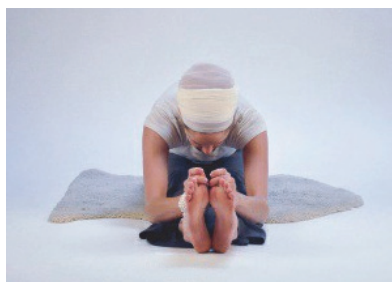


Kundalini Yoga to Master the 11th Embodiment

1) Sit in easy pose and hold both shins. Spine flex: inhale as you move your lower spine forward and exhale as you move your lower spine backward. Continue for 3 minutes. Do the KC.

2) Maha Mudra: sit on your heels, and then extend only your left leg out in front of you. Hold the big toe of your left foot with both hands, gaze at your left big toe and keep your spine straight. Continue for 3 minutes with BOF. Switch legs and repeat the asana with your right leg for 3 minutes.



3) Extend both legs out in front of you and relax down, holding your toes and allowing for a deep stretch. Hold the posture with BOF for 3 minutes.

4) Sit on your heels. Bring your forehead to the ground in front of you with your hands palms up by your hips. Relax in gurpranam for 3 minutes.



5) Sit on your heels, place your hands on the floor in front of you and straighten both legs into downward dog or triangle pose. Lengthen your spine: stretch hands and feet down toward the center of the earth, raise your sacrum up to the heavens, and

release your head. LDB for 3 minutes. Inhale and exhale.

6) Then lie on your stomach. Put your hands back by your hips, turn your head to one side and relax for 1 minute.

7) Sit on your heels with your hands palms down on your knees and head aligned with the body. Lean back 30° with BOF for 3 minutes. Inhale and exhale as you sit up straight and rest your hands in your lap. LDB for 1 minute.



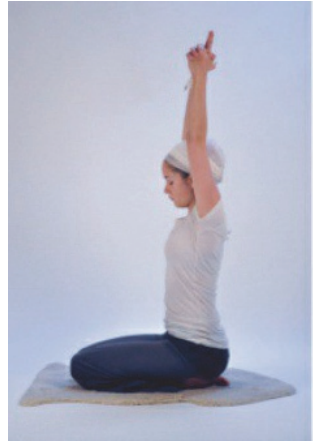
8) Continue to sit on your heels with your arms straight out to your sides, palms facing up. First lift your head and then lean your head back and begin BOF for 3 minutes concentrate at the third eye. At the

end: Inhale as you lean forward and bring your forehead to the ground in front of you and relax in this position for 1 minute with LDB.



9) *Yoga Mudra*: from the previous posture, bring your hands in VL behind your lower back, straighten your arms, and then raise them up as high as possible, perpendicular to the earth. Hold with LDB for 3 minutes.

10) Sat Kriya for 15 minutes. Do the KC.



11) Long Deep Relaxation: As you relax, focus on the following affirmation: "I have total conscious access to all my powerful talents and capabilities, and I use them creatively and joyfully. I live my life in the consciousness that I am an infinite being in my identity and in all of my endeavors and achievements."