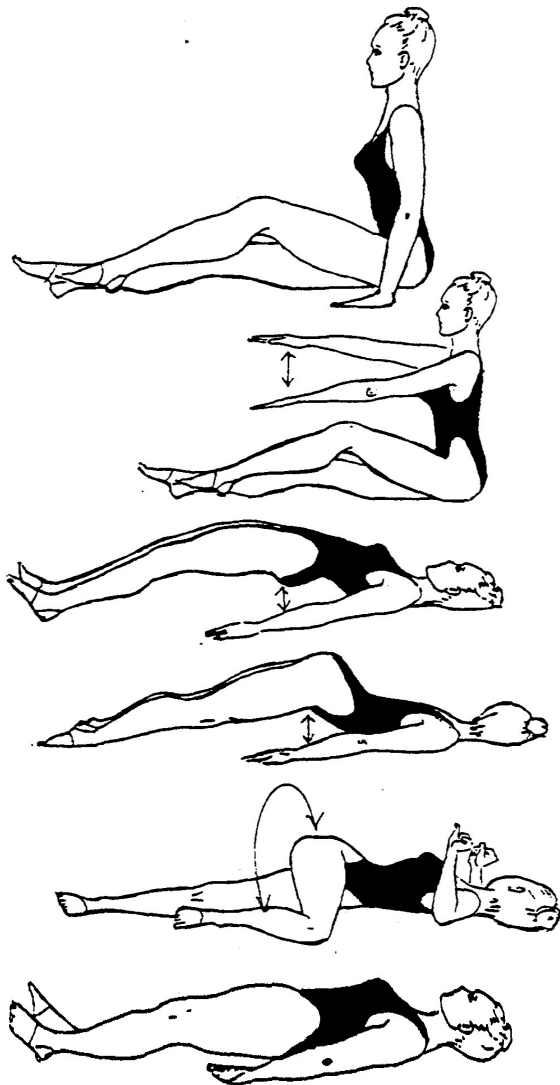


Kundalini Yoga for the skin KY kriyas (Taught February 26' 1986, from *Sexuality and Spirituality*)



1 Sit and stretch legs out in front, arms at sides. "Pedal the legs" alternately moving the knees up and down for 3/4 of a minute.

2. Continue same motion but move the hands and arms up and down as well, 5 times per second or faster for 5 minutes.

*To open the glandular system to full capacity.
Creates a sweat.*

3. Lying on back, arms at sides, bounce the hips up and down, moving quickly for 2 1/2 minutes.

4. Lying on belly, bounce the pelvis up and down for 3 1/2 minutes.

5. Cat stretch, alternately to the left and right, over and over for 1 minute.

6. Lie down on back and relax, breathing slowly. Let yourself go for 6 1/2 minutes.

Comments: Although the total time of exercises mentioned is about 22 minutes, this set should take 45 minutes. Expand the times proportionately, or repeat the set twice.

