

## Kriya for Healing the Self

www.kriteachings.org

"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:** Sit in Easy Pose. Arms are crossed, holding opposite shoulders. The left arm should be over the right. The shoulders should carry the weight.

Eyes: Closed.

Music: Nirinjan Kaur's Ang Sang Wahe Guru.

Sing with the tip of the tongue.

Time: 31 Minutes.

