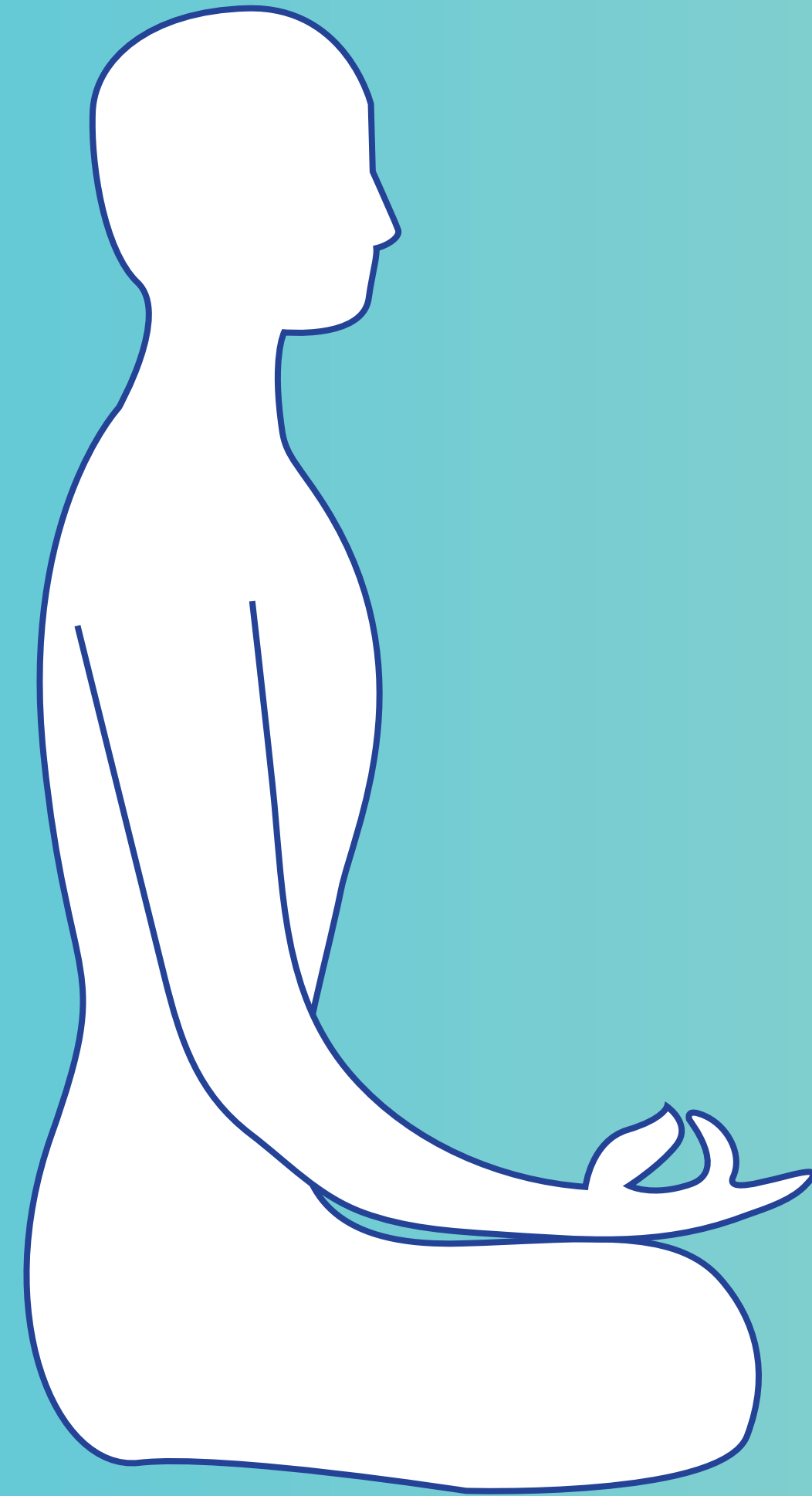




SoHum
KRIYA

1

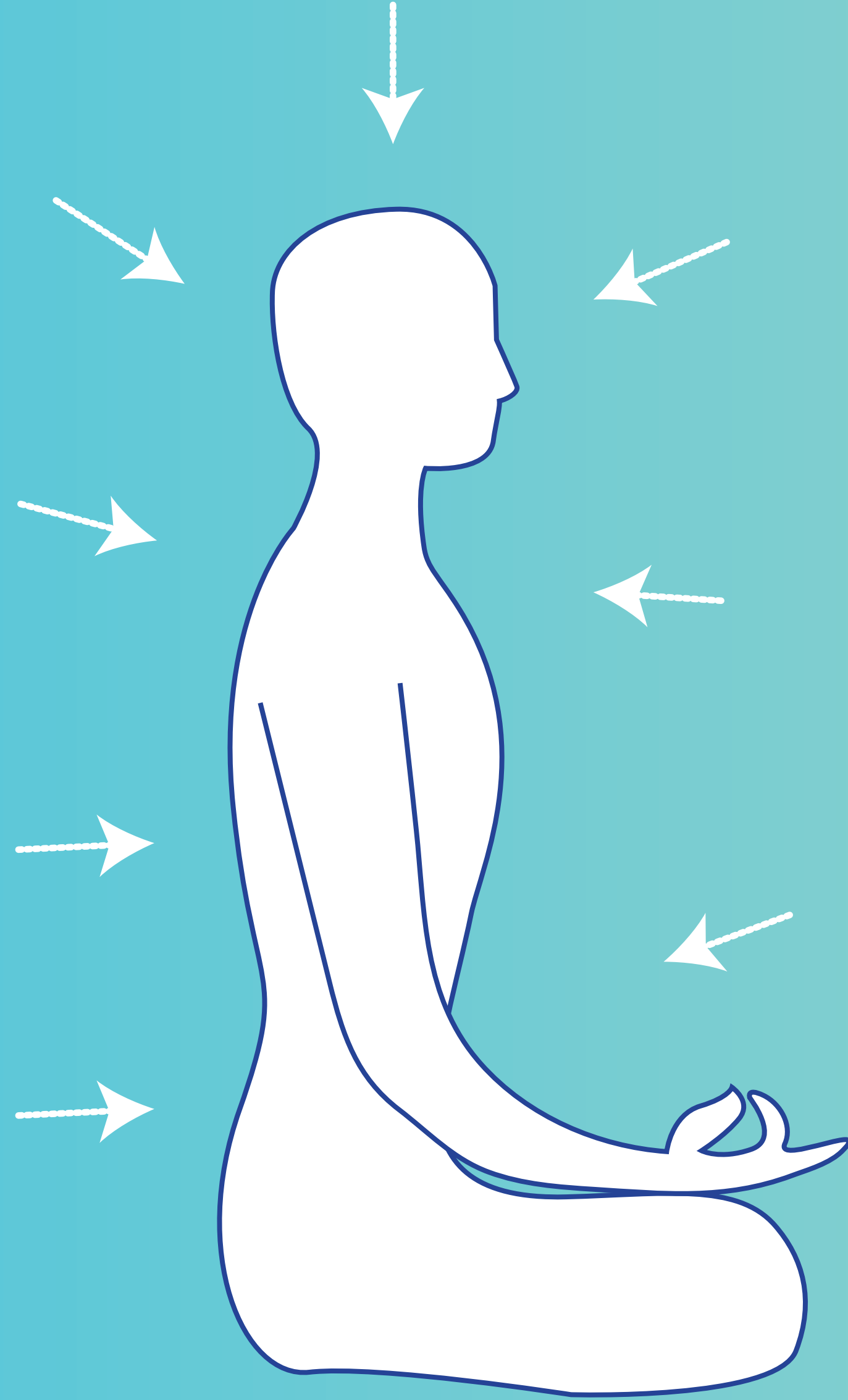


