

3 WEEK
Challenge

BODY.MIND.KUNDALINI

Week 1

BODY





The body, what a miracle the body is. I often refer to the physical body as a Temple because in using this word, I hope to in-still the importance of keeping and maintaining the body as if it were a Temple, with sacredness, kindness, love and care. We are often out of balance when it comes to our *body.mind.kundalini* energy. We are either too into the physical and not enough mental cleansing and/or connection with the Kundalini energies, or we deprive the physical body and are too engaged in the mental, or we become sedentary, monk like, yet attempting to live in a society that functions using all 3 Body.Mind.Kundalini energies.

We need balance. We need harmony.

One of the most important parts of the human body is the nervous system. Anxiety, depression, burned out adrenals and thyroid issues have become almost epidemic in our culture and if this is our reality, then we are guaranteed to have an over or under stimulated nervous system. The practices we will be using over the next few weeks are to help build a strong nervous system. When we have a strong nervous system, we are better equipped to endure the chaos that is our world today. Instead of us trying to re arrange the furniture outside in hope of bringing us inner peace, can we build a strong nervous system giving us that inner calm despite any outer storm.

This week's practice will be to help build a strong nervous system.

But before we jump into the practice for the body, I also want to mention the importance of being aware of what we put in to our mouth.



We often eat without having any awareness. Eating has become such an automatic survival function, that sometimes we'll be shoving food in to our mouth without even realizing that the body doesn't want it. Beware of robotic, unaware, mindless eating. Not only will you find yourself eating things that are probably not the most nourishing for your particular body Temple, but know that it comes from a very disconnected place and although the mind might tell you that you are enjoying the food, the body is not.

Part of this week's challenge is to give up one thing that you've been wanting to give up. Sugar, alcohol, bread, dairy, sweet drinks, maybe all processed food? And add something simple like putting fresh lemon in your water (or a few drops lemon essential oil also does the trick), with this you are helping to bring the body back in to homeostasis, balancing the acid with the alkaline.

Listen to what your body is asking of you (perhaps even do a little research) and then commit to cutting out the not so good, and adding in the oh so good!

Are you ready for the challenge?

First: What it is you want to give up for this week? Tell your friends, share it on social media, write it in your journal - make it official somehow and take note of how you start you feel each day.

Second: Do the Kriya for Building the Nervous System - be aware of any tension or resistance that arises during the Kriya, and just breath through it.

Third: Have fun! Don't get too serious!! And reach out if you need any help!



Kundalini Yoga

for Building the Nervous System

In Kundalini Yoga a Kriya is a series of postures, breath, and sound that work toward a specific outcome. Practicing a Kriya initiates a sequence of physical and mental changes that affect the body, mind, and spirit simultaneously.

Kriya for Building the Nervous System is a really powerful way for us to start out our challenge - as the nervous system is the foundation of our body, we must make sure it is fine tuned and in great shape.

Find yourself a quiet space to sit and do this Kriya, if you are unable to sit on the floor, you may also sit in a chair - remember to keep your back straight. Use the timer on your phone to help you keep track of each exercise.

Follow the instructions below and if you are wanting more of a challenge you can double your times for each exercise (just make sure you double for ALL exercises and not just some of them, this is an important part of the technology). Don't forget to BREATHE and ENJOY!

Let's tune in!



