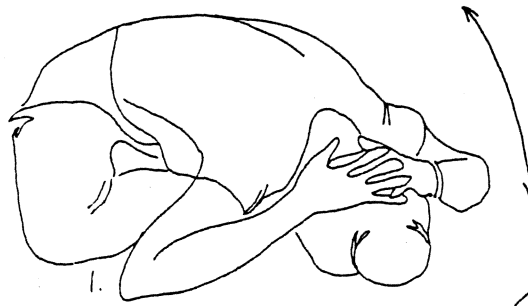


Exercise Set for Circulation

1) Sit in Easy Pose with the fingers interlaced in Venus Lock behind the head, elbows stretched out to the sides. Inhale, exhale and bend forward touching the forehead to the ground. Inhale and sit up again. Continue for 1 minute and then begin chanting *Hum Dum Har Har, Har Har Dum Dum* in rhythm with the movement for 6 more minutes. *The body will adjust itself as you move.*



2) Sit in Easy Pose with the fingers interlaced in Venus Lock behind the head, elbows out to the sides. Twist right and left, breathing and moving as completely and powerfully as possible. Use the force of the elbows. Continue for 4 minutes.

This exercise works on the circulation.

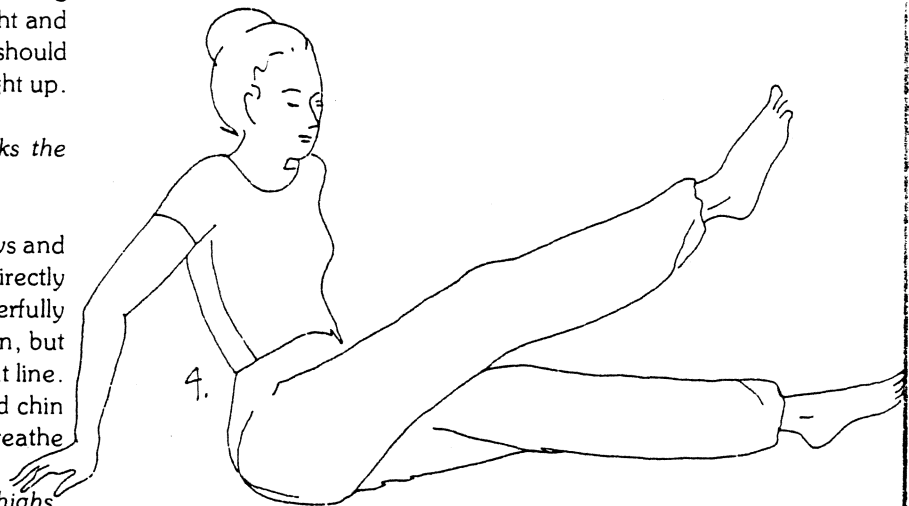


3) From a sitting position, lean back on your hands. Begin an alternate push-pull motion with the legs, keeping the movements parallel to the ground and breathing in rhythm with the motion. Continue for 9 minutes.

This exercise stretches the tendons in the leg. Any pain which is experienced during this exercise is an indication of an imbalance in that area which the exercise is correcting.

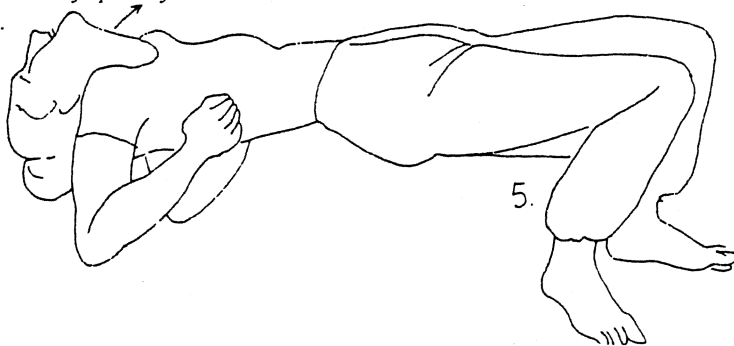
4) Still leaning back on the hands, or on the elbows, stretch the legs straight up and begin scissor kicking without touching the ground. Keep the knees straight and breathe in rhythm with the movement. The legs should alternately almost touch the ground and return straight up. Continue for 3 minutes.

