



Outward Bound Kriya

7 exercises 25 min - 40 min *I am a Woman - Creative, Sacred, Invincible*

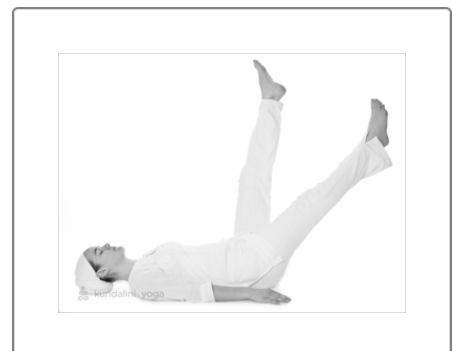
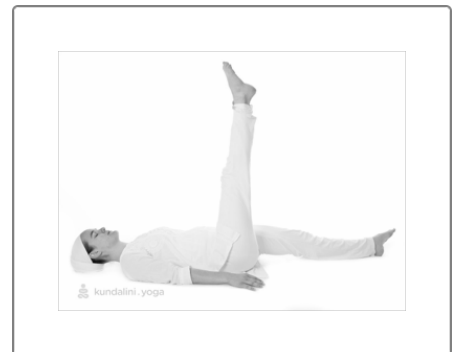
"A woman needs one to two hours of tough exercise each day in order to be as productive as a man. Every 72 hours the cells change, but in the case of a woman, it needs to be accelerated or stimulated to do so. By nature, a woman in her child-bearing capacity, is very inward. To remain outward, she is required to exercise. You must exercise in a way that stimulates all parts of you. To keep your body young and healthy is your challenge. It cannot be done by makeup. It can only be done by intensive exercise. The principle of life is to meditate in the evening, and to exercise at least one hour every day."—Yogi Bhajan

1. Leg Lift Variation

Comments: *This brings healing to your entire "apana" area: gonads, pelvis and uterus, and is very important for women.*

Leg Lift Variation (5 minutes 30 seconds to 11 minutes)

1. Lie flat on the back.
2. Lift one leg to 90 degrees.
3. Keeping it raised, lift the other leg up to 45 degrees.
4. Bring them both down at the same time. Switch legs and repeat.
- 5.



2. Plow Pose

Plow Pose (26 to 52 reps)

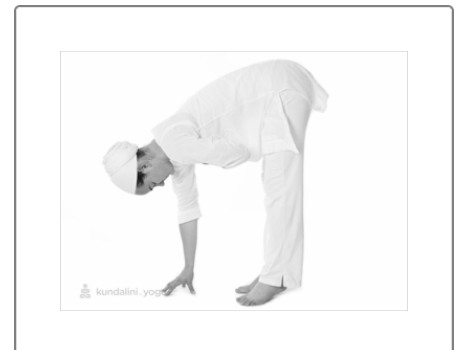
1. Lie flat with hands extended over the head on the ground.
2. Raise the legs up over the head, and bring them back down.



3. Frog Pose Variation

Frog Pose Variation (27 to 54 reps)

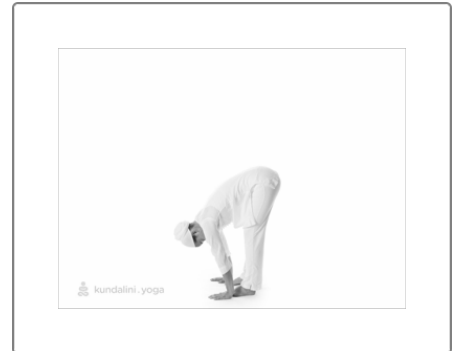
1. Begin in Frog Pose, squatting, with both hands touching the ground in front.
2. As you extend the hips up, bring the left hand to the heart.
3. Then settle back down in Frog Pose, both hands on the ground.
4. Extend up again and bring the right hand to the heart, and then squat back down, both hands back on the ground.
5. Alternate. The heels remain off the ground.
6. Continue in a brisk fashion.



4. Forward Bends

Forward Bends (27 to 54 reps)

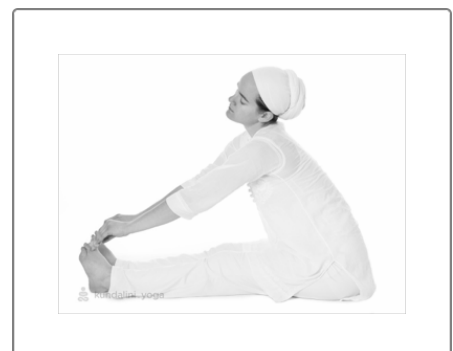
1. Standing up, inhale and reach the arms up to the sky.
2. Exhale, bend over at the waist and touch the ground.



5. Front Stretch Variation

Front Stretch Variation (26 to 52 reps)

1. Sit with the legs stretched out front.
2. Lengthening the spine, grab the feet, bending forward from the navel, bringing the torso toward the knees.
3. Hold this posture and roll the neck around in a circle.

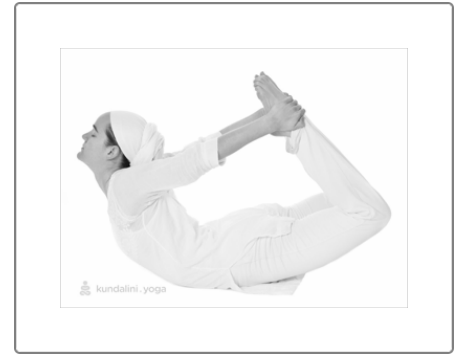


6. Bow Pose

Bow Pose (37 to 74 reps)

1. Lying flat on the stomach, reach back and grab the ankles.
2. Inhale and stretch upwards into Bow Pose, arching the head back.
3. Exhale and relax the thighs and head down to the ground.
4. Breathe powerfully.

Breath Powerful



7. Deep Relaxation

Comments: *Yogi Bhajan played the Nobility song as the last part of the relaxation.*

Deep Relaxation (10 minutes)

1. Lie flat on the back and relax the entire body to the sound of Gong (if available.)



