

KAYA KRIYA: WHOLE BODY CLEANSE (releases physical, emotional and mental tensions, to balance energy flow)

STAGE 1: Start in savasana with legs wider than hip width apart



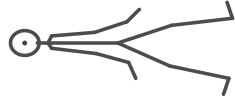
begin adham pranyama, **a lower lobe breath** → roll

legs **inward on inhalation**, draw toes towards floor. Movement is slow to **a 6-count breath**



→ roll legs **outward on exhalation** to

a 6-count breath



NB. Legs stay straight → repeat slowly 6-9 times → **PAUSE**

STAGE 2: Come to savasana with legs together and arms away from the body

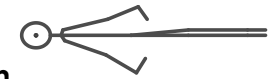


→ begin madhyam pranyama, **middle lobe**

breath → rolling the arms **outward on inhalation** to **a 6-count breath**



→ roll arms **inward on exhalation**



NB. Arms stay straight & rotate at shoulder joints, so wrists roll on the floor. Repeat slowly 6-9 times → **PAUSE**

STAGE 3: Come to savasana with legs together and arms beside body → begin adhyam pranyama, **upper lobe breath** → roll

head to **right on inhalation** to **a 6-count breath**



→ roll head to **left on exhalation**



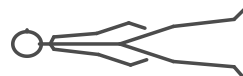
→ repeat 6-9 times

FULL BODY CLEANSE: perform all of the 3 movements above simultaneously, using the complete 3 part breath

On inhale feet roll in (as lower lobes fill), arms roll out (as middle lobe fill) and head turns right (as upper lobes fill)



exhale feet roll out, arms roll in and head turns left



→ continue until you feel completely relaxed and free from tensions → **REST**