Ready your spine

Sit down in a comfortable position

Keep your spine straight

2



Relax

Command relaxation
in your entire body

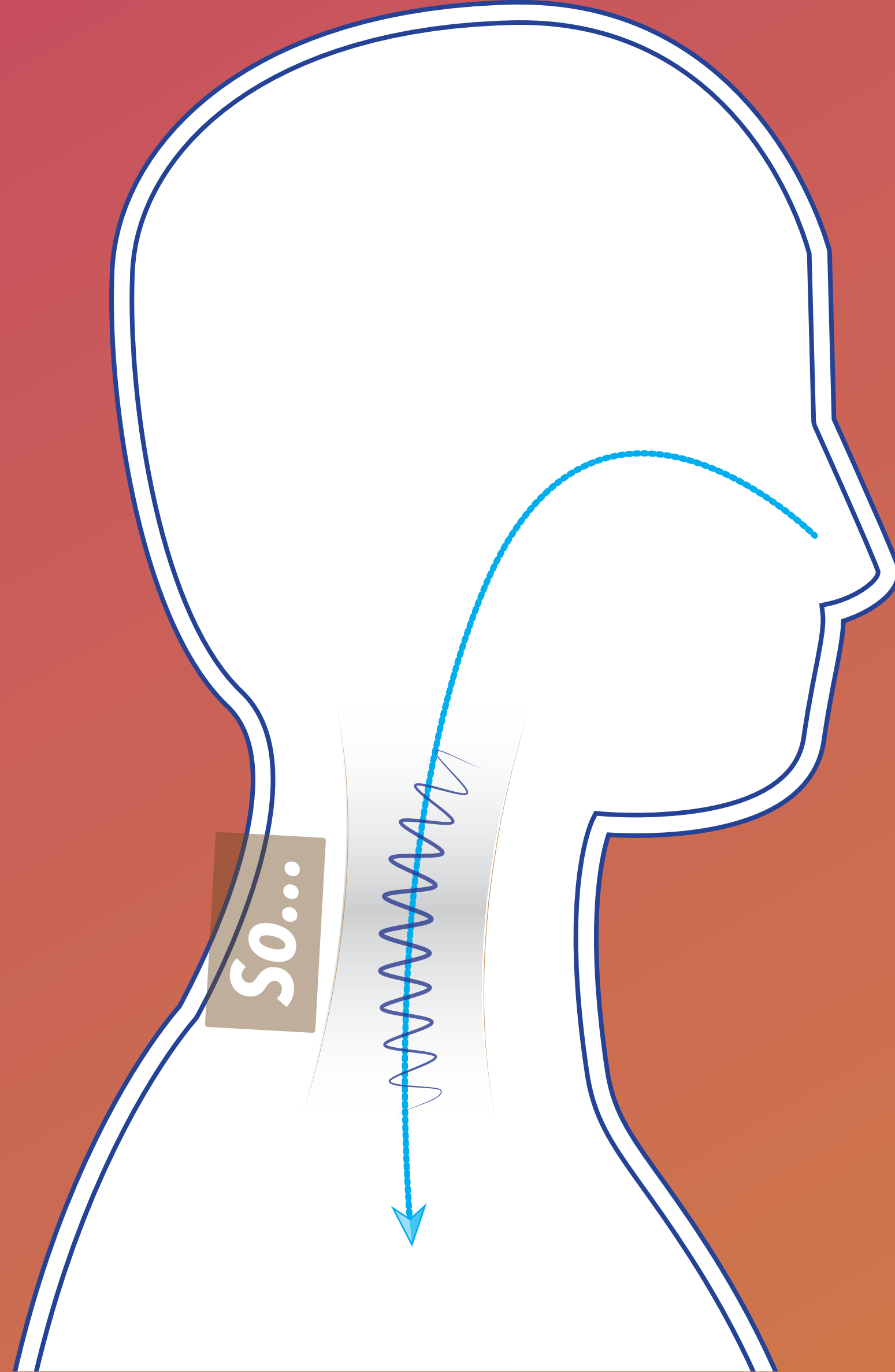
3



Tilt forward

