sit in easy pose, but the soles of the feet will touch. Pull Mul bandh and bounce the knees up and down like a butterfly's wings.

VARIATION. Same position, but the head is tilted back, hold with breath of fire. VARIATION: Same position, but the head is bent forward, the chin is on the chest, how with breath of fire. VARIATION: Same position, but inhale and tilt the head back, than exhale, bow and bring the brow point to the feet.

SET B

PART 6 OF 13



6.) COBRA POSE: Lie on your stomach, the hands are placed under the shoulders, first slowly arch the head, the neck and then the upper back as high as possible, by straightening the elbows (the hips at this point are on the ground). Inhale and come into platform pose, by rising the hips off the ground, than exhale the hips down into the original cobra pose. Continue for 1-5 minutes.

Exercise six works on the fourth vertebrae and the nervous system, practiced regularly it will give you sexual control and will prevent premature ejaculation



# SVADHISTHANA

SET B

PART 7 OF 13



7.) Cat-Cow. Rest on the hands and knees. Arch the spine down and raise the head with the inhale. With the exhale arch up the spine and lower the head. Continue, starting out slowly and then increasing the speed and the flex, from 1-5 minutes.



SET B

PART 8 OF 13



8.) CHAIR POSE: Come into a squat position, balancing on the toes, the feet are six inches apart. The arms are inside the thigh area and around the outside of the lower legs, the hands will be either grasping the heels, or if flexibility allows on top of the feet. The spine is parallel to the floor. You are now in position, hold this position with breath of fire or long deep breathing for 1-5 minutes. Remember the body is supported on the arms.

SET B

PART 9 OF 13



9.) Bow Pose. Lie down on the stomach then reach back and grasp your ankles. Gently arch upward. Use your back muscles. The top of the head points toward the soles of the feet. Your body balances on the pelvic area. Hold this position from 1-3 minutes.  
variation (a) Inhale and stretch up into perfect bow pose, exhale down.  
variation (b) In bow pose, but keep the head on the ground and the legs up one foot with breath of fire. (this works most effectively on the pituitary.)

## SVADHISTHANA

**SET B**

**PART 10 OF 13**

10.) Sit on the ground and spread the legs as wide apart as possible. Grab the heels and bring the head (the brow point to the ground (or as close to the ground as possible). Stay in the position for 3 minutes, with breath of fire.



variation a- Same position, but inhale up and exhale down.

variation b- Bring the head to the right knee hold with long deep breathing and

then alternate to the left knee.

variation c- Inhale and bring the head to one knee, exhale and bring brow point to the opposite knee.



**SET B**

**PART 11 OF 13**

11.) Rock pose. To get in the position start by kneeling on both knees with the top of the feet on the ground. Sit back on the heels. The heels will press the two nerves that run into the lower center of each buttock. Keep the spine pulled straight. Now spread the knees wide, the heels touch each other. Put the brow point on the ground. Bring the hands into Venus lock and rest them on the back. You are now in position. Stay in this position for 5 minutes with breath of fire or long deep breathing.



# SVADHISTHANA

SET B

PART 12 OF 13



12.) Celibate Pose. (Like rock pose, except that you sit between the heels). Stay in this position with either long deep breathing or breath of fire for 1-5 minutes.

SET B

PART 13 OF 13



13.) Sat Kriya: Sit on the heels (like rock pose) and then stretch the arms over the head so that the elbows hug the ears.

A.) Interlock all the fingers except the first ones (index) which point straight up

B.) Begin to chant "Sat Nam" emphatically in a constant rhythm about eight times per 10 seconds. Chant the sound "Sat" from the navel point and solar plexus, and pull the umbilicus all the way in toward the spine. On "Nam" relax the belly. Continue 3 minutes. Then inhale and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders.

Mentally allow the energy to flow through the top of the skull.