

# Frogs

Squat down on your toes.

The heels are touching, and raised up off the ground.

Place the fingertips on the ground between the legs, arms straight.

Face forward.

Inhale as you raise your bum in the air, keeping the fingertips on the ground and the heels off the ground, until the knees are straight and the head is hanging down.

Exhale back down to the starting position, with the face forward and the knees outside the arms.

The movement is rapid, up and down.

That's it, you've successfully completed one frog. The goal is to build up to 108 frogs, but that may take time. Start aiming for 27 frogs and then go on from there.



# Tree Pose

Start in a standing posture with the weight evenly distributed across the feet, front and back. Shift all the weight to the left foot, ensuring that the hips remain level with the bum tucked under.

Raise up the right foot. To start simply bring the right foot up on tiptoe with the heel vertical just touching the inside of the left shin. Check your balance.

Stretch the arms up with the palms together above the head, the upper arms hugging the ears. If that is challenging then simply bring the hands together at the centre of the chest in prayer pose.

Check that the neck is lengthened and straight, an extension of the spine. To keep the bum tucked under pull the pelvic floor in and up.

Keep the eyes open, focussed on a still object.

Be aware of how straight you are and breathe long and deep.

Repeat on the other side.

The goal is to be able to balance with the raised foot against the groin. This takes practice. It is better to keep the foot low and the body balanced, then to raise the leg too high and have the body wobbling about.

# Sun Salutations

Stand straight, with the feet together, toes and heels touching, and the weight evenly distributed between both feet, and the arms hanging at your sides with the five fingers together.

Inhale as you stretch up bringing your arms up over your head, with the palms touching. Lengthen the spine, lifting the chest and relaxing the shoulders. Look up at your thumbs.

Exhale as you bend forward, keeping your spine straight, lengthening it and relax the head as close to the knees as possible. Keep the knees straight and place the hands on the floor either side of the feet, with the fingertips and tips of the toes in line. Look at the tip of your nose.

Inhale and raise the head up, straighten the spine, keeping the hands or fingertips on the floor. Look at the point in the centre of your forehead.

Exhale and bend the knees, stepping back so that the legs are straight out behind you, balancing on the bottom of your bent toes. Elbows are bent, hugging the rib cage, and the palms are flat on the floor, under the shoulders with the fingers spread wide apart. The body is a straight line from the forehead to the ankles.

Inhale as you straighten the elbows and arch the back. Stretch through the upper back so that there is no pressure on the lower spine. Lift the forehead towards the sky and look at the tip of the nose.



Exhale and lift the hips up so that the body is balanced in an inverted v-shape with the feet and palms flat on the floor, and the elbows and knees straight. Look towards the navel. Hold this position for five breaths.

Inhale and step forward so that the legs are straight and the spine is straight, with the head up and the hands or fingertips on the floor.

Exhale and bend forward into the front bend keeping your spine straight, lengthening it and relax the head as close to the knees as possible. Keep the knees straight and place the hands on the floor either side of the feet, with the fingertips and tips of the toes in line. Look at the tip of your nose.

Inhale and come all the way up bringing your arms up over your head, with the palms touching. Lengthen the spine, lifting the chest and relaxing the shoulders. Look up at your thumbs.

Exhale and return to the starting position with the arms at the sides.

Start by practising three rounds and then gradually increase it to five or six. Sun Salutations increase cardiac activity and circulation, stretches and flexes the spine, massages the inner organs, aids the digestive system, exercises the lungs and oxygenates the blood.



# E-Z Sun Salutations

Begin down on your knees, with your bum up off the heels and your hands down at your sides.

Inhale as you stretch up bringing your arms up over your head. Lengthen the spine, lifting the chest and relaxing the shoulders. Look up at your thumbs.

Exhale as you bend forward, keeping your spine straight, lengthening it. Bring your hands and head to the floor or as far as you can go.