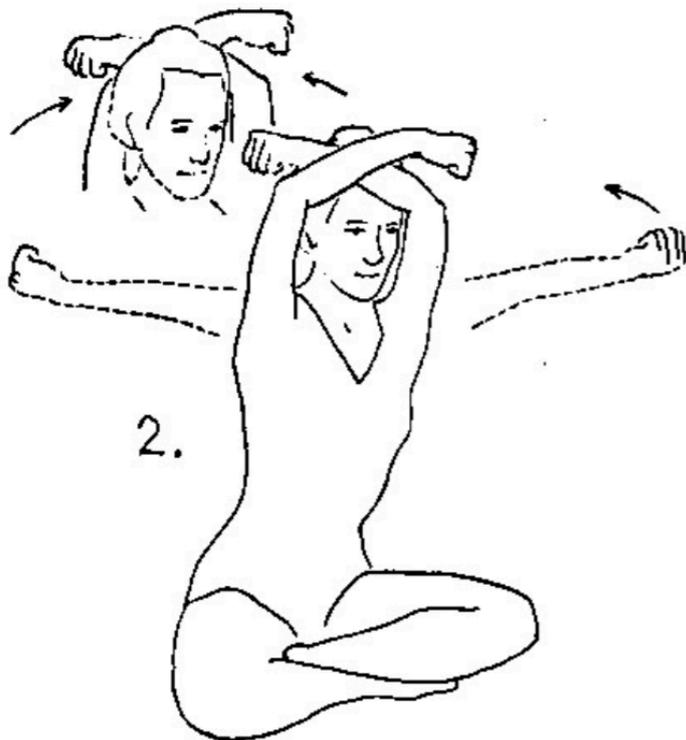


Before you start the Kriya, take a few moments to relax, close your eyes and tune into how you are feeling. Bring full attention to your breathing, inhaling deeply and exhaling slowly. When you feel connected - begin.



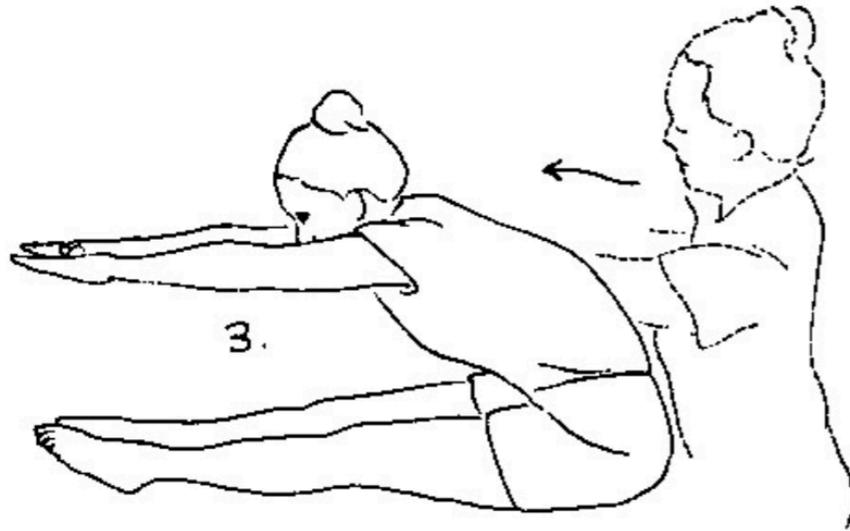
1. Sit in Easy Pose with the arms straight out to the sides and the palms facing up. Open and close the hands moving only your four fingers and not your thumbs. Begin Breath of Fire. Inhale as the hands close, exhale as the hands open. Continue rhythmically coordinating the movement of the hands with powerful breathing for 1:30 minutes. Then continue the movement with the palms facing down for 20 seconds more.

This exercise works on the brain. The control system for the brain is located in the finger tips.



2. In Easy Pose extend the arms straight out to the sides and parallel to the ground. Place the thumbs inside the hands and make the hands into fists. Alternately cross the arms in front and back of the head returning to the original position between each movement. Continue rhythmically coordinating the movement with powerful breathing for 1:30 minutes.

This exercise works in the lymph nodes and removes calcium deposits from the shoulder area.



