



Santhika
Retreat
Center

www.santhikaretreatcenter.com

Cleansing Set for Beginners

Yogi Bhajan

"You don't grow old by years, you grow old by food. The bottom line is not how much you know, the bottom line is how much you eat and what you eat." - Yogi Bhajan

This simple set can give beauty and lightness to your body.



Part 1. Breath of fire on the back

Pose: Lie on your back with your arms folded in Venus lock under the neck.

Breath: Start breath of fire for one and a half minutes, then inhale and hold your breath for 20 seconds. Repeat breath of fire, inhale and hold for 30 seconds.

To end: Calm your breath. Take a deep breath, lifting both legs 30 cm from the floor. Hold 15 seconds, exhale, inhale and rest.

Benefit: This exercise stimulates the energy of navel center and blood circulation in the lungs.



Part 2. Breath of fire with legs wide

Pose: Lying on the floor, spread your legs wide apart.

Breath: Breath of fire for one minute; inhale and raise your legs 1m above the floor and hold your breath for 5 sec. Relax your feet on the ground. Repeat this exercise three times, each time do breath of fire for one minute.

To end: Repeat breath of fire again, then inhale and raise your legs 30cm above the floor. Stay in this position as long as possible.

Benefit: This kriya stimulates the channels for sexual energy in the upper thighs.



Part 3. Stretching pose

Pose: Lie on your back, legs together, raise your legs 15 cm above the floor, raise your head and shoulders - in this position, looking at the tips of your toes.

Breath: Breath of fire.

Time: 3 minutes.

To end: Inhale, exhale and relax.

Benefit: This exercise stimulates navel center.





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Part 4. Legs stretching

Pose: Sit with your legs straight. Using your hands, place your left foot on the thigh of your right leg. Hands with palms down parallel to the floor, both sides of the left leg. Inhale, exhale and lean forward, touch the floor with your hands behind the tips of your toes. With a deep breath, straighten up and lean back 30 degrees from the vertical. With an exhale, grab the fingers of your left foot.

Time: Repeat 25 times and change the legs. Do the exercise for another side.

Benefit: This exercise regulates the chemical balance of the blood and serves to train the lower back and waist.

Part 5. Breath of fire with straight legs

Pose: Sit and lean back 60 degrees to the vertical. Place your palms on the floor behind your back. Tilt your head back and look at the ceiling, fixing your gaze at one point without blinking.

Breath: Breath of fire for two minutes. Inhale and raise both legs 30 cm up above the floor, keeping your eyes still. Hold the breath for 15-20 sec., exhale and lower your legs. Breath of fire for another minute.

To end: Inhale, lift both legs, hold your breath for 15 sec., exhale and lower your feet down on the floor. Relax on your back.

Benefit: This exercise brings energy to the brain and eyes. It helps with headaches and eye diseases such as cataracts.

Part 6. Arms up on the back

Pose: Lie on your back. Take a deep breath and exhale completely. Raise your hands to the sky with your fingers extended. Fist your hands and slowly lower them onto your chest, bending your elbows. This should be done with tension, as if you are overcoming the effort - as a result, the fists will tremble, touching the chest. Calm your breath. Repeat the exercise with breath hold out.



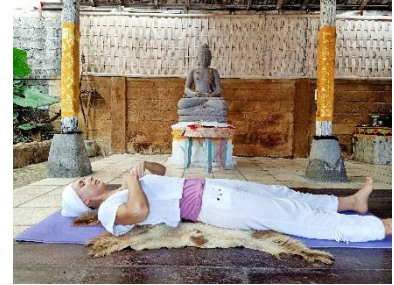
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Complete and deep relaxation for five minutes.
Benefit: This exercise relieves residual stress and allows you to relax.