Inhale as you come up on all fours, knees directly under the hips, hands under the shoulders, toes pointed back, and fingers together and pointed forward. Stretch the middle of the abdomen down and stretch your head forward and up, lengthening the entire spine. Roll the eyes in and up and focus at the point in the centre of your forehead.

Exhale as you straighten the knees and come onto the toes. Keep a straight line from your heels to the top of your head.

Inhale as you bring the pelvis to the floor and stretch the toes behind in "cobra pose". Pull the chin in and up to lengthen the back of the neck. Let your weight be supported by your pelvis and lengthen the spine. Bend your elbows if necessary to prevent "kinking" your spine. Lift the forehead towards the sky and look at the tip of your nose.



Exhale and lift the hips up so that the body is balanced in an inverted v-shape with the feet and palms flat on the floor, and the elbows and knees straight. Look towards the navel. Hold this position for five breaths.

Inhale and bring your knees to the ground, toes pointed behind. Stretch the middle of the abdomen down and stretch your head forward and up as before.

Exhale as you bring your bum to your heels. Bring your hands and head to the floor stretching the spine.

Inhale as you come up on your knees, bum up off the heels. Bring your arms up over your head, with the palms touching. Lengthen the spine, lifting the chest and relaxing the shoulders. Look up at your thumbs.

Exhale and return to the starting position with the arms at the sides.

Start by practising three rounds and then gradually increase it to five or six. Sun Salutations increase cardiac activity and circulation, stretches and flexes the spine, massages the inner organs, aids the digestive system, exercises the lungs and oxygenates the blood.



# Breathe & De-stress

When breathing naturally, the Navel Point moves out on the inhale, making our body wider, and moves in and up on the exhale, making us longer. Breathe through the nose which filters, warms and humidifies the air. Keep the mouth closed with the jaw relaxed.

To help your breathing sit with a straight spine, with the shoulders relaxed, and the eyes closed. If it's difficult to practise sitting up then try lying down on the floor.

Slowing the breath rate down has many positive effects on health and well-being, making you more relaxed, calmer, and aware.

You can practise slowing the breath rate down from the average of 18 breaths a minute to just 8, then 4, then one breath a minute. This takes time to master, but is really worth the effort. Start by inhaling to a count of four, pausing the breath in the body without tension to a count of four, then releasing the breath as you exhale to a count of four. Only when this feels comfortable increase the count by one on each of the inhale, pause and exhale. Gradually build the count up, never going beyond that which comfortable and relaxed for you.



You can also practise alternate nostril breathing in many variations, such as simply inhaling through one nostril then exhaling through the other. Try U-breathing by inhaling through the left nostril by blocking off the right nostril with the right thumb, then exhaling through the right, nostril by blocking off the left nostril with the right index finger, then inhaling through the right nostril and exhaling through the left nostril.



A breathing practice which is calming is to inhale through the left nostril and exhale through the right nostril.

A breathing practice which is good for the thyroid is Lion Breath. Extend the tongue out to touch the chin and breathe powerfully, bringing the breath over the root of the tongue,



A breathing practice which boosts glandular function is to inhale through the teeth which are closed so that the upper and lower front teeth touch, then exhale through the nose.

To relax, cool and calm the body and aid digestion curl the tongue into a straw and then inhale through the tongue and then exhale through the nose.

With all breathing practice, ensure that full natural breathing continues with the Navel Point moving away from the spine on the inhale and relaxing back towards the spine on the exhale.

