



YOGA FESTIVAL

2017

EL COSMOS DESPEJARÁ TU CAMINO

Kriyas sadhana 2017 Festival Europeo de Yoga 3HO



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29 JULIO - 6 AGOSTO
FONDIQUAN, FRANCIA

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Desde que imparto clases de Kundalini Yoga no me he perdido ni un Festival Europeo de Yoga organizado por 3HO. Al igual que llevo mi coche al mantenimiento anual, llevo mis **10 cuerpos** a su mantenimiento anual: Tres días de tantra yoga blanco guiados por Yogi Bhajan en cuerpo sutil.

En mi primer festival me ocurrieron muchas cosas de realismo mágico que transformaron (otra vuelta de tuerca) un poco más mi vida y allí surgió la semilla del gong que tan fuertemente se ha arraigado en mi ser. En este último... ¡¡¡más madera!!! Y es que, en este festival se crea un espacio donde se puede experimentar todo aquello de lo que hablamos en las clases, a mi me gusta llamarlo “planeta kundalini”.

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Recuerdo que el primer día de mi primer festival al leer el programa me quede un poco bloqueado, no sabía que elegir, así que pregunté a Devta, que era lo que no me podía perder, ya que la oferta de talleres y clases magistrales es tan amplia que tienes que elegir y renunciar. Me dijo, **no te pierdas el Sadhana**. Y eso he hecho, en estos seis años no me he perdido ni un solo sadhana. Son especialmente potentes los kriyas de los días del tantra, son kriyas que te preparan para lo que ese día te queda por delante.

Muchos kriyas de los que hemos hecho nos dejan una huella, y siempre he pensado en que sería bueno saber cuales eran los kriyas del sadhana y poder buscarlos para practicarlos durante la temporada.

Aquí los tienes:

2017	Kriya	Manual
30/07	Soltar los elementos	Transformación I
31/07	Fifteen minute morning set	<i>"Relax and Renew"</i>
01/08	Kundalini Yoga for physical and mental vitality.	Kundalini Yoga Manual
02/08	Building a strong foundation	*(desconocido)
03/08	Kriya for Beginners	The Best is yet to come
04/08	Kriya para el estrés, las suprarrenales y los riñones	Manual formación profesores
05/08	Saahibee Kriya para dominar tu entorno	Yo soy una mujer

Te adjunto las imágenes de los dos que tal vez sean más difíciles de conseguir.

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15 MINUTE MORNING SET

April 9, 1970

1. Stand and extend arms straight out and slightly pressed back, pointing thumbs straight up. Hold with Breath of Fire for 2 minutes. Then inhale deeply, slowly raising arms overhead 'til thumbs meet, arch back, and exhaling, slowly bend forward to touch toes. Charges electro-magnetic field.

2. Sit, spreading legs wide apart. Grab left foot and lower head to left knee, with Breath of Fire for 2 mins. To end, deeply inhale, completely exhale and pull Mulbhand, holding as long as possible. Relax and repeat on right side.

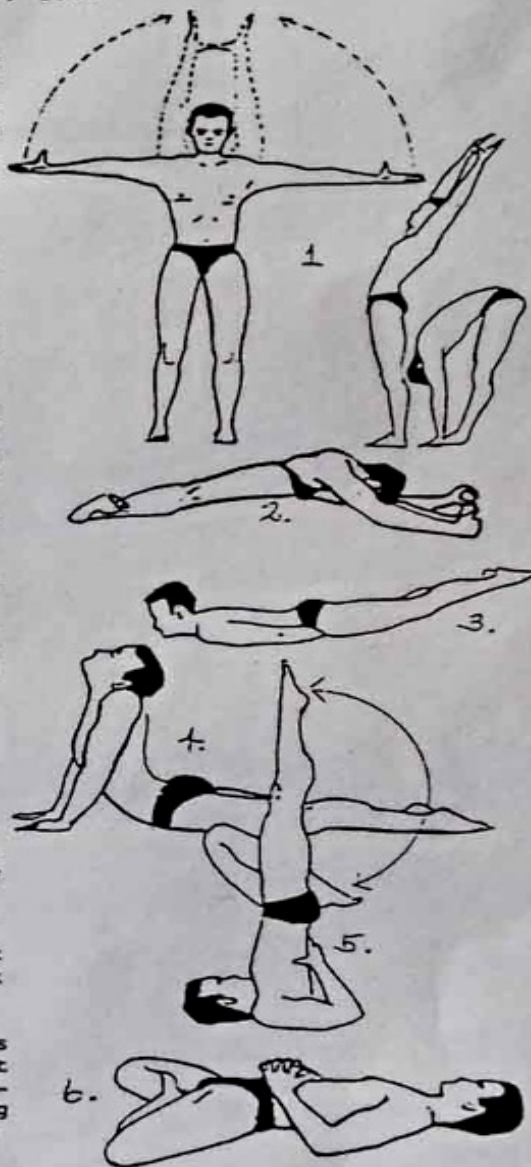
3. Locust Pose: On stomach, place hands palms down under thighs (beginners use fists) and inhale as you raise the straight legs as high as possible. Exhale and apply Mulbhand, holding as long as possible. Repeat and continue for 3 minutes, relax 2.