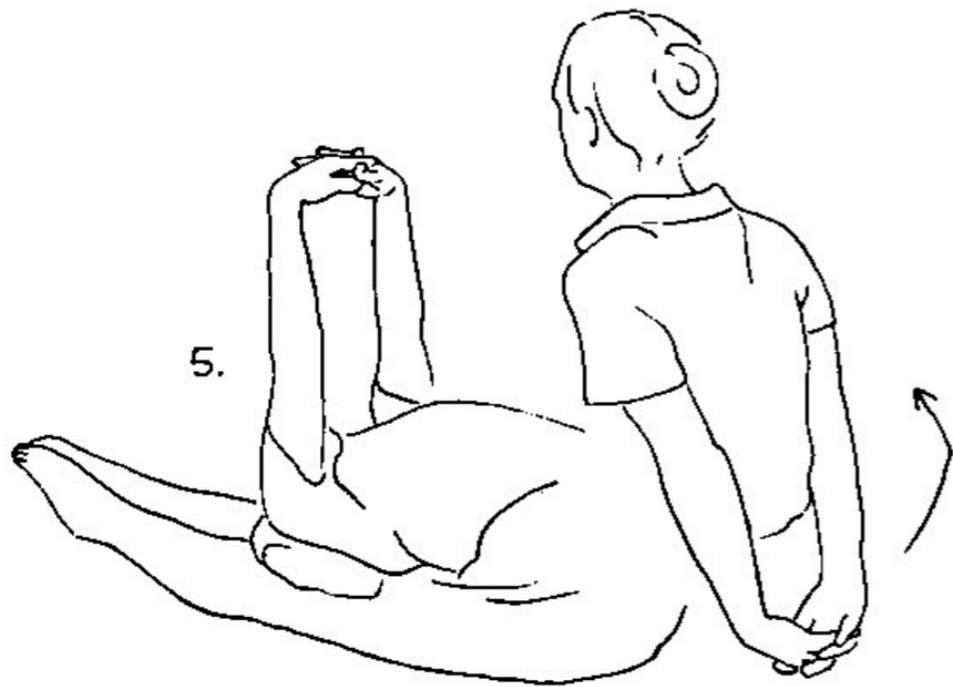
3. Remain sitting and extend the legs and arms straight out in front of you, with the hands parallel to the floor and the thumbs locked together. Keeping the head up with a straight spine and no bend in the elbows or the knees stretch forward as you exhale and return upright as you inhale. Continue with fast, powerful breathing for 1:30 minutes.

This exercise works on putting the body into proper alignment.



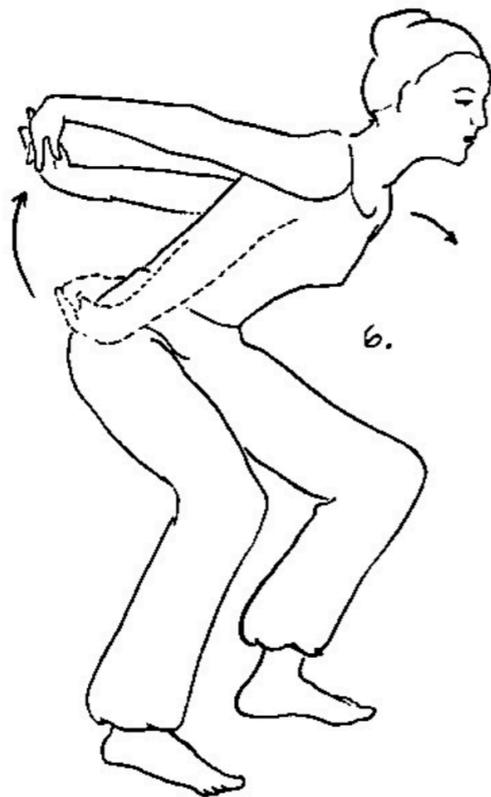
4. Sit with the legs stretched out in front of you. Place the palms on your temples keeping the fingers together and the thumbs separate. Point the hands to the back of the head. Begin twisting the whole upper body from left to right. Continue with powerful breathing, inhaling left and exhaling right for 45 seconds.

This exercise works on removing calcium deposit from the shoulders and neck. You may feel pain in the armpits, where the balance of parasympathetic and sympathetic nervous systems is adjusted.



5. Remain sitting with the legs stretched out in front of you. Come into Yoga Mudra by interlacing the fingers in Venus Lock behind the back, keeping the elbows straight. Inhale in 4 parts as you bend forward, raising your arms up as high as possible. Exhale in one breath as you return upright. Continue rhythmically coordinating the movement with the breath for 45 seconds.

This exercise gives endurance and grit.



6. Stand up with the hands locked behind you in Venus Lock as before. Lower yourself down as though you were sitting in a chair of standard height and stay there. Inhale in 4 counts and bend forward raising your arms up behind you. Exhale in one breath and return to the original upright sitting position. Continue rhythmically coordinating the movement with the breath for 45 seconds.

