

KUM NYE YOGA

10 WEEK SERIES

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PRACTICE SIX

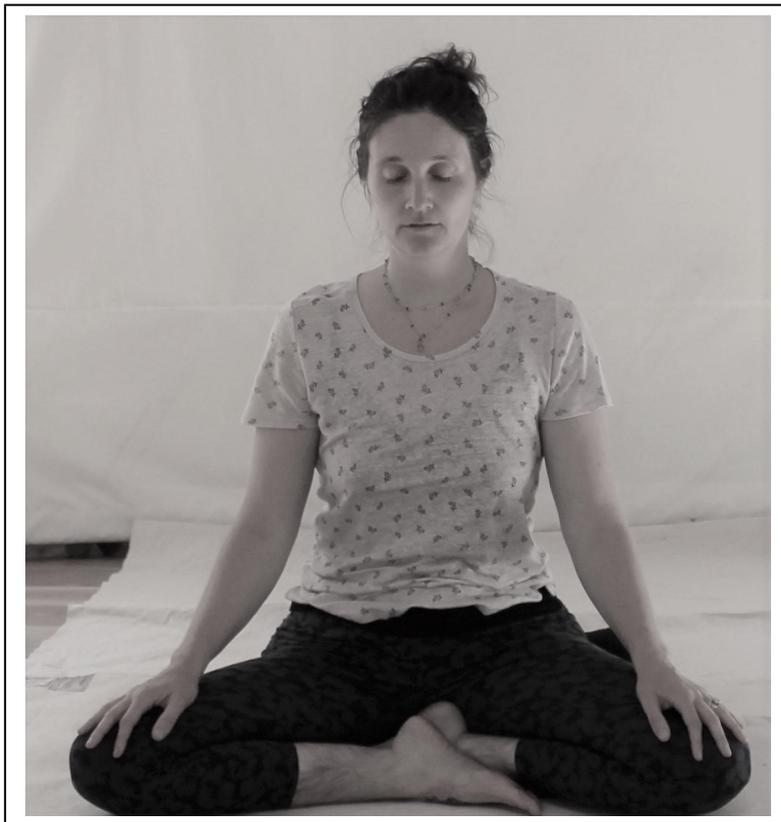
Warm up:

Breath deep into the belly three or four times before starting your warm up, as if to say, "I'm ready" Then, let the breath initiate movement, as if the breath itself was lifting the arm, raising the shoulders etc.

Let the breath open the areas where you are stretching and moving, this can be 'yawn-like' or deep breathing, or subtle breathing. Explore!

Seven Gestures:

After you have taken on the seven gestures, let the breath and awareness activate the posture, so that the breath is animating the dynamic stillness. Stay with the breath for up to 15 minutes.



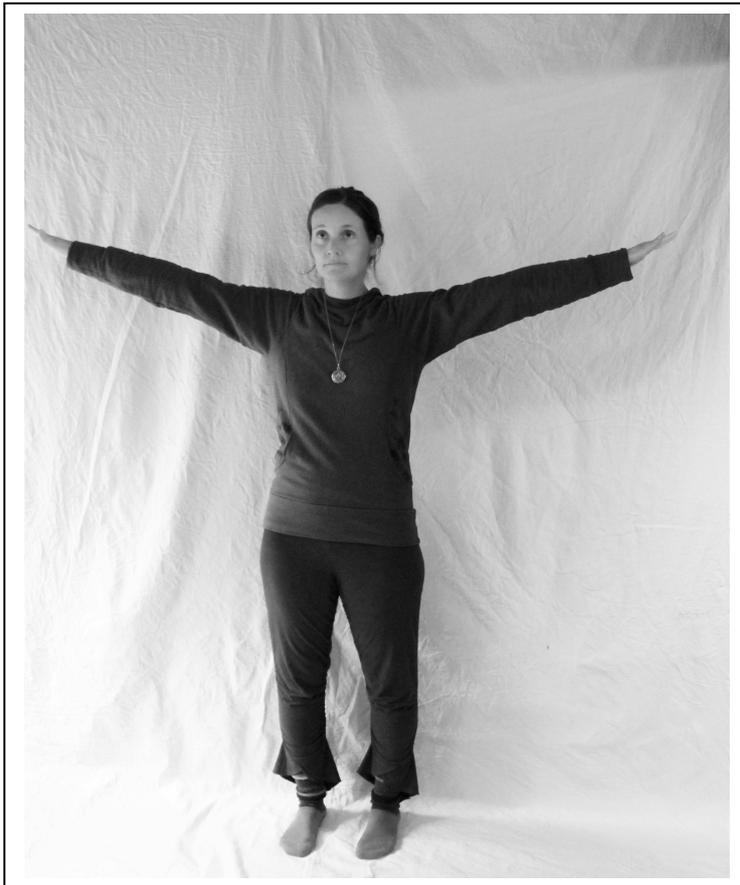
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KUM NYE # 22 Flying

