

Body Adjustment To Elevate The Spirit

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 2, 1984

1. Lay down flat on the back with the hands clasped under the neck. Keeping the heels together, raise both legs to 90 degrees as you inhale. Legs go down as you exhale. Do not bend the knees. *This will keep you young and smart. Good to do in your daily routine.*

108 times.

2. Begin in Triangle Pose up on your hands and feet and move the body fluidly forward into Cobra Pose. In Cobra Pose your palms are flat on the ground, your body is arched at the upper back and your feet are together. Try to keep the shoulders down. For the movement, do not bend the knees, hands are firm, arms remain straight. Then move back up into Triangle Pose. Repeat. *These exercises can keep you young no matter what.*

52 times.

3. Sitting with your legs straight out in front of you grab the toes and bend forward bringing your torso down to your legs. Move up and down, inhaling up, exhaling down.

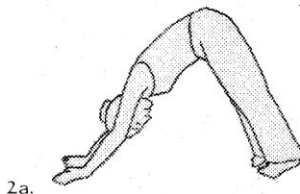
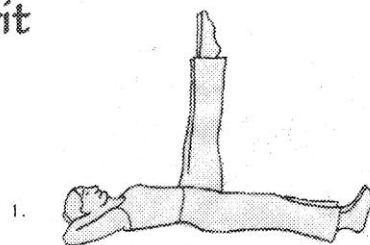
108 times.

4. In rock pose interlace the fingers behind the neck. Twist left and then right.

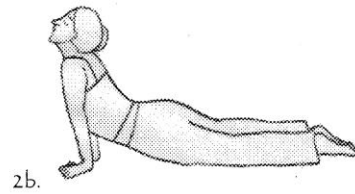
108 times each side.

5. Cat / Cow. Come onto your hands and knees. Relax the spine down and raise the head on the inhale. With the exhale, arch the spine up and lower the head.

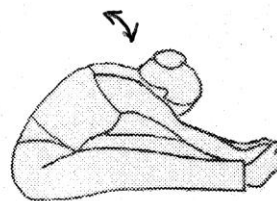
108 times.



2a.



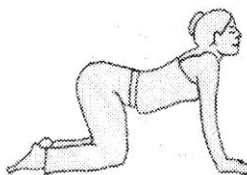
2b.



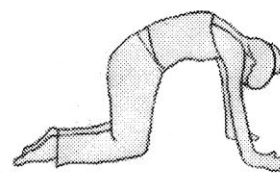
3.



4.



5a.



5b.

6. Sitting on your heels, roll the neck rapidly in one direction for 52 rounds and then in the opposite direction for 52 rounds.

7. Still on your heels, bend at the waist from side to side. As you bend to the left your right arm will arch over your head, stretching in the direction of the bend. Then stretch to the right with your left arm reaching over your head.

For liver, spleen, colon, and to eliminate gas.
52 times each side.

8. Remain on your heels, reach one arm forward as if reaching out and grabbing energy and pulling it back in, then reach the other arm forward in a nice rapid, fluid motion. Shoulders and trunk move in a churning motion. Chant Saa Taa Naa Maa with the motion.

5 minutes.

9. Sitting in Easy Pose with your hands on your knees begin grinding your trunk in a circular motion, in a counter clockwise direction.

3 minutes.

10. Lie down flat on your back. Close your eyes and relax. Gong Meditation.

Get ready for a journey into space. Push and float and then float in space, then while returning you will loose the body - you will regain a tremendous amount of energy.

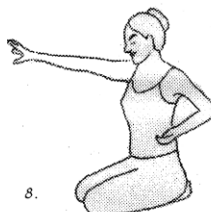
10 minutes.



6.



7.



8.



9.

S A T A N A M A

Notes from Yogi Bhajan

Disease comes from structural change. This is the oriental, ancient way of looking at it. This body and its bones have no screws and bolts. It is held together by tissue and by muscle. By working and living my life I change my movements in a certain way. Certain muscles get acted upon and some don't. Certain muscles are stronger and hold the skeleton in a different way than the other muscles. This can lead to physical problems. Life becomes imbalanced and irritation sets in. The whole body structure is responsible for my elevation, for my being-ness. Car has its gas, it has transmission and it gets going. If one part is missing it goes putt putt. If just a little air does not get to the gas it all goes off. It goes the same with the body. This set will keep you out of trouble. This is how you elevate your spirit by adjusting your body.

