



# Sahibi Kriya to Master Your Domain

8 exercises 15 min - 30 min *I am a Woman - Creative, Sacred, Invincible*

When you control your domain you act from the center of your being. In the realm of mind it means you can hold and project an important thought. In the realm of body it means you are able to circulate blood from the core to the outlying limbs and glands. This kriya gives you that command in both realms.

The deep muscular tension released through these exercises enables the blood to flow freely to all parts of the body, feeding the cells with oxygen and nutrients, and flushing the body of toxins and the byproducts of normal metabolism.

# 1. Leg Lifts

**Comments:** *This exercise helps to correct menstrual irregularities.*

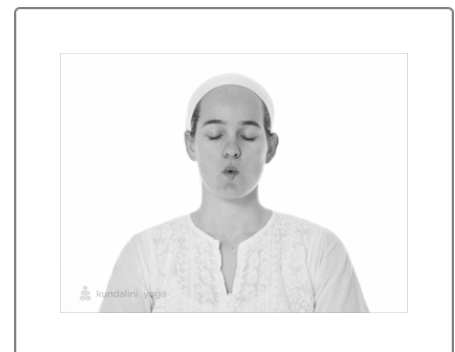
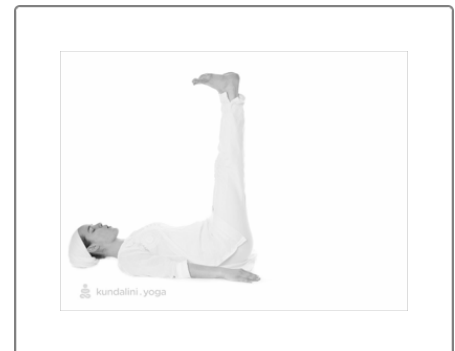
## Leg Lifts (2 minutes 30 seconds to 5 minutes)

1. Lie on the back with the feet together. Flex the feet toward the head
2. Make a firm circle of the mouth and begin Breath of Fire through the mouth.
3. Continuing with Breath of Fire, raise the legs straight up to 90 degrees and lower them to the ground keeping the feet and toes flexed and the knees straight.
4. Move rhythmically with the breath.

## To End

1. Inhale and hold the legs up briefly.
2. Slowly lower the legs to the ground as you exhale.

**Breath** Breath of Fire

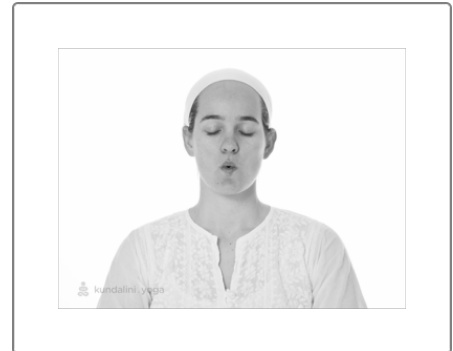


## 2. Alternate Leg Lifts

### Alternate Leg Lifts (1 minute to 2 minutes)

1. Resume the exercise raising alternate legs to 90 degrees.
2. Breathing in the same manner move rapidly.

**Breath** Breath of Fire



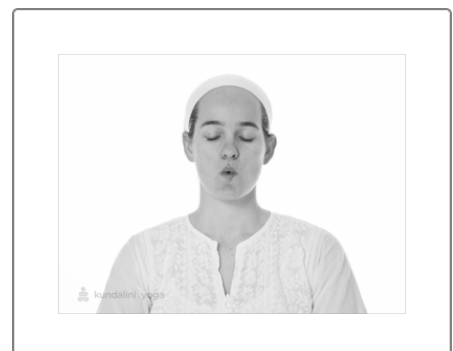
## 3. Cow Pose Exercise - Part One

**Comments:** *This is a two-part exercise done in Cow Pose.*

### Cow Pose Exercise (2 minutes to 4 minutes)

1. First extend alternate legs up and back as high as possible.
2. Begin Breath of Fire through the circled mouth raising and lowering the legs rapidly in rhythm with the breath.
3. Continue.

**Breath** Breath of Fire



## 4. Cow Pose Exercise - Part Two

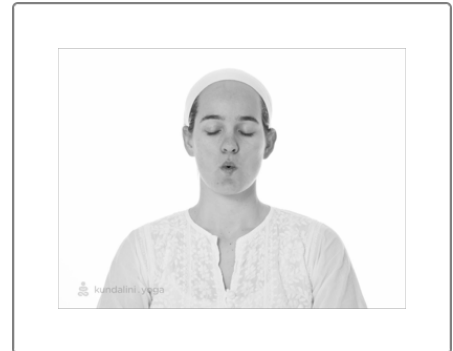
### Cow Pose Exercise (1 minute to 2 minutes)

1. Remain on the hands and knees.
2. As you raise the right leg up and back, simultaneously extend the left arm straight out in front of the body.
3. Lower them and raise the opposite arm and leg.
4. Continue alternating the arms and legs, moving rhythmically with Breath of Fire through the circled mouth.

