



Awakening to Your Ten Bodies

16 exercises 35 min - 1 hr 13 min *KRI International Teacher Training Manual Level 1*

The Ten Bodies are: Soul Body Negative Mind Positive Mind Neutral Mind Physical Body Arc Line Auric Body Pranic Body Subtle Body Radiant Body

1. Stretch Pose

Stretch Pose (1 minute 30 seconds to 3 minutes)

1. Lie on the back with the arms at your sides.
2. Raise the head and the legs six inches, and the hands six inches with the palms facing each other slightly over the hips to build energy across the Navel Point.
3. Point the toes, keep your eyes focused on the tips of the toes and do Breath of Fire.

Breath Breath of Fire



2. Nose to Knees

Nose to Knees (1 minute 30 seconds to 3 minutes)

1. Bring the knees to the chest, with the arms wrapped around the knees.
2. Tuck the nose between the knees, and begin Breath of Fire.

Breath Breath of Fire



3. Ego Eradicator

Ego Eradicator (1 minute 30 seconds to 3 minutes)

1. Sit in Celibate Pose or Easy Pose.
2. Raise the arms to a 60 degree angle.
3. Curl the fingertips onto the pads at the base of the fingers.
4. Plug the thumbs into the sky.
5. With eyes closed, concentrate above the head, and do Breath of Fire.



To End

1. To end, inhale, touch the thumbtips together overhead.
2. Exhale and apply mulbandh.
3. Inhale and relax.



4. Life Nerve Stretch - Legs Wide, Alternating

Life Nerve Stretch (1 minute 30 seconds to 3 minutes)

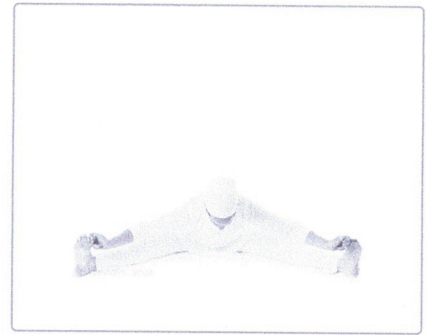
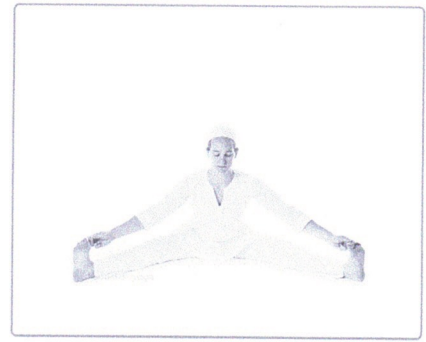
1. Sit with the legs stretched wide apart.
2. With arms overhead, inhale.
3. Then exhale, stretch down and grab the toes of the left foot.
4. Inhale, come straight up; then exhale and stretch down over the right leg and grab the toes.



5. Life Nerve Stretch - Legs Wide, Center

Life Nerve Stretch (1 minute 30 seconds to 3 minutes)

1. Continue to sit with the legs stretched wide apart. Hold onto the toes of both feet, exhale as you stretch down bringing the forehead to the floor, then inhale as you come sitting up.



6. Spine Flex - Easy Pose

Spine Flex (1 minute 30 seconds to 3 minutes)

1. Sit in Easy Pose.
2. Grab the shins in front with both hands.
3. Inhale. Flex the spine forward and rock forward on buttocks.
4. Then exhale, flex the spine backwards and roll back on buttocks.
5. Keep the head level and arms fairly straight and relaxed.



7. Spine Flex - Rock Pose

Spine Flex (1 minute 30 seconds to 3 minutes)

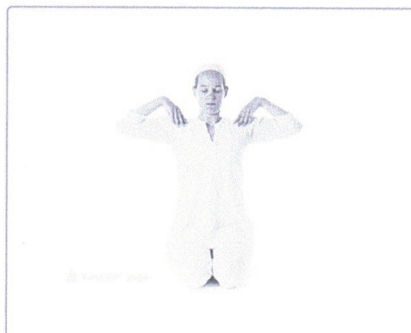
1. Sit on the heels.
2. Place the hands flat on the thighs.
3. Flex the spine forward on the inhale, backward on the exhale.
4. Focus at the Third Eye Point.



8. Spine Twists

Spine Twists (1 minute 30 seconds to 3 minutes)

1. Still on the heels, grasp the shoulders with the fingers in front, thumbs in back.
2. Inhale and twist to the left, exhale and twist to the right.
3. Keep the elbows high, and parallel to the floor. (Do not reverse.)



9. Elbow Lifts

Elbow Lifts (1 minute 30 seconds to 3 minutes)

1. Grasp the shoulders as in the previous exercise.
2. Inhale and raise the elbows up so that the backs of the wrists touch behind the neck.
3. Exhale and lower the elbows to shoulder height, and repeat.



