



Food&Flow

Wake Up Routine as taught by Yogi Bhajan

Keep eyes closed, stretch arms overhead and take a few long deep breaths stretching your spine.

Bend one knee to your chest and swing across your body to touch the bed on the opposite side. Switch legs.

Keep your eyes closed, cup your palms tightly over your eyes. Then open your eyes and look unto your palms, slowly remove your hands away from your face.

Massage your face with circular motion.

Lift your legs and head about six inches and begin breath of fire in stretch pose, after about a minute relax for 15 seconds.

Hug your nose to your knees and wrap your arms around them and do breath of fire, pumping your navel point.

Hold on to your knees and roll over to your right side and rest for a couple of minutes.

Get out of bed allowing your feet to touch the ground to discharge any excess electromagnetic energy accumulated overnight.

Comments: Stretching first thing in the morning is a major factor in keeping you balanced and calm. By gently opening your eyes you help protect your eyesight. Stretch pose wakes up and stimulate all 72,000 nerves in the body, as well as tuning up your digestive system. Resting on your right side is very beneficial for your heart.

Yogamint's Food & Flow video series can be seen at:

<http://www.yogamint.com/videos/foodandflow>

Wake Up Routine
from

Kundalini Yoga, the Flow of Eternal Power by Shakti Parwha Khalsa
available at [Kundalini Research Institute](http://www.kundalini-research-institute.com)