

Balancing the Vayus

"These are the five principal vayus: Praana, which moves in the heart; Udaana, which moves in the throat; Samaana in the navel region; Apaana, which moves in the sphere of the anus; and Vyaana, which pervades the whole body." –Theo Bernard

These five vayus have to have a combination and balance. This set moves all the vayus of the body and brings an equilibrium to the entire glandular system. If you can practice this set alone, you'll be surprised how much control over mind, body and soul, and combination you can achieve.

Sufi Grinds

Sit in Easy Pose. Put your hands on your knees, keeping your spine straight and stiff.

Move cylindrically at the base of your spine. It's almost like rocking straight back and forth, but because you are not letting the spine bend, a small circular motion is achieved at your base. 1-2 minutes
Then move in the other direction for equal time.



Torso Bends

Stay in Easy Pose and keep your hands on your knees. Bend to the left, touching your forehead to your left knee and then bend to the right, touching your forehead to your right knee. 1-2 minutes



Torso Twists

Stay in Easy Pose and cross both hands at your heart center touching your chest. Twist your body left and right moving from shoulders. Keep lower body anchored. 2-3min



Bowing

Still in Easy Pose, lock your hands behind your neck and bend forward toward the ground and rise up. 2-3min



Cat-Cow

Begin cat-cow. Inhale as head comes up/belly down. Exhale as head goes down/belly up. Continue about 1 min.

ADD CLAPPING TO CAT - COW

When you bring your head up, lift your hands from the ground and clap.

When you bring your head down, return your hands to the ground.

Continue 2 more minutes



Frogs

Come into Frog Pose - squatting on your tippy toes, arms between the knees, hands on the mat. Start doing frog squats, straightening the legs while leaving the hands on the ground, and then lowering the buttocks back into a squat. Try and do between 20-30 frogs.



Jumping

Stand with your arms crossed over your body. Left hand to right shoulder and right hand to left shoulder. From this position start jumping, leaping up into the air while holding the posture.

1-2 minutes



Cobra Push Ups

Come onto your belly. Have your hands by your shoulders. Push up into cobra. Complete the full movement by allowing the neck to lengthen and third eye to the heavens. Then lower body to ground. Inhale as you rise. Exhale as you lower to the mat. 2 minutes



Bow Pose w/BOF

Come into Bow Pose and begin strong Breath of Fire so that your belly button moves. 1-2 minutes



Fish Pose in Celibate Pose

Sit on your heels, spread your knees, and put your buttocks on the ground between your heels. Lie back so that your upper body is on the ground.



Part 1 Begin pounding your upper chest with your fists (the lymph area). 1 minute

Part 2 - pound belly - 1 minute

Part 3 pound thighs - 1 minute

Part 4 - pound navel point - 1 minute

Part 5 - pound sides of neck - 1 minute

Sufi Grinds

Once again, sit in Easy Pose with your hands on your knees. Rotate your upper body to the left, squeezing the digestive area. 2 minutes (this time only move left)



Shimmy & Snake

Lie down flat on your back. Extend your left hip and shoulder downward while you stretch your right hip and shoulder upward. Then extend your right hip and shoulder downward toward your feet while stretching your left hip and shoulder upward. Continue the alternating motion. 2 minutes



Leg Lifts with Breath of Fire

Still lying on your back with your knees straight and your heels together, lift your legs up to 90 degrees and lower them back down with breath of fire. 1 minute



Forward Bends

Still on your back, lock your hands behind your neck and rise up bringing your head to your knees and then lie back down flat. Continue the motion. 2 minutes



Deep Relaxation

Deeply relax on your back. Feel the shakti energy moving in your spine. (Suggested music) Listen to Bhai Avatar Singh's tape of "Jai Tay Gung" for 10 minutes. In class Yogi Bhajan played this tape and also played the gong to further activate the shakti energy. 10 minutes



TO END: Take a deep breath. Bring the arms above the head and stretch the body from the fingers to the toes. Do a cat stretch to one side. Then stretch to the other side. Rock up and down on the spine several times. Feel the entire length of the spine being massaged as you rock. Rock one more time and then come sitting up.