

SIMPLE SERIES EXPANDED

This is another simple set of exercises. It is a good set to do when you do not have a lot of time. It only takes twenty-two minutes and it makes the back feel great and gets the energy moving. It would be a good series to do after you wake up in the morning or before bed at night. It would also be a good series to do before a longer meditation or meditative kriya. This series is on the video "Kundalini Yoga: A Complete Course For Beginners" Volume One.

1. *Front Stretch Left.* Stretch your left leg out straight in front of you; right foot against the inner thigh of the left leg. With both hands, stretch forward then down over the left leg. Hold on to your shin, ankle or foot with both hands. Keep the chin at a right angle to the chest. Stretch forward and then down, until you feel gently challenged by the stretch. Hold it steady; we like to do static stretching in Kundalini Yoga. Long Slow Deep Breathing. (two minutes)
2. *Front Stretch Right.* Stretch your right leg out straight in front of you straight, left foot against the inner thigh of the right leg. With both hands, stretch forward then down over the right leg. Hold on to your shin, ankle or foot with both hands. Keep the chin at a right angle to the chest. Stretch forward and then down, until you feel gently challenged by the stretch. Hold it steady; we like to do static stretching in Kundalini Yoga. Long Slow Deep Breathing. (two minutes)
3. *Side Stretch Left.* Stretch your left leg out in front of you straight; right foot against the inner thigh of the left leg. Take your left hand and catch the shin, ankle or foot of the left leg. Take the right arm and place it behind the back. Tilt the pelvis forward so that it lifts the chest up high. The chin will be turned toward the right shoulder, don't let the head flop over so that the left ear is near the left shoulder. Stretch sideways over the left leg a little ways. You will feel the stretch in the left hamstring as well as the right hip. Hold it steady. Long Slow Deep Breathing. (two minutes)



4. *Side Stretch Right.* Stretch your right leg out in front of you straight, left foot against the inner thigh of the right leg. Take your right hand and catch the shin, ankle or foot of the right leg. Take the left arm and place it behind the back. Tilt the pelvis forward so that it lifts the chest up high. The chin will be turned toward the left shoulder, don't let the head flop over so that the right ear is near the right shoulder. Stretch sideways over the right leg a little ways. You will feel the stretch in the right hamstring as well as the left hip. Hold it steady. Long Slow Deep Breathing. (two minutes)



5. *Basic Spine Flex.* Place the hands on the shins right above the ankles. Grasp the shins firmly and now inhale through the nose and lift the chest up high and tilt the pelvis forward. Now exhale through the nose, collapse the chest and gently tilt the pelvis the opposite way. Inhale up and exhale back. Inhale up and exhale back. Inhale up and exhale back. Continue. Remember to lift the chest up high on each inhale and keep the chin level to the ground in both positions. (three minutes)



6. *Cross Crawl.* Lie down flat on your back with the arms by the sides with the palms flat against your mat. On the inhale, bring the left knee up the chest and at the same time bring the right arm onto the ground down back and behind you in a kind of straight arm backstroke motion. Exhale yourself flat and now opposite arm and opposite leg. Continue, inhaling through the nose and exhaling through the nose concentrating the breath's energy at the navel center point. (two minutes)



7. *Cow-Cat.* Draw both knees up to the chest and wrap the hands around the shins and rock yourself up. Come up onto the hands and knees. The hands are straight down from the shoulders with the fingers pointing forward and the elbows locked straight. If your wrists bother you, then make your hands into fists, and place the knuckles on the ground. The knees are straight down from the hips and are separated by about six inches. Toes are uncurled. This is a two-part motion. You are going to inhale and tilt the pelvis forward in cow position and lift the head up and back.



Now exhale, tilt the pelvis the opposite way and at the same time push up through the shoulders in cat position and bring the chin to the chest. Get the full range of motion with the head and neck. OK, let's begin. Inhale through the nose into cow, and exhale through the nose into cat. Continue. Make the motion very smooth in transition. When you have reached your full range of motion in one position then initiate the other position. This is a wonderful exercise for the entire spine. (two minutes)



8. *Baby Pose.* Sit back on the heels and place the forehead on the ground. Have the arms by the sides, near the ankles, with the palms up. If this position places too much pressure on the head or neck, then have the forearms resting on the ground in front of the head. Allow the shoulders to relax. Normal Breath. (ninety seconds).



9. *Washing Machine.* Rise up out of position and sit comfortably cross-legged. Bring the hands on the shoulders, fingers in front and thumbs in back. Inhale and twist the torso left and then exhale and twist the torso right. Keep the chest up high and let the head travel with the shoulders. (ninety seconds)



10. *Shoulder Rolls.* Remain sitting cross-legged. Keeping the hands on the knees, roll the shoulders together in big slow smooth circles. Normal Breath. (one minute)



11. *Deep Relaxation.* Come out of position and rest on your back. Lie down flat, have the arms by the side palms up, with the eyes gently closed and the breath soft and normal. Have the knees up slightly for comfort, if needed.

