



STRETCH YOURSELF IN STRETCH POSE

This posture is unique to Kundalini and is used frequently because it has a tremendous effect on the entire

body. Here are some techniques to master the posture without too much effort. Although this posture takes physical strength, it's the navel center and the breath that keep you up and get you through.



Simple instructions for this pose:

- Lie on your back and press your lower back into the floor.
- Bring your feet and legs together.
- Lengthen the back of your neck and bring the chest and head off the ground at the same time. Pull your chin in towards your throat.
- Focus your eyes on your toes and point your toes away from you.
- Place your arms alongside your legs with the palms facing the body but not touching.
- Begin Breath of Fire
- Try to focus on your breath and relax the muscles that aren't needed.

Start with 20 seconds and gradually build up to 1 minute, then 2.

*Modifications:

If your abdominal muscles are weak, bend your knees slightly and/or lift one leg at a time, instead of raising both together.

If you have lower back issues, do Stretch Pose sitting on your hands, with your knees slightly bent.

You may also prefer to point your toes strongly and keep your legs on the ground. Just lift your upper body as usual in Stretch Pose.

Benefits of Stretch Pose:

Stretch pose resets the entire nervous system and greatly strengthens the abdominal area by working on the navel point.

In conjunction with Breath of Fire, it purifies the blood and helps to calm and rejuvenate the body.

By working on the Third Chakra, it boosts resolve and self-esteem.

(The Aquarian Teacher by Yogi Bhanan and Aquarian Times 2004)