This exercise pressurizes the navel point and works the muscles around the hip joint.



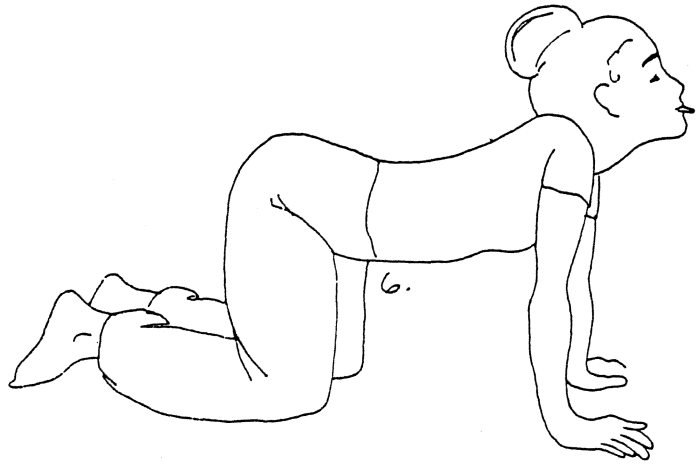
5) Lie on the back. Raise yourself up on your elbows and soles of the feet; knees are bent with the heels directly under them. Keep the back straight. Breathe powerfully through the mouth. The head can be in any position, but the body and thighs must be in an absolutely straight line. Continue for 4 minutes. Now bring the head up and chin in, keep the buttocks up and the back straight. Breathe powerfully.

This posture adjusts the navel, works on the thighs, pushes the blood through the capillaries very quickly and helps you think and respond quickly.



6) Come on to your hands and knees. The knees should be about shoulder width apart and the arms should be straight. Flex your spine downwards as if someone were sitting on your back. Bring the head up and back and roll the eyes up towards the sky. Put the tongue all the way out and breathe powerfully through the mouth for 2 minutes.

The eye position works on the eyesight. The tongue position helps adjust the central vagus nerve.

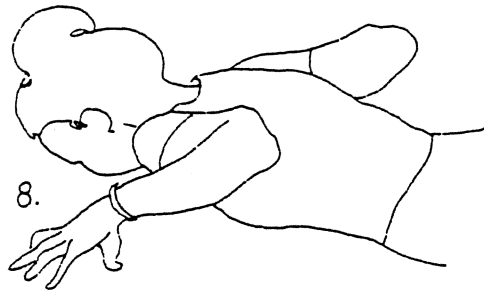


7) Sit with the soles of the feet together in Butterfly Pose. The hands are on the ground behind you, elbows straight, back straight. Alternately pull the knees up together, then drop them back to the ground, keeping the feet together. Continue for 1 minute.

This exercise works on the circulation.

8) Lie on the stomach with the finger tips on the floor under the shoulders. The heels are together with the soles of the feet facing up. Inhale into Cobra Pose, arching the spine vertebra by vertebra from the neck to the base of the spine until the arms are straight with the elbows locked. Exhale and touch the nose to the ground, bending the elbows but keeping the finger tips on the ground. Breathe powerfully and continue for 6 minutes.

This exercise works on circulation and the nervous system.



9) Sit in Easy Pose with the arms straight up, hands open, fingers stiff. Quickly vibrate the hands from the wrists; shake them like an electric vibrator. Continue for 4 minutes.

This exercise causes the body to adjust itself and sends blood to the capillaries of the hands to flush out circulation imbalances in this area. It has been recommended as a help for arthritis of the hands.



10) Sit perfectly in Easy Pose with the hands in Gyan Mudra. Sing with the Jaap Sahib tape up to Gobinde, Mukande. Vocally copy it exactly, or sit meditatively and breathe long and gently for 11 minutes.

This balances the right and left hemispheres of the brain.

