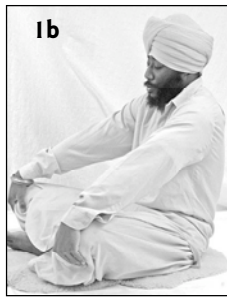
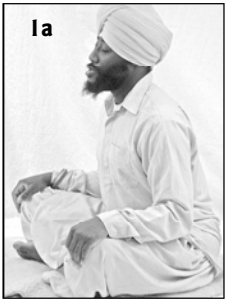


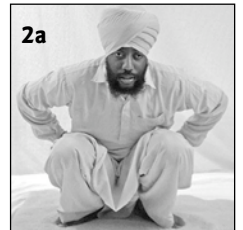
## KUNDALINI YOGA KRIYA FOR THE FRONTAL BRAIN

Yogi Bhajan • Summer 1983



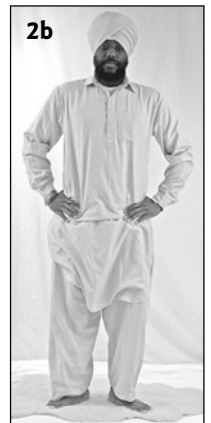
1) Sit in Easy Pose. Place the hands on the knees. Arch the spine forward and push the lower jaw out, pushing the teeth out as the head goes up. Then arch the spine back and open the mouth. Flex your entire spine and breathe powerfully through the mouth. Continue for **3-4 minutes**.

*This exercise works on the frontal brain.*



2) Sit in **Crow Pose**, a squatting position with the feet flat on the floor, knees apart. Place the hands on the waist. Stand up while inhaling through the mouth, pushing the lower jaw forward, pushing the teeth out. Then exhale through the open mouth as you lower yourself back down into Crow Pose. Continue for **2-3 minutes**.

*This exercise works on the meridian points in the thigh, which are connected with sexual energy and compassion. The thigh bone controls the balance of potassium and calcium, and the inflow and outflow of energy.*



3) Sit down in Easy Pose with the forearms bent up at the sides, hands at face level. The palms face out, away from each other.

a) Bring the right forearm out, straightening the arm so that it is parallel to the ground, palm down. Then return to the original position and repeat with the left arm. (b) Continue alternating arms fast and hard for **6 minutes**.

*This exercise pressurizes the frontal brain at the Third Eye Point.*



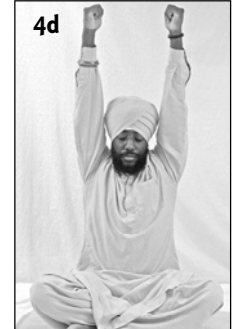
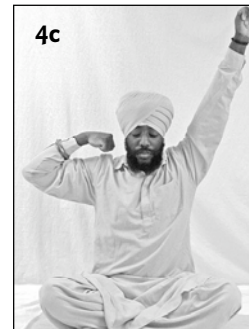
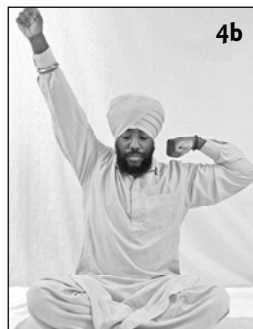
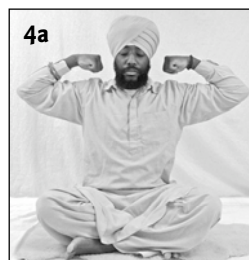
4) a) Remain in Easy Pose, with hands above the shoulders in fists, thumbs locked inside pressing on the mound of the little finger. This is the original position. The movements are in a 4-count rhythm as follows:

b) Bring right arm out and up 60°. Return to original position.

c) Bring left arm out and up 60°. Return to original position.

d) Bring both arms straight up over head, parallel to each other. Return them to original position.

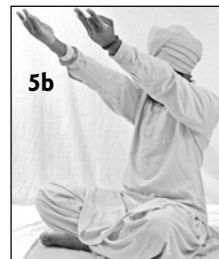
Continue this rhythm moving fast and powerfully for **6-7 minutes**.



## KUNDALINI YOGA KRIYA FOR THE FRONTAL BRAIN

5) Still in Easy Pose, stretch your arms straight out in front of you, parallel to the ground with the palms facing up. Bend the middle (Saturn) fingers into the palms and lock your thumbs over them. The other fingers are straight. Moving the arms together, pump them up and down, moving about 12 inches above and 12 inches below the original position. The breath will come naturally in rhythm with the motion. Keep the elbows straight and move fast and powerfully for **3 minutes**.

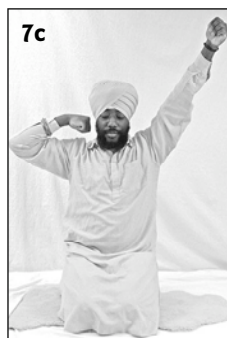
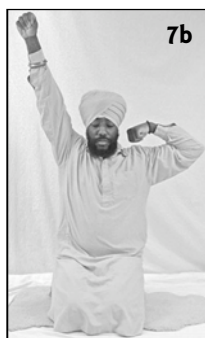
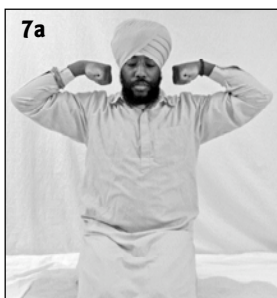
*This exercise works on breaking up deposits in the neck that block circulation to the brain. It also works on patience, the quality of the Saturn finger.*



6) Come into **Frog Pose**, squatting down so the buttocks are resting on the heels, which are off the ground and touching each other. The finger tips are on the ground between the knees, and the head is up. Inhale and raise the buttocks high, keeping the fingertips on the ground and the heels up. Exhale and come down to the starting position, letting the buttocks strike the heels. Breathe deeply and powerfully as you move, and continue until you have done **54 cycles**, approximately **2-3 minutes**.

7) Come into **Rock Pose**, sitting on the heels with the tops of the feet on the ground. In this position, repeat the arm movements of exercise 4. Continue for **2 minutes**.

*This exercise works on the digestion and the removal of deposits and toxins in the breast area.*



8) Stand up, close your eyes and dance, moving every muscle of the entire body without moving far from your original spot. Flow with the rhythm, mirroring the notes and words with body language. The music used in class was Don Cooper's *Twelve Months*. Continue **25 minutes**.

*This is called natural dancing instinct. It gives the body a chance to release deposited toxins. Effective communication uses body language to express and project the words we speak. Those who do not express their psyche through the vibration of the body will fail in communication and action.*

