



Withstand the Pressure of Time

8 exercises 25 min - 51 min *I am a Woman - Creative, Sacred, Invincible*

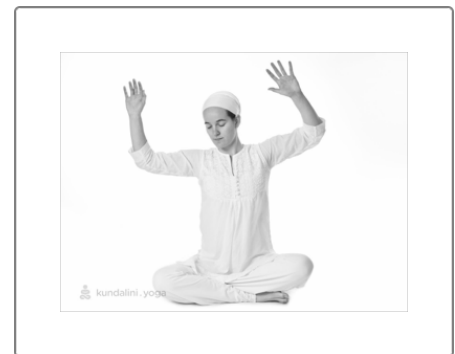
This is a powerful and energetic kriya for a full tune-up of the nervous system. If the nerves are not tuned-up you will not be able to withstand the pressure of the time. This also works on two problems common to a woman—locked-up pelvis and locked shoulders.

1. Earthquake Shake

Comments: *This will release toxins from your muscles. Get wild. Shake like an earthquake. It would take hours of massage to get to this point. Cheeks should get red. You must come to the dead end of tiredness.*

Earthquake Shake (7 minutes 30 seconds to 15 minutes)

1. Sit in Easy Pose, raise the arms up with bent elbows and begin shaking the whole body.
2. It should be an inward body massage. Every muscle and fiber must shake. Arms, body and head must move.
3. Create your own rhythm and style. Generate heat.



2. Energy Dance

Comments: *Make this an energetic dance. Your thigh muscles should sweat. This will get rid of toxins, the dirty fat, the tissue deposits. This will get out the old anger in your body.*

Energy Dance (4 minutes to 8 minutes)

1. Come standing up straight.
2. Shake the hips from side to side by bending the knees alternately.
3. Feet can either stay on the ground and hands can dangle loosely, or vigorously twist the hips and jump in the air while pumping your arms.



3. Triangle Twists

Comments: *It is a triangular move. If done powerfully, it will release your shoulders.*

Triangle Twists (2 minutes to 4 minutes)

1. In Easy Pose, extend the arms straight over the head with palms together, arms against the ears.
2. Twist the body left and right.



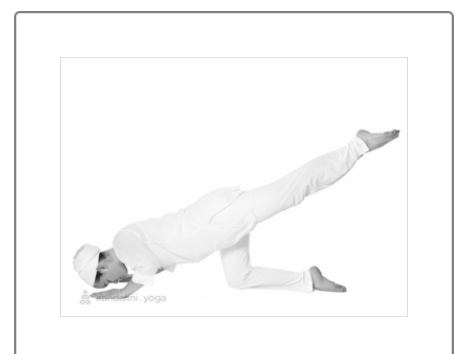
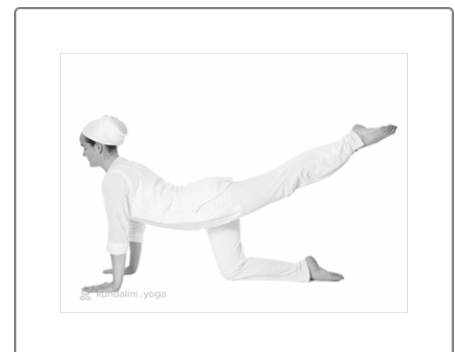
4. Leg Lift Pushups

Left Side Pushups (26 to 52 reps)

1. On the hands and knees, lift the left leg straight out behind you.
2. Touch the forehead to the ground and come back up, like push-ups.

Right Side Pushups (26 to 52 reps)

1. Repeat with right leg.



5. Camel Bends

Camel Bends (22 to 55 reps)

1. Come standing on your knees and bend back into Camel Pose, resting the hands on the heels.
2. Then straighten the back up onto the knees.

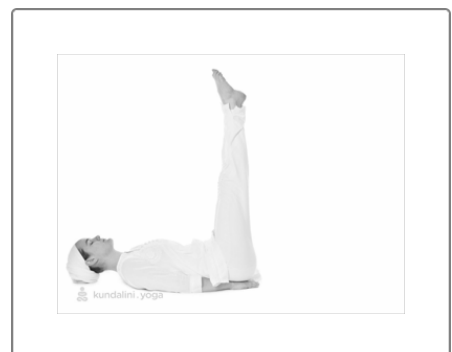
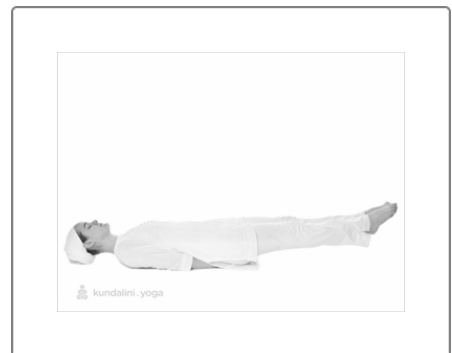
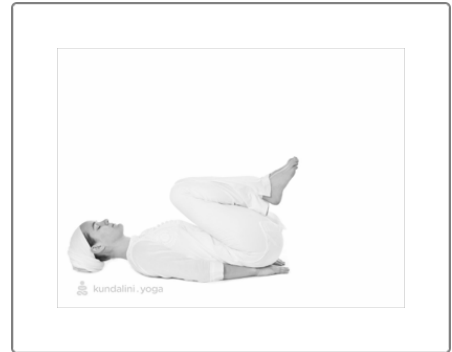


6. Knee Extensions

Comments: *This movement gives power for your prana to be controlled by will. It is the movement of the Pavanmuktasana, where the prana is controlled by will.*

Knee Extensions (54 to 108 reps)

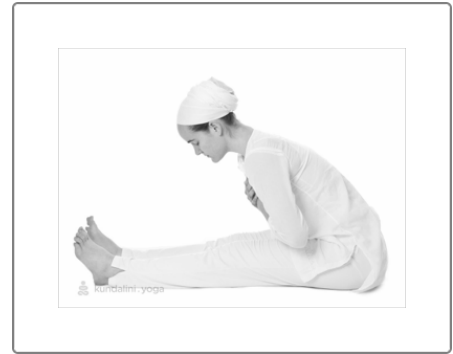
1. Lie down flat on the back.
2. (a) Lift the knees up to the chest and place the hands under the hips. You may elevate the hips with the hands slightly, in order to get the knees to the chest.
3. (b) Extend the legs straight out.
4. (c) Raise the legs up to 90 degrees.
5. Then bring the knees back to the chest.



7. Heart Bend

Heart Bend (13 to 26 reps)

1. Lie down flat and put both hands over the Heart Center and relax.
2. Sit up and bring the forehead to the knees and relax back down on the back.



8. Corpse Pose

Comments: *You will become weightless and enjoy it. Relax.*

Corpse Pose (4 minutes to 8 minutes)

1. Lie down flat on the back for a deep relaxation.
2. If a gong is available, make this a gong meditation.