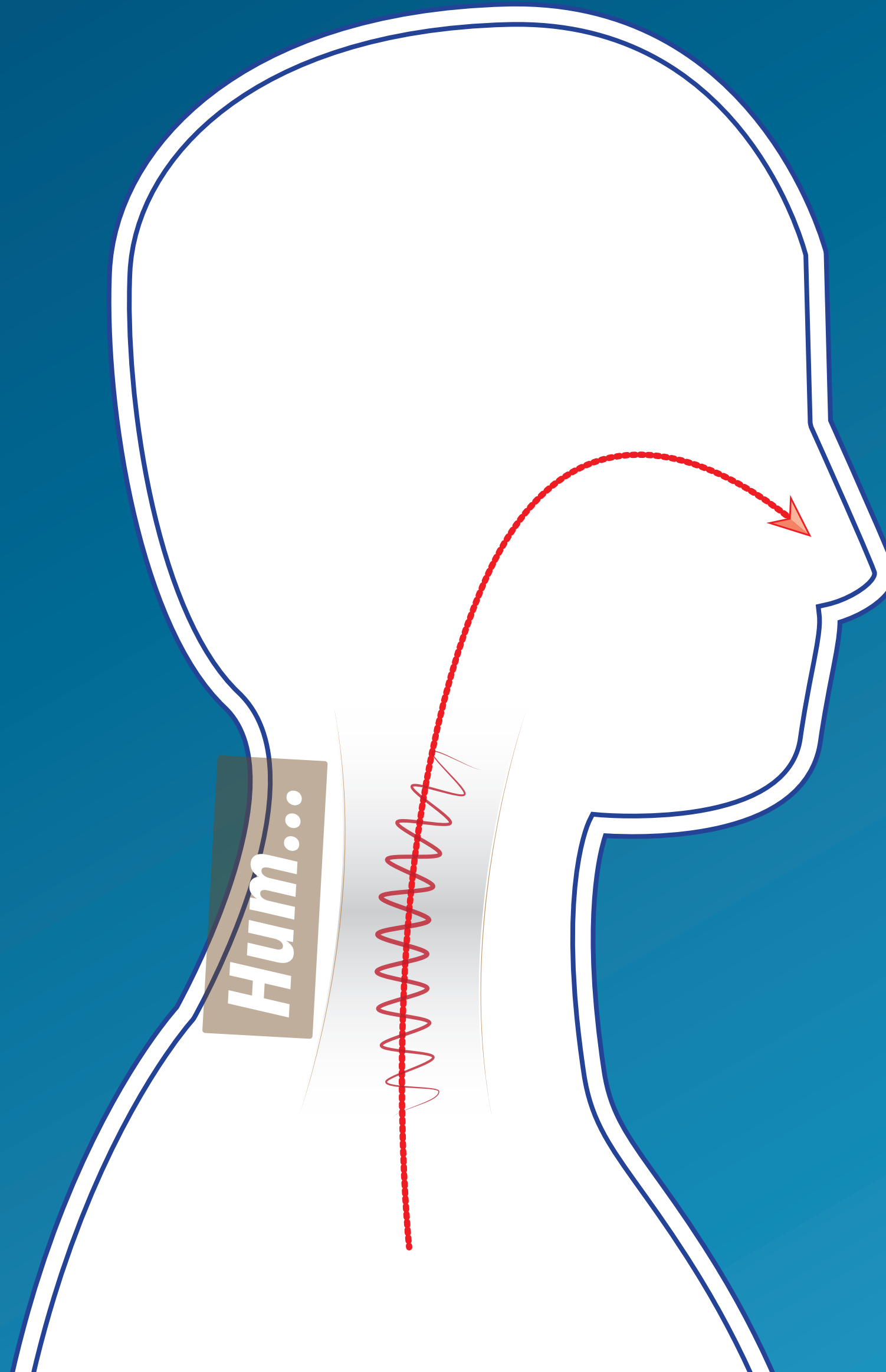
Tilt your head slightly forward so that your chin comes down