- ❖ Standing well balanced begin to lift your arms away from your sides until they are overhead.
- ❖ Close your eyes and feel the sensation in your body.
- ❖ Extend your arms upwards as far as they can go.
- ❖ Take a full minute to move your arms down all the way.
- ❖ Take a full minute to move your arms all the way up again, and stretching up.
- ❖ Coordinate your movement with your breath, so that you feel the movement of the breath on the back of your hands as you breath in, and feel the movement in your palms as you breath out, as if the breath was pumping the arms upward and downward.
- ❖ Feel the breath radiate from the throat and heart, and initiate the movement with the breath from the heart and throat.



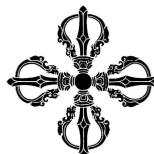
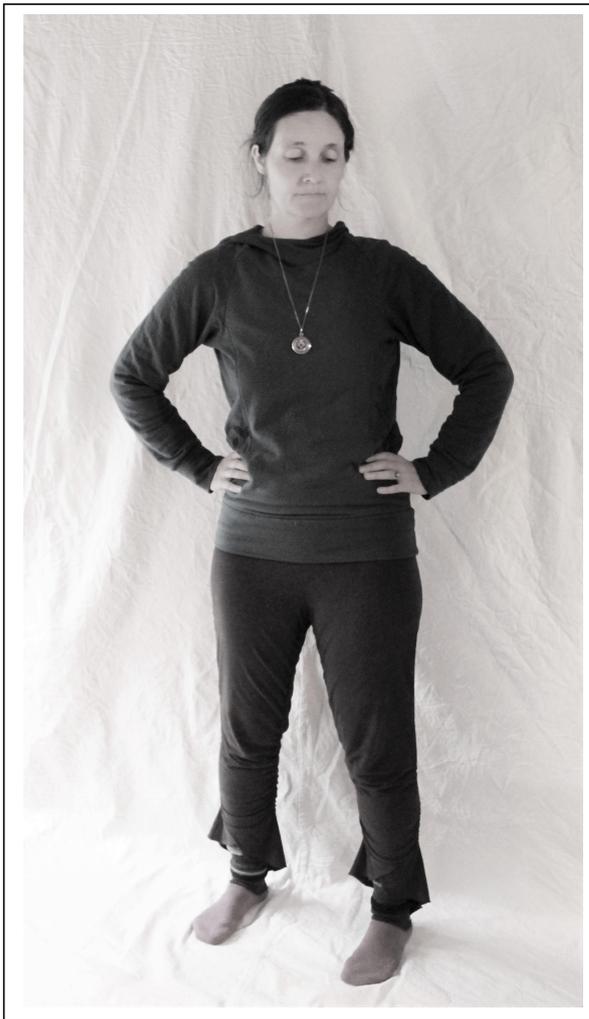
KUM NYE #49 Exercising in Space