### To End

1. Inhale, exhale, and relax onto the heels.

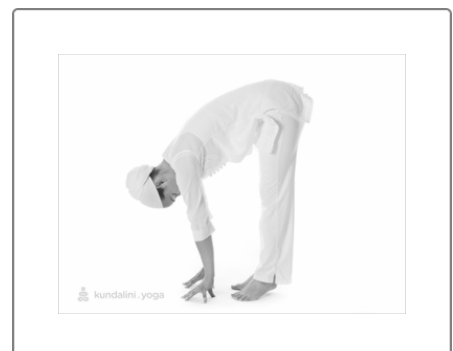
**Breath** Breath of Fire



## 5. Frog Pose

### Frog Pose (26 to 52 reps)

1. Come into Frog Pose.
2. Squat down on the toes, knees wide apart. Heels are touching, and raised up off the ground. Place the fingertips on the ground between the knees. The face is forward.
3. Inhale as you raise the hips up, keeping the fingertips on the ground, heels up, knees locked.
4. Exhale down, face forward, knees outside of arms.
5. Continue moving rhythmically and rapidly.

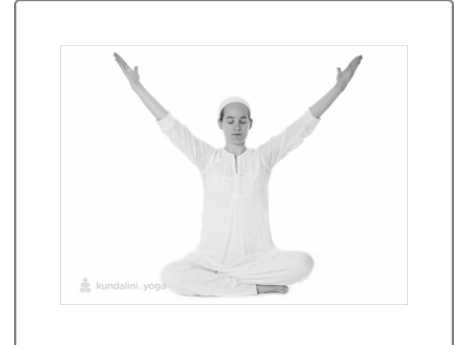


## 6. Sahibi Kriya

**Comments:** *Physically this exercise stimulates the heart, circulatory system and glandular system. It works powerfully on the mental realm as well, training you to concentrate and gain control of your mind and 'sahibi' or control over your domain. The recording of Jaap Sahib by Ragi Sat Nam Singh is used.*

### Sahibi Kriya (2 minutes 30 seconds to 5 minutes)

1. Sit in Easy Pose with the navel pulled in and chest out.
2. Tuck the chin in to form a straight line from the base of the spine to the top of the head and lock yourself in this posture.
3. Extend your arms up to 60 degrees with the palms facing each other. Keep the arms straight with no bend in the elbows.
4. Inhale and extend the arms up to 90 degrees, then exhale and lower the arms to 60 degrees.
5. Extend the arms straight up to 90 degrees on the first accented beat (Namastang or Namostang), then back down to 60 degrees on the second beat.
6. Do not move at all during musical phrases.
7. Continue movement, taking one complete breath every 2 seconds.
8. Do this as a perfect drill through Verse 28 (to Chaachree Chand).
9. Move in perfect rhythm with the music.



### To End

1. Inhale, exhale and relax.

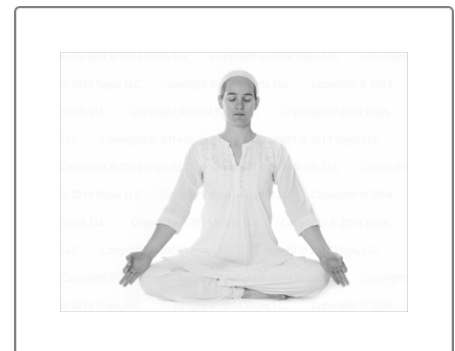
## 7. Meditate

**Comments:** *The song Himalaya by Sat Peter Singh was played in the original class. Select any uplifting and relaxing 3HO music.*

### Meditate (2 minutes 30 seconds to 5 minutes)

1. Remain in Easy Pose.
2. Breathe long and deep and meditate to the music.

**Breath** Long Deep Breathing



## 8. Relaxation

**Comments:** *The song Promises by Sat Peter Singh was played in the original class. Select any uplifting and relaxing 3HO music and relax.*

### Relaxation (2 minutes 30 seconds to 5 minutes)

1. Lie down on the back with the legs crossed at the ankles and hands crossed over the heart.
2. Relax in this position and breathe long and deep.

**Breath** Long Deep Breathing