# Getting a Good Night's Sleep (from GuruKaur.com)

## Environment

- Open the window and have fresh air
- Make sure the central heating is off – it dries the air (and the skin)
- Make sure that the room is as dark as possible when the light is switched out
- Create a calm and restful atmosphere in the bedroom with as few distractions as possible: no photos, no computers, no mess
- I find that I sleep better when the bed is roughly orientated east-west rather than north-south
- Choose a hard mattress, with a pillow the right height to support your head comfortably when you lie on your side. Your sleeping posture is key, your spine needs to be naturally straight
- Have bedding which is natural and the right weight for you, the season and the climate – I have an under-blanket, pillow and duvet from White Cloud Trading
- Use a Sunrise simulator clock (eg. Lumie), which gently dims the light to darkness in the evening and from darkness to light in the morning over a 30 minute period. I love mine!
- Read recipe books with short chapters. It's easy to read a page and stop.
- Wake up naturally whenever possible

## Prepare for a good night's sleep during the day

- Have a short nap of 10 minutes after lunch if you need
- Get a good amount of physical exercise, an hour's walking is excellent (I walk my dog, Millie)
- Make sure you eat enough so that you're not hungry when you go to bed, but also not too much that you're overfull, and don't eat for at least 2 ½ hours after the last meal
- If you eat in the evening, go for a walk afterwards
- Go to bed at a regular time each night, if possible :)

## In the kitchen

- Boil a couple of lettuces in some milk and then drink the milk

## In the bathroom

- Brush your teeth and clear mucous from your throat
- Clean your nose and apply olive or almond oil to the inside of the nostrils –
- Wear a nasal strip (eg. Breathe Right) to open the nostrils and enhance your breathing

- Comb your hair forehead to the nape of neck and then plait it
- Pee
- Drink a glass of water so that you don't go to sleep thirsty (but not so much that you have to get up in the night)
- Wash your feet with cold water, rub your feet with a coarse towel and then massage in some oil

## In the bedroom

- Sit and gently close off the right nostril with the right thumb and breathe through the left nostril, long and deep
- On the floor do a short Kundalini Yoga set which helps sleep. This is the one I like best: Sit on the floor with the legs stretched out in front with the heels together, lean forward from the hips and grab the toes, or whatever you can reach, eyes closed and breathe long and deep. Next come into bridge pose with the feet on the floor facing forward and the hands on the floor under your shoulders, arms straight, so that the body from the shoulders to the knees is flat with the back facing the floor. Then gently raise the head up to bring the chin onto the sternum and then lower it backwards, and continue in a slow and graceful motion. Finally, come into a shoulder stand. If you can't do shoulder stands, then lie back on the floor and raise your head to bring the chin onto the sternum.
- If the weather is very hot and your legs are fidgety or swollen then lie on your back with your arms and legs straight up vertical, like an upturned table, and breathe long and deep.

## In bed

- Lie down in bed on your stomach with your right cheek down, make fists with the hands and place them under the crease of the leg and the groin. Start breathing slowly and relaxing the body
- Turn to the right side and keep breathing deeply and gently fall asleep
- Clear the mind: I like to visualise putting any thoughts I don't want to think again in a hot air balloon and then letting it float away; I also keep a notebook by my bed to jot down anything important - once it's written down I don't need to remember it
- As you go to sleep mentally go through all the things that you are grateful for

# Sat Kriya

Sit on the heels with the spine straight and the neck an extension of the spine with the chin pulled in and up.

Clasp the hands above the head, with the fingers interlaced except for the index fingers which point straight up. Women interlace the fingers with the left hand on top; men with the right hand on top.

Keep the arms straight, with the upper arms hugging the ears.

Squeeze the Navel Point in and up as you say “Sat”, release the Navel Point with the sound “Nam”. It’s a powerful sound, not necessarily loud. The body doesn’t move, only the navel point.

It helps to keep the shoulder blades flat and widened. Imagine that they are melting down the spine.

To end, inhale deeply, keep the arms up, exhale completely and squeeze the body. Unsqueeze the body, inhale again before relaxing the arms down.

Continue for 3 minutes and gradually build the time to 31 minutes. Rest on your back for an equal amount of time afterwards.

This is a powerful experience which strengthens the internal muscles and organs. It prevents many diseases and greatly improves the body’s ability to heal itself. It also circulates sexual energy throughout the body eliminating problems associated with sexual tension and premature aging.