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- ❖ With legs a comfortable distance apart, place your hands on your thighs.
- ❖ Straighten knees without locking them, keep your elbows out
- ❖ Very slowly move only the upper body to the right (you may use your hands to hold your hips steady) moving the head, eyes shoulders together.
- ❖ Visualize the upper body exercising, the lower body rooted.
- ❖ Feel the energies of the upper and lower bodies.
- ❖ Let breath initiate movement, exhaling as you move away from the center, and inhaling on the way back. Let sensation, breath and movement merge



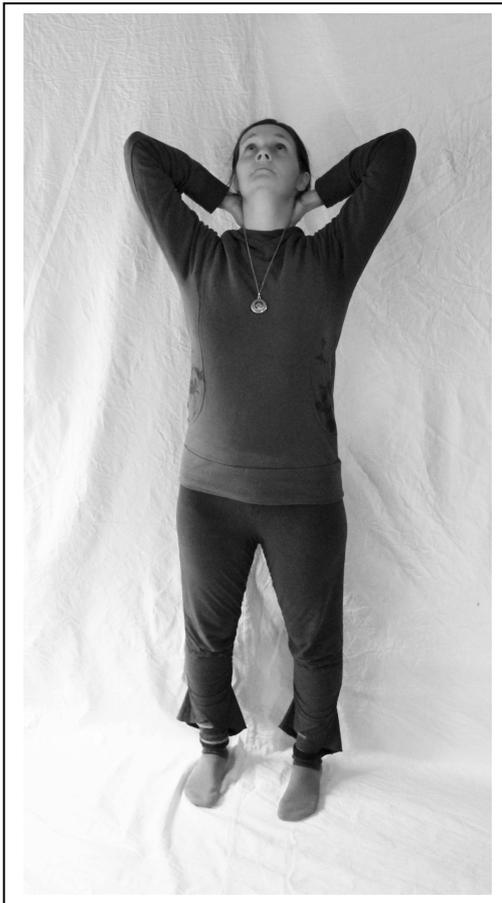
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Kum Nye #34 Inner Gold

- ❖ Stand with feet a few inches apart, back straight, breathing evenly through both nose and mouth.
- ❖ Interlace your fingers and place them at the back of your neck so they support the head.
- ❖ Slowly push your neck back against your hands, spread your elbows wide
- ❖ *Go deeply into the sensations arising in your chest.*
- ❖ Lift your chest towards the ceiling and look up.
- ❖ In this position, exhale slowly and deeply for as long as you can.
- ❖ Inhaling, slowly and steadily press your hands against the back of your neck, bending your neck forward and bringing elbows towards each other, until your chin is on your chest.
- ❖ Continuing to inhale, push neck against hands and open the elbows and chest wide.
- ❖ Exhale in the open position.
- ❖ Sit in the sitting posture for five minutes expanding the feelings.



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KUM NYE 6 Joyful Breath

Sit comfortably in the sitting posture (the seven gestures) either on a mat or cushion, or on a straight chair. Make sure your mouth is slightly open, the tip of the tongue touching the palate ridge. Relax the throat, belly and spine. Begin to breathe softly and easily through both nose and mouth, without paying too much attention to the process, The breathing is quite light, yet energizing. When you feel muscle tension, let the breath touch it gently and loosen it.

Bring words and images to the breath and let the breath soothe and relax them as well. This soft breathing will quiet and settle your whole body. Without trying to control the breath too much, let it gradually become even calmer and softer, until a quality of mellowness develops.

As soon as you feel a sensation--perhaps a feeling of something flowing in your throat and body--accumulate this feeling, not by trying to add anything to it, but simply allowing it to continue. Feel it more. You may feel the sensation moving to different parts of your body.

Practice this breathing for up to thirty minutes a day for the next week, and as much as you can, be aware of the quality of your breath throughout the entire day.

(From Kum Nye Yoga p.27-48)

