

Kriya for Boundless Strength

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"Kundalini Yoga is... a practice of experience of a person's own excellence which is dormant and which is awakened." – Yogi Bhajan 7/26/96

Posture: Lie on your back. Bring your arms and legs up to 90°. Arms and legs should be shoulder-width apart and the palms of the hands are open and facing each other.

Music: Nirinjan Kaur's Say Saraswati. You may chant along with the music.

Time: 31 Minutes.

Effects: Renews the spine.