10. Arm Pumps

Arm Pumps (1 minute 30 seconds to 3 minutes)

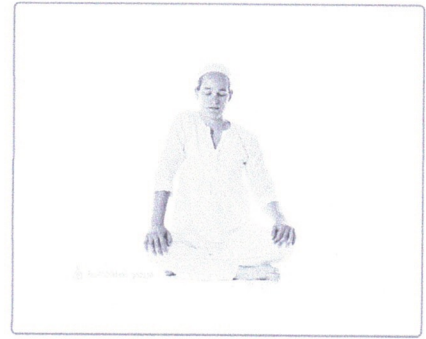
1. Interlace the fingers in Venus lock.
2. Inhale and stretch the arms up over the head, then exhale and bring the hands back to the lap.



11. Alternate Shoulder Shrugs

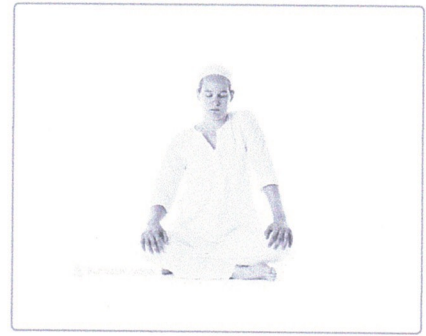
Inhale Left Shoulder Up (1 minute)

1. Sit in Easy Pose with the hands resting on the knees.
2. Inhale and shrug the left shoulder up.
3. Exhale and raise the right shoulder up as you lower the left shoulder.
4. Continue.



Inhale Right Shoulder Up (1 minute)

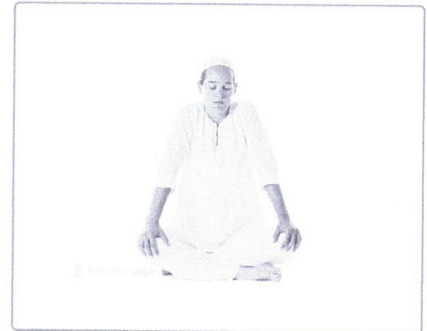
1. Reverse the breath so that you inhale as you shrug the right shoulder up, exhale as you shrug the left shoulder and lower the right shoulder.
2. Continue.



12. Shoulder Shrugs

Shoulder Shrugs (1 minute)

1. Inhale and shrug both shoulders up, exhale down.



13. Neck Turns

Left Right (1 minute)

1. Remain sitting in Easy Pose hands on the knees.
2. Inhale, and twist your head to the left, and exhale and twist it to the right, like shaking your head "no".
3. Continue.



Right Left (1 minute)

1. Then reverse your breath, so that you inhale and twist to the right; exhale and twist to the left.
2. Continue.



To End

1. Inhale deeply, concentrate at the Third Eye, and slowly exhale.

14. Frog Pose

Frog Pose (26 to 54 reps)

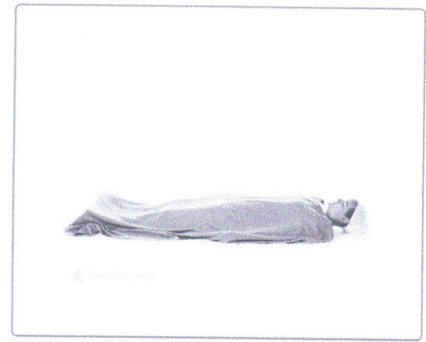
1. Squat down so the buttocks are on the heels.
2. The heels are touching, and off the ground.
3. Put the fingertips on the ground between the knees.
4. Keep the head up.
5. Inhale, straighten legs up, keeping the fingers on the ground.
6. Exhale and come back squatting down, face forward.
7. The inhale and exhale should be strong.
8. Continue this cycle.



15. Relaxation

Relaxation (3 minutes to 5 minutes)

1. Deeply relax on the back.

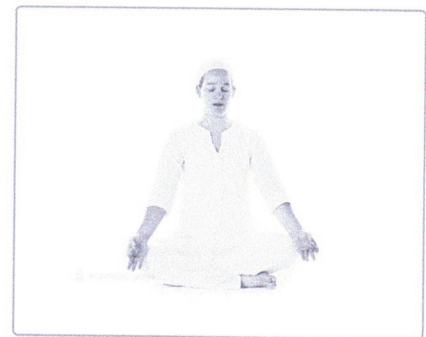


16. Laya Yoga Meditation

Comments: *This is a 3-1/2 cycle meditation. With the breath, visualize the sound spiralling up from the base of the spine to the top of the head in three and one half circles.*

Laya Yoga Meditation (11 minutes to 31 minutes)

1. Sit in Easy Pose with the hands on the knees in Gyan Mudra (thumb and index finger together.)
2. Chant Ek Ong Kaar(uh) Sa Ta Na Ma(uh) Siree Wha(uh) Hay Guroo.
3. On Ek pull the navel.
4. On each final "uh" lift the diaphragm up firmly. The "uh" sound is more of a powerful movement of the diaphragm than a pronounced purposeful projected sound.
5. Relax the navel and abdomen on Hay Guroo.



Mudra Gyan Mudra

Mantra

Ek Ong Kaar-a, Sa Ta Nam-a, Siri Wah-a He Guru

