

KUM NYE YOGA

10 WEEK SERIES

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PRACTICE FIVE

Please choose two or more of these practices that intuitively draw you.

KUM NYE #1 Letting Go

- ❖ Sit in the seven gestures and then bring the soles of the feet together.
- ❖ Bring your feet close to your body
- ❖ Gently begin a light up and down movement, like the flutter of a bird
- ❖ Pay attention to the upper flow of energy.
- ❖ Continue for a minute, then sit quietly for several minutes, before repeating three times



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KUM NYE #29 Body of Knowledge

- ❖ Sitting on a mat or cushion, with the pelvis higher than the legs
- ❖ Place your hands on your knees with fingers pointing towards each other (keep the thumbs in line with the fingers)
- ❖ The elbows point out to the sides

- ❖ In this position, slowly arch the head forward and down so the chin moves towards the chest.
- ❖ Bend slowly forward from the waist, pressing the hands firmly against the knees.
- ❖ Pull the belly back towards the spine and hold it tightly, breathing softly and evenly through both nose and mouth.
- ❖ On each exhale, relax each section of the spine
- ❖ When you have bent forward as far as you can without straining, focus lightly on the sacrum.
- ❖ Hold, breathing softly and evenly, for three to five minutes.



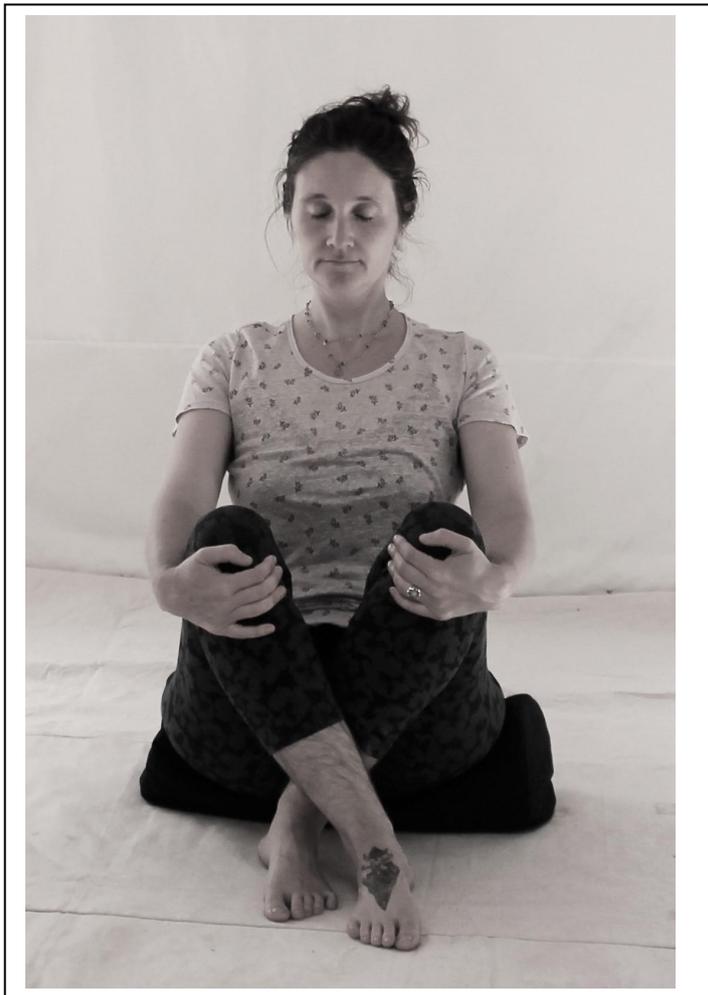
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KUM NYE # 68 Clearing Confusion

- ❖ Draw your ankles as close to your pelvis as you can, with ankles crossed
- ❖ Keep your back straight and your shoulders down
- ❖ If possible, bring your knees right to your chest
- ❖ Look straight ahead and hold for one to three minutes
- ❖ Concentrate lightly on the belly
- ❖ Take one minute to slowly release the tension, then sit for a few minutes to explore these sensations. Repeat twice more.



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KUM NYE #33 Energizing the Lower Body

- ❖ With legs wide apart and toes pointing out, place your hands on your thighs.
- ❖ Initially, tighten the pelvic floor two or three times to make contact.
- ❖ Bend your knees and lower your pelvis until you find a place where the energy is strongly activated. (move up and down a little to find this place)
- ❖ Remain in this position for 15 seconds or longer, relaxing the pelvic floor.



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KUM NYE #39 Swimming in Space

- ❖ Stand with back straight and arms stretched in front of you
 - ❖ Moving very slowly, move one arm up, and the other down, to begin, not very far, as if exploring a ball between your hands.
 - ❖ Gradually increase your arm movement until the upper arm is close to your ear, and the lower hand is beside your hip.
 - ❖ Pay attention to the quality of space created by the movement.
 - ❖ Then slowly decrease the range of the movement until your arms are still, extended in front.
 - ❖ Lower arms to your sides, and stand quietly for a few minutes
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- ❖ Now lift your arms overhead, and in one motion, move the arms, head and torso down together, then swing up slowly, with arms overhead again. Repeat three times, relaxing and feeling after each repetition, then sit in the seven gestures at the end.

