

1) Stand up. stretch the left arm straight out to the side. Raise the right leg straight out to the side, as high as possible, and lower it. Continue moving the leg up and down once every 1-2 seconds. Do not change sides. The arm is held stationary. Continue for 2 minutes.

This exercise works on balancing the brain and stretching the sciatic nerve.

2) Stand with the feet 18 inches apart. Extend both arms up to exactly 60° , elbows straight. Twist the whole body from left to right. Move fast. Continue powerfully for 5 minutes.

This exercise works on the liver. The 60° angle of the arms allows for the stimulation in this area to occur.

3) Stand with the arms extended up at 60° , palms flat and facing forward, fingers spread and taut (A). Alternate the arms crossing in front of the face (B) and returning them to the original position (A). Move as fast as you can; make yourself sweat. The eyes remain open throughout the exercise. Continue powerfully for 4 minutes.

This exercise stimulates the meridian points in the arm.

4) Stand up. Raise the arms straight over the head with the fingers interlaced into Venus Lock. Inhale and bend backward (A), and then exhale and stretch forward (B).

One complete cycle takes 2-3 seconds. Concentrate on involving your whole body. Continue for 4 minutes.

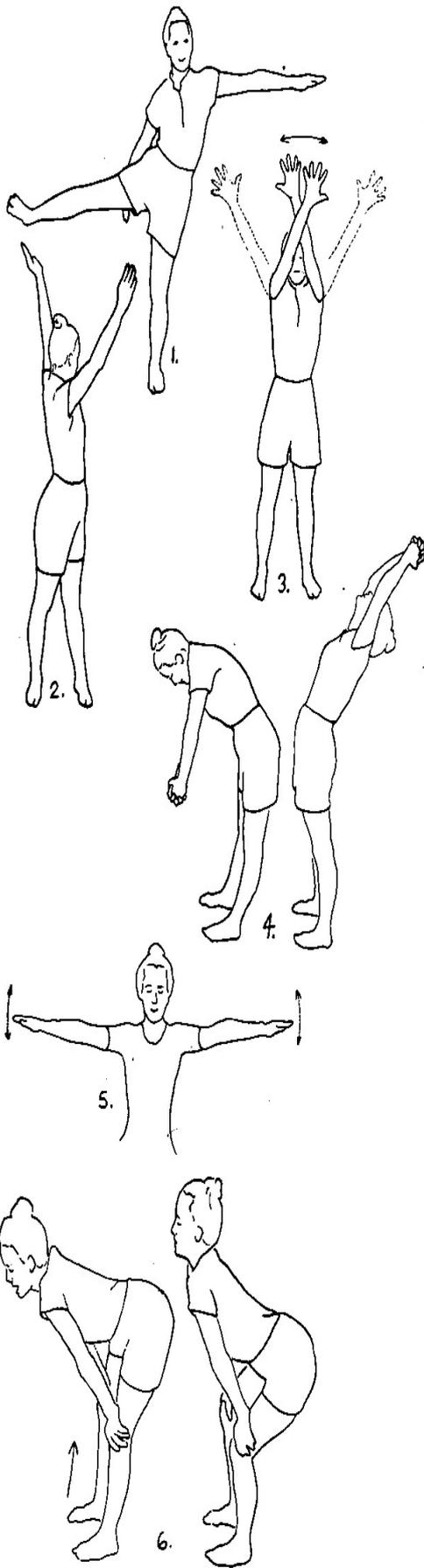
This exercise works on the rib cage.

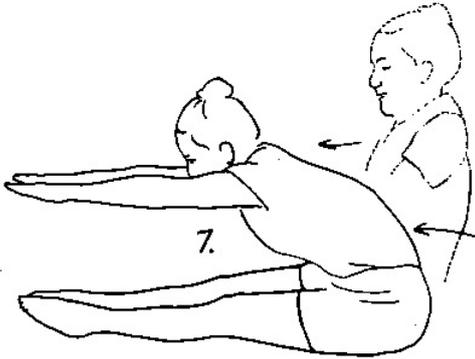
5) Stand with the arms extended directly out to the sides, elbows straight, palms down. Begin to rapidly move the arms up and down within a 15° arc, in a flapping motion. Your breath will regulate itself with the exercise

and become very deep and powerful.
Continue rhythmically, coordinating the movement with the breath for 2 minutes.
This exercise is stimulating and prepares you for the heavy exercises to follow.

6) Stand with your feet 24 inches apart. Put your hands on your thighs just above the knees. Arch the lower back forward in Cow Pose. Move the buttocks up and down, leaning the weight on the hands. The knees will flex. One complete cycle takes 1-2 seconds. Continue for 2 minutes.

This exercise slowly adjusts the 3rd, 4th, 5th and 6th lumbar vertebrae.

