

# SADILAJA/CĀLANA KRIYĀS/ LOOSENING PRACTICES

The Cālana Kriyās/loosening practices/  
Yogic Sūkṣma Vyāyāmas enhance microcirculation  
and can be performed in both seated & standing  
positions.



**Neck Rotation**



**Shoulder Rotation**



**Trunk Twisting**



**Knee Movement**