This exercise works on the knees.

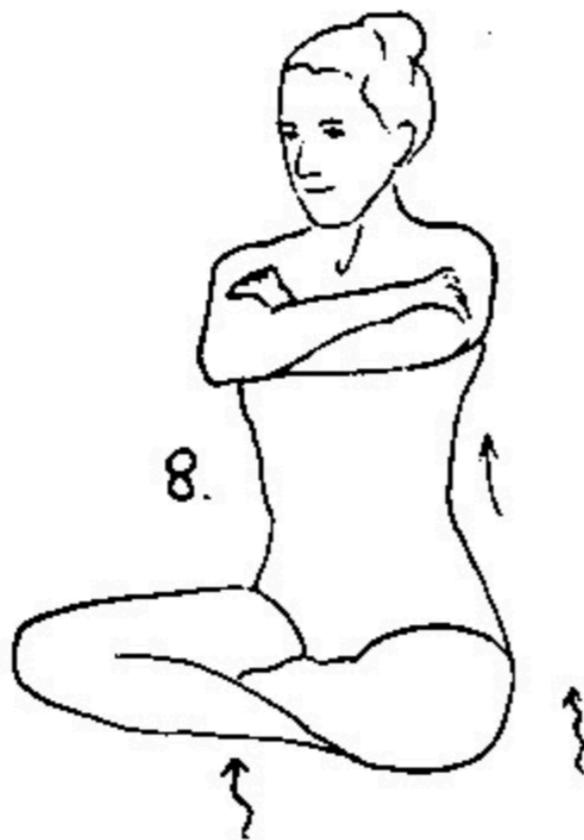


7. Sit down with the left leg stretched out straight in front of you. Place the sole of the right foot firmly against the inside of the left thigh so that the heel creates a closure in front of the genital area. Reach forward and catch the left toe or foot whichever is more comfortable. Pull the neck back and bend forward as you exhale. Inhale and come up. Continue with powerful breathing for 1:10 minutes.

Then change legs and continue for 1:10 minutes more.

This exercise is for the spine. The closure or "gate" which the heel creates in front of the genital area allows the body to remove its toxins and heal itself.

This exercise gives endurance and grit.



8. Sit in Easy Pose. Fold the arms right over left, hands grasping the biceps. Rock forward slightly and bounce up and down on the buttocks like a Mexican jumping bean. Jump hard and breathe powerfully. Continue rhythmically for 1:30 minutes.

This exercise works on breaking up deposits and unwanted fats in the body. It stimulates the circulation and builds strength in the spine to resist injury in case of trauma.

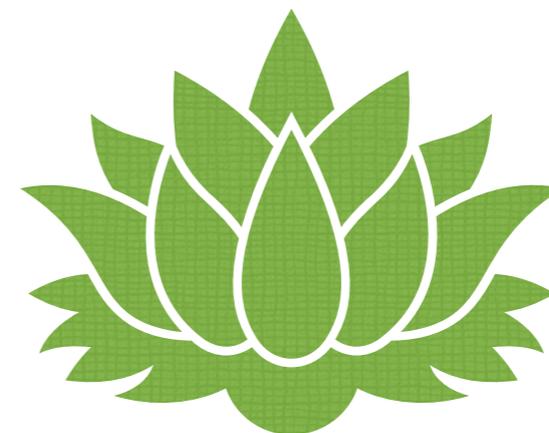


9. Remain sitting in Easy Pose with the hands folded at the chest in Prayer Mudra. Breathe long and gently for 3 minutes.

This exercise works on cleansing the mind.

10. Lie down in Savasana (Corpse Pose) to help integrate the energies.

“An attitude of gratitude
brings great things.”
- Yogi Bhanjan



Don't forget!

During the the 3 Weeks if you have any questions, need any help or guidance, do not hesitate to get in touch! Send an email to info@catherinescherwenka.com

All information about the 3 Week Challenge is posted here: catherinescherwenka.com/3-week-challenge

If you are on social media make sure to follow my pages and PLEASE share with us your experiences! It's wonderful to know if people are participating and are seeing transformations, so don't be shy, get sharing!!



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