4. Cobra Pose: Concentrating at the 3rd eye, arch torso up in Cobra. Inhale, exhale and pull Mulbhand, holding as long as possible. Repeating as long as possible. Repeat and continue for 3 minutes. Relax 2 mins.

5. Shoulderstand: On back, raise legs and hips perpendicular to the floor, supporting them with the hands, weight on shoulders, neck and upper arms. Take 2 deep breaths, and on 3rd exhale apply Mulbhand, kicking buttocks rapidly with alternate heels for as long as possible. Inhale, repeat and continue for 3 minutes, resting 2 minutes

6. Sit in Easy Pose, and lie back down, hands folded in Venus Lock on the stomach. Meditate at 3rd eye.

COMMENTS: This powerful set raises Kundalini energy and is excellent preparation for meditation. (#3-6 were designated "15 Minute Morning Set" - #1 & 2 increase the time.) G.K.



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Fifteen minute morning set

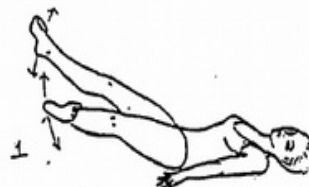
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kriya for physical & mental vitality

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KRIYA FOR PHYSICAL & MENTAL VITALITY

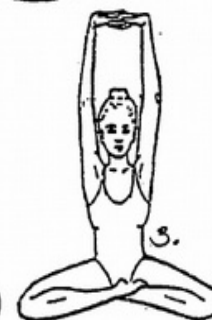
1. Lie on the back, lift legs 12" and begin criss-crossing left over right, right over left, spreading them wide in between. After 5 minutes, inhale and apply Mulbhand. Rest 2½ minutes and repeat the cycle, keeping the legs straight throughout.



2. Lift both legs 2 feet, and begin a bicycling motion, keeping them parallel to the ground. Rest 2½ minutes & repeat cycle. Exercises 1 & 2 move the Kundalini energy from the lower three chakras.



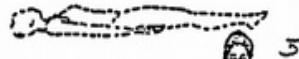
3. Seated in Easy Pose, lift the arms straight above the head, fingers interlocked, palms facing up. Do Breath of Fire for 5 minutes. This moves the energy through the heart center. Feel all the worries of the day drop away, and you are rising above the clouds, and your entire body is filled with the light energy of the breath.



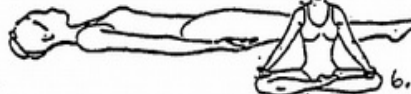
4. Clasp opposite shoulders, arms behind the head, thumbs forward, with Breath of Fire for 5 minutes. Then inhale, exhale, and inhale deeply, hold and circulate the energy. Exhale, apply Mulbanda, hold, and repeat the inhale, exhale, Mulband 3 times. Feel that light energy lift to your head and project your mind into an expansive peacefulness, as the energy is moved through the throat chakra to the higher centers.



5. Relax completely. Separate the mental body from the physical, and move it around for about 5 minutes. Then bring it back.



6. Sitting in meditation pose, chant any divine mantra.



COMMENTS: This is a good kriya to do on Saturday, the day of Saturn the Task Master, or when you want to work very hard.

The hardest part of the series is the beginning.. If you attempt the full time perscribed, at first, you may have sore stomach muscles and weak legs. Do what you can, and do it gracefully, breathing consciously throughout. The sexual and digestive energies require a little work to balance. The hard work brings deep relaxation, and the feeling that you have the latent power to cleanse and revitalize yourself mentally and physically. Mental projection and meditation are automatic afterwards.

Si necesitas más información no dudes en escribirme: hola@vikreative.es

Love and blessings

Vikrampal

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Más contenidos en:

www.vikreative.es

En el canal de youtube puedes encontrar [meditaciones con gong](#) para alcanzar estados profundos de relajación y también tienes videos divulgativos sobre los efectos del gong.
En Pinterest tienes una colección de [citas de Yogi Bhanan](#)

Suscríbete a Youtube ✓