4



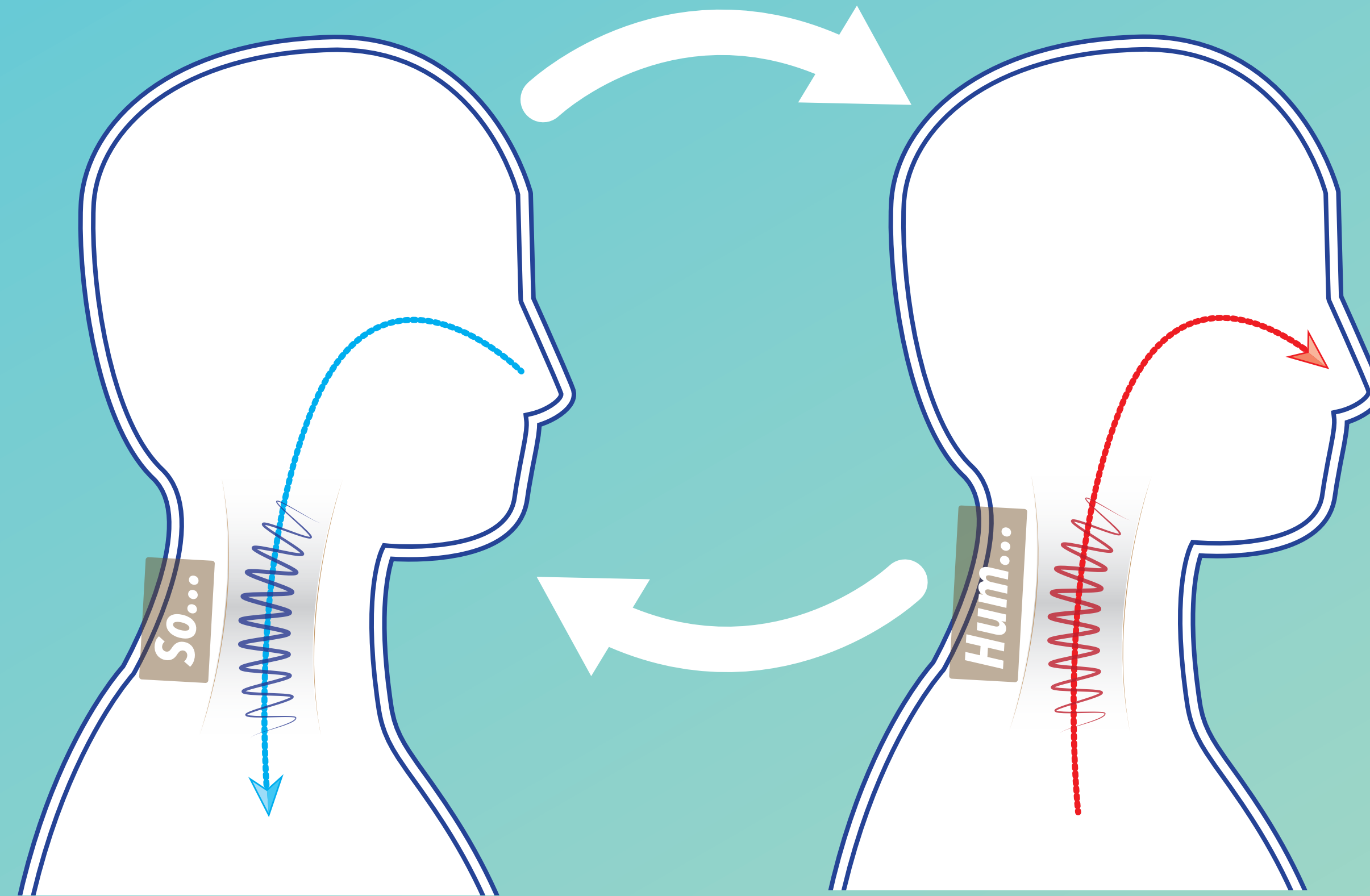
Breathe in
Feel the sound of
“**So...**” in your throat