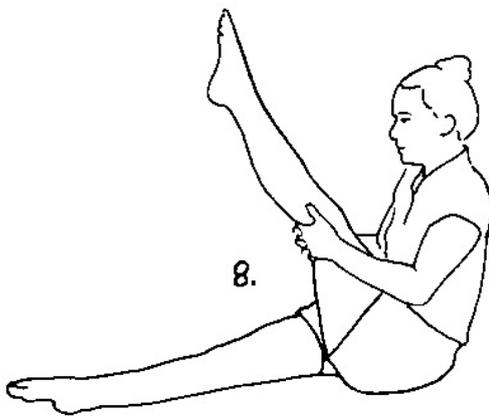




7) Sit down with both the legs and arms extended straight out in front, parallel to the ground (A). Inhale, exhale and stretch forward (B), keeping the lower back arched back as in Cat Pose, arms parallel to the ground.

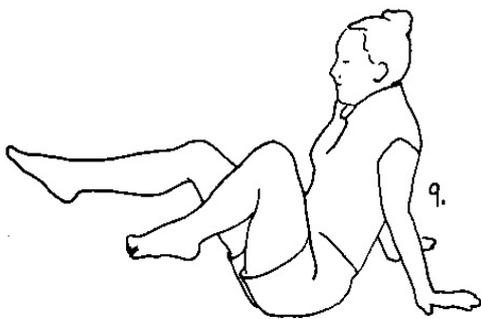
One cycle takes 2-3 seconds. Continue for 2 minutes.

This exercise applies pressure to the lower back.



8) Remain sitting with the legs straight out in front of you. Lock both hands under the left knee and rapidly begin to raise the leg all the way up and all the way down, keeping it straight. One complete cycle takes 2 seconds. Continue powerfully for 1-2 minutes. Then repeat the exercise on the opposite side for 1-2 minutes.

This exercise works on the colon and liver.



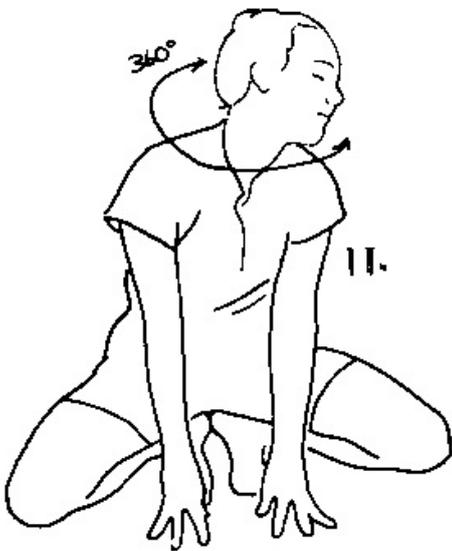
9) Sitting with the legs extended, lean back resting on your hands, elbows slightly bent. Raise both legs 18 inches and begin an alternate push-pull motion, bending the knees, and keeping the line of motion parallel to the ground. Move quickly, the body will get warm. Continue powerfully for 3 minutes.

This exercise stimulates and adjusts the hips. It is recommended especially for women to do before they get out of bed in the morning. It has been said that this exercise keeps one youthful.



10) Sit in Easy Pose. Inhale and extend the arms straight up making the hands into fists (A). Exhale and bring them down to the sides at shoulder height with the fingers opened (B). One cycle takes 2 seconds. Continue for 2 minutes.

This exercise works on circulation.



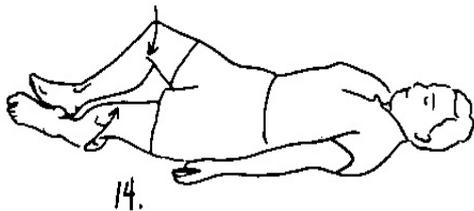
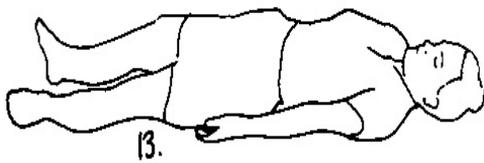
11) Come into Frog Pose, a squatting position with the heels off the ground and touching each other, and the finger tips placed on the floor in front of you. Roll your head completely around on your shoulders, letting the chin touch the chest. Continue for 1 minute.

This exercise works on the spine and the lower back.

