THE SUBTLE BODY KRIYA FOR REFINEMENT

Throughout the kriya, concentrate at the Third Eye point with your eyes closed, and do long, deep breathing for 1-3 minutes, unless otherwise specified.

1. Sufi Grind. Sit in Easy Pose with your hands on your knees. Begin circling your torso from the base in one direction, keeping your spine straight. Feel the maximum stretch at the heart level. Inhale as you rotate forward, exhale as you rotate back. Change directions halfway though. To end, inhale, straighten the spine and apply Mulbandh; exhale and relax.
Sit in Easy Pose and bring your arms up with your elbows bent. Keep the upper arms parallel to the floor and the forearms perpendicular to the floor. Bend the wrists so that your palms are flat facing upward, fingers pointing out.

Cat-Cow Pose. Come onto your hands and knees with your arms parallel to each other and the thighs, hands under your shoulders and knees under your hips. Inhale and arch your spine into Cow Pose, exhale and round the spine into Cat Pose. Let your spine flex first and your head follow. Continue this motion.