KSHATRIAN KRIYA

A Hatha Yoga Kriya that is similar to Surya Namaskar is the Kshatrian Kriya or warrior sequence. This is based on the ancient Indian military procedure where the soldier would offer his weapons in a salute to his commander.

From the Samastithi Asana jump with your legs three feet apart keeping your arms stretched out from the shoulders and parallel to the ground. Bend your knee as if performing the Veera Asana and turn your torso with the arms to the sides. Bring your hands to the chest in Namaskar Mudra. This is the base position from which the Kshatrian Kriya will be performed.

Breathe in and lift your hands into the Anjali Mudra. Bend back lightly and then bring your hands to the Namaskar Mudra on the out breath while straightening the spine. Stretch your hands forward into the Agraa Mudra while breathing in. Slowly come back to the Namaskar Mudra on the out breath. This is the first part of this practice.

To perform the second part, breathe in and lift your hands into the Anjali Mudra and bend back lightly. Bring your hands back to Namaskar Mudra on the out breath. On the in breath, stretch into the Agraa Mudra and continue the movement forward bringing your folded hands down to the ground while breathing out. Keep your folded hands on the ground and look up giving an excellent stretch to your neck. Breathe out in this position and then on an incoming breath slowly come back up to the Agraa Mudra. Bring your hands back to the Namaskar Mudra while breathing out.
To perform the third part of this practice, breathe in and perform Anjali Mudra and back bend lightly. Slowly come back to the Namaskar Mudra on the out breath. On an incoming breath, stretch into the Agra Mudra and then bring your folded hands down to the ground on the out breath. Keeping your hands on the ground, look up and stretch your neck while breathing in. Slowly lower your head onto the folded hands on an out breath. Hold the pose for a few seconds and then slowly lift your head and come back to the Agra Mudra on an incoming breath. Bring your hands back to the Namaskar Mudra while breathing out.

Slowly turn the body back to the front. Release the open legged stance and bring your arms back to your sides to enjoy a quiet relaxation in the Samastithi Asana.

Each of the three parts of this sequence of movements synchronized with Mudras and the breath is to be repeated three times and then the entire procedure done on the opposite side for the attainment of an even balance of the vital energies.

The Kshatrian Kriya with the Hastha Mudra sequence is an excellent preventive and corrective technique for various musculoskeletal disorders and helps to develop an excellent sense of balance and coordination as well as improve the attention span.