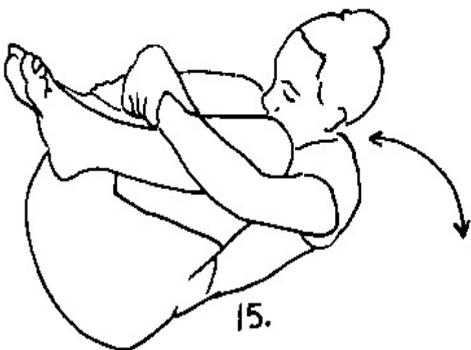
12) Remain in Frog Pose. Start with the fingertips placed on the floor in front of you (A). Alternately raise the elbows all the way up making the hands into fists (B), and then lower them back down. One complete cycle takes 2-3 seconds. Continue for 2-3 minutes. *This exercise works on the shoulder area.*



13) Savasana (Corpse Pose). Lie on your back with your arms at your sides, palms up, ankles uncrossed and eyes closed. Let the body go dead. Completely relax the body systematically part by part, beginning with the feet and continuing on up to the head. Make the breath long and deep. Concentrate at the third eye point. *Feel young and beautiful.* Continue to deeply relax for 5 minutes.

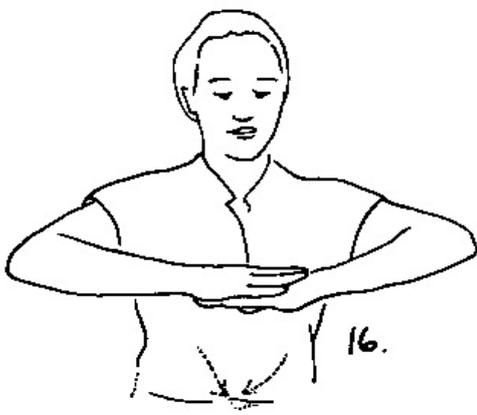


14) Remain on the back and bend your knees, keeping your feet on the floor, heels together. Bring the knees together (A), and then spread them apart towards the floor, with the heels still touching (B). Move as fast as you can. Continue this flapping motion for 2 minutes. *This exercise adjusts the hips.*



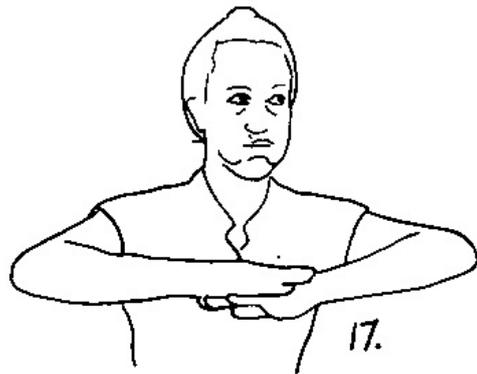
15) Lying on your back. hug your knees and draw them to your chest. Slowly bring your nose up to your knees, and then lower it back down (4 seconds up, 4 seconds down). Continue for 3 minutes. *This exercise stimulates the thyroid.*

16) Sit in Easy Pose. Place the right palm



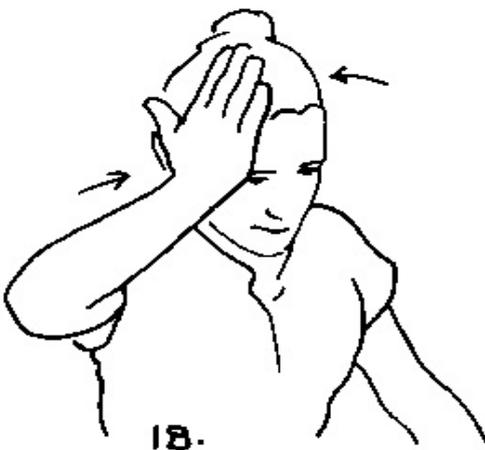
over the left hand in front of your chest, both palms facing down.

Your arms are parallel to the ground and the spine is straight. Look at the tip of the nose and with the tip of the tongue chant *Har, Har, Har...* continuously (8 repetitions of *Har* every 4 seconds). Continue rhythmically for 2 minutes. Then begin to draw the navel point in towards the spine each time the tip of the tongue touches the upper palate on *Har*. Continue for 2 more minutes.



17) Remain in Easy Pose. Inhale, hold the breath and puff out the cheeks as fully as you can. Breathe through your nose and keep the cheeks puffed out, releasing a little more air into your mouth after each inhale. Increase the pressure. Continue for 1-2 minutes. Then with your cheeks still puffed out and the head stationary begin to move your eyes left, right, up and down. Continue for 1 minute more.

This exercise increases circulation to the eyes and cheeks. It is good for the complexion because it flushes all the cells in the face. It rejuvenates those cells which typically get very little blood circulation.



18) Sit in Easy Pose. Press your palm against the side of your head and resist with your neck muscles. Use a maximum pressure. Alternately press to the right and left side (2 seconds to each side). Continue for 2-3 minutes.

This exercise will keep your neck in proper alignment.

19) Relax. Sing any song of your choice and relax into it.

COMMENTS: All Kriyas as taught by Yogi Bhajan, from *Yoga for Youth and Joy*.