5



Breathe out
Feel the sound of
“**Hum...**” in your throat

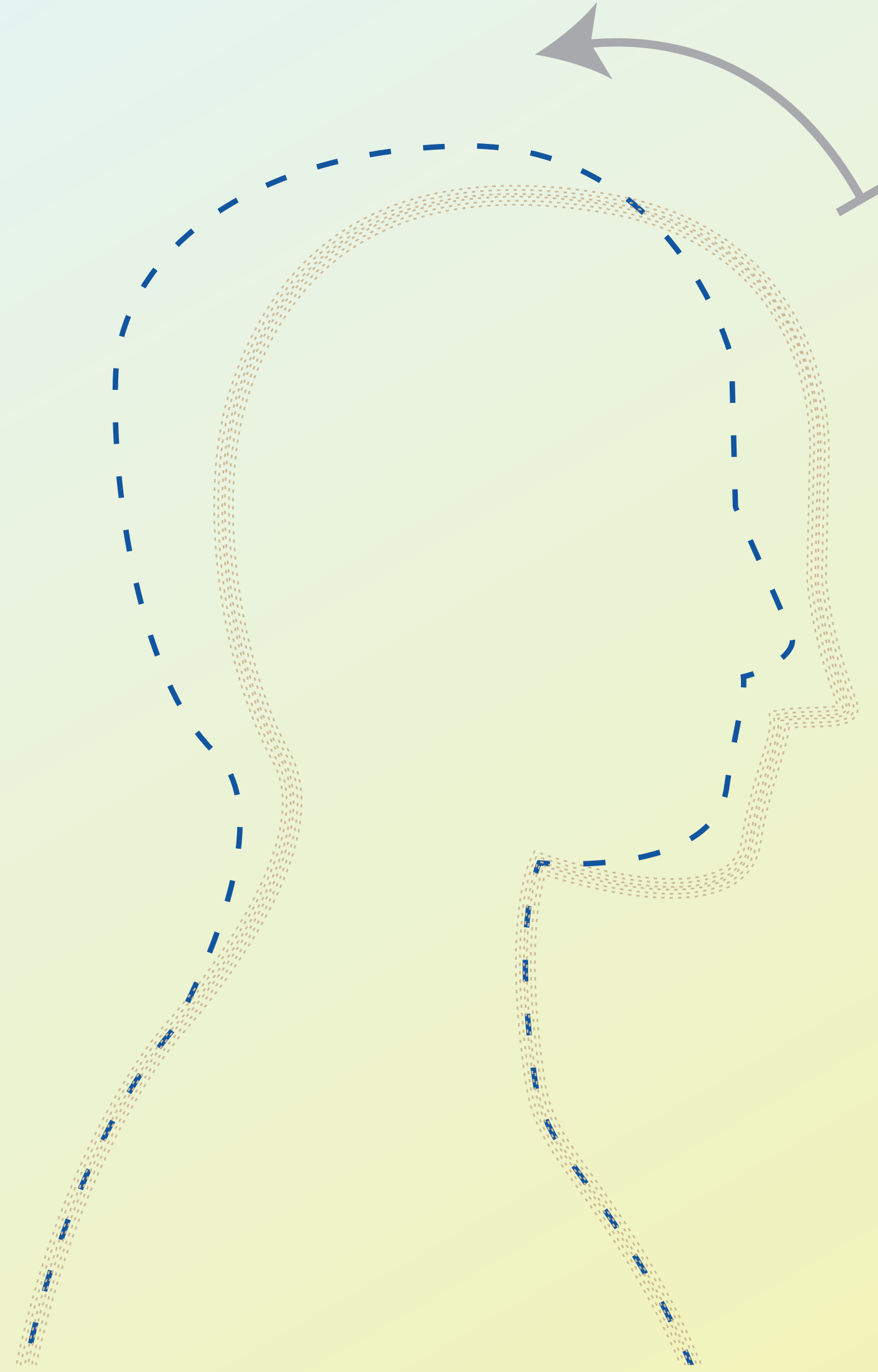
6



Repeat

Have a mental count for
11, 21 or 31 times

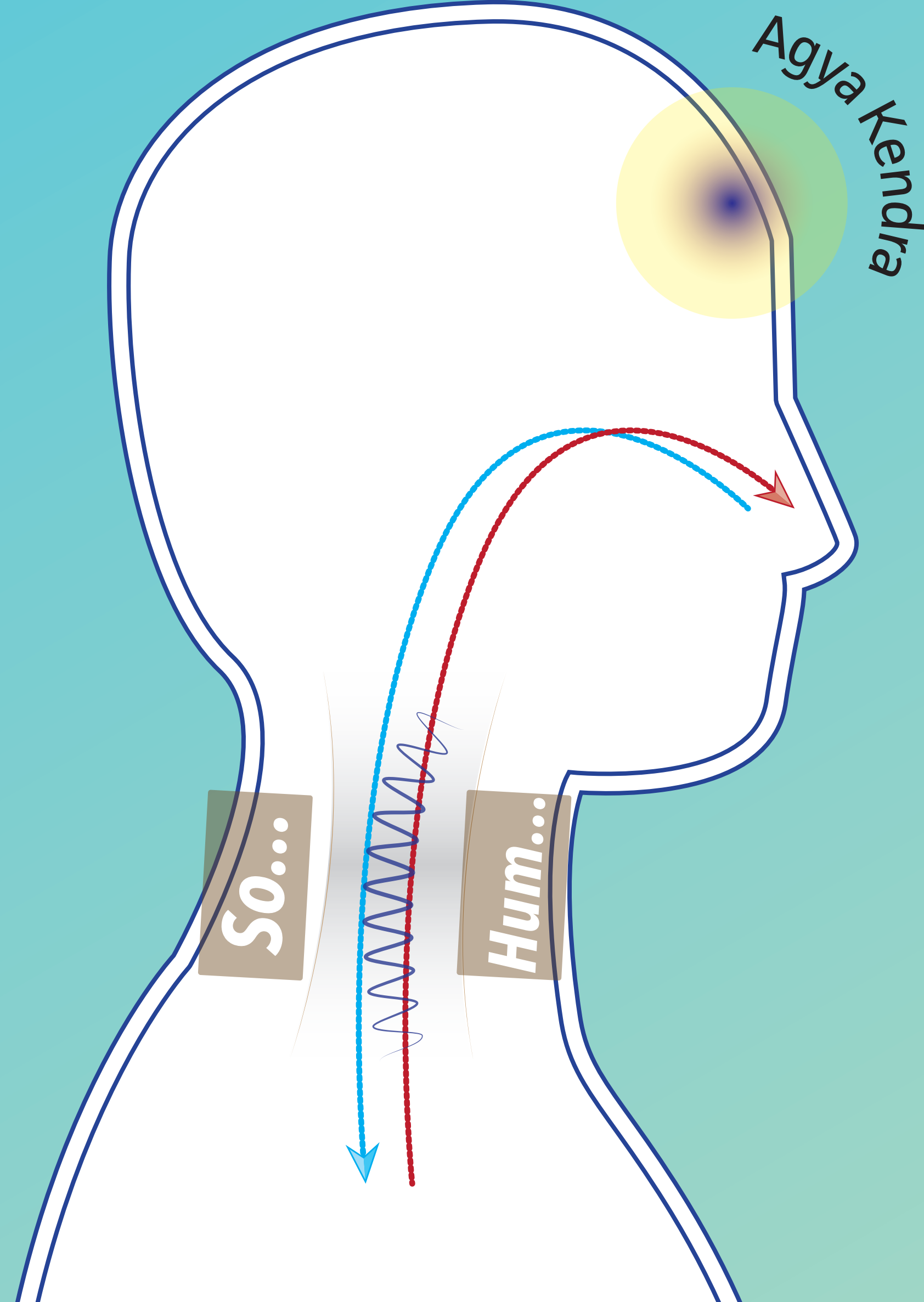
7



Tilt to normal

