

The Kundalini Yoga Kriya I want to share with you this week is called 'Let the Liver Live' and was first taught by Yogi Bhajan on January 30, 1985.

EXERCISE 1.

Lie on your left side and put your hand under your head. Lift the right leg up straight and hold the toes of your right leg with your right hand, keeping both legs straight as you do Breath of Fire. Continue for 4 minutes



EXERCISE 2.

Wheel Pose. (Hands and feet flat on floor, body arched up.). Breathe in and out through the nose, then in and out through the mouth. Continue this breath sequence making sure you breathe fully. Continue for 4 minutes. (Note: Do your best with this challenging pose - coming out of it as you need to and returning to it when you're ready, but maintain the breath pattern or if you can't accomplish Wheel Pose - lie on your back and practice the breath only)



EXERCISE 3.

Repeat Ex. 1 with Breath of Fire through the mouth. Continue for 2 minutes.

EXERCISE 4.

Stand up with legs apart 18 to 24 inches. Bend forward and stretch hands back through legs to touch floor. Head relaxed, reach your arms through your legs as far as possible. Hold this position for 1 minute. Then, in this position, roll the tongue (as for Sitali breathing), and do Breath of Fire through the rolled tongue. 3 minutes.



EXERCISE 5.

Repeat exercise 1. with “Cannon Breath” through the mouth. (Inhale through the nose, exhale explosively through the mouth) 30 seconds.

EXERCISE 6.

Stand up and sit down 52 times without using the hands for support.

EXERCISE 7.

Stand with hands on hips. Roll upper torso in large circles. 2 minutes. Yogi Bhajan said that if you did this one exercise every morning and night you would never have any liver problems.



EXERCISE 8.

Relax on your back.