Bring your head to normal position and be ready for next step

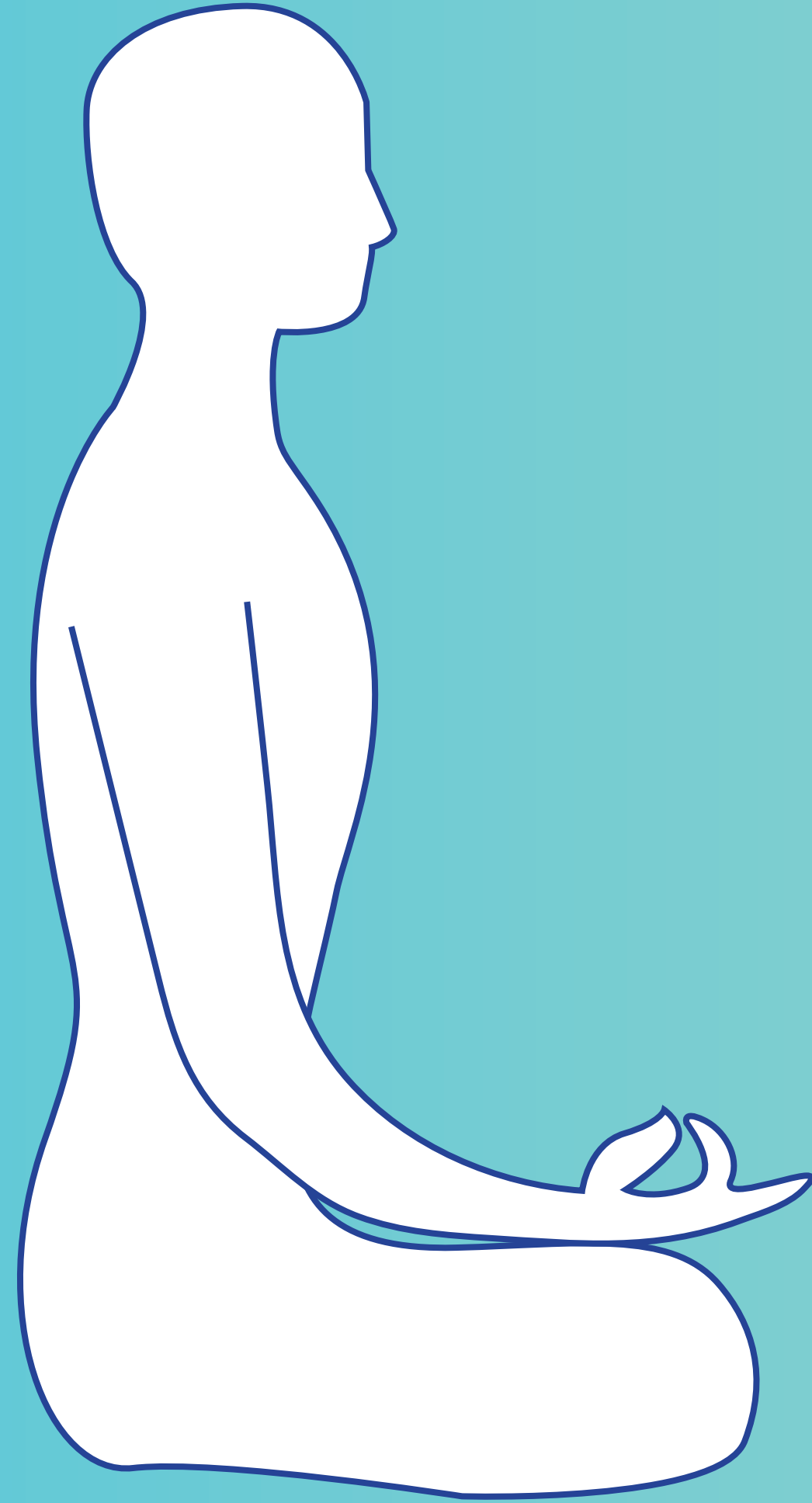
8



Twin Awareness

Now, along with feeling the So-Hum vibrations in throat, focus on the Agya Kendra also.

9



Relax

Feel the cosmic harmony
in your body and mind



SoHum
KRIYA

10



A-U-M

In Yogic way,
recite the sound of
A-U-M 3 times

11



Gratitude

Express gratitude to
the infinite existence,
and open your eyes.



SoHum
KRIYA