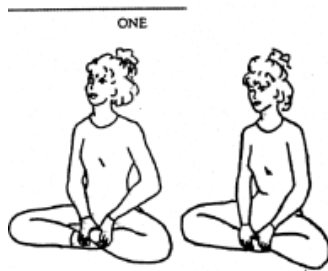


Echauffements:

- Chat vache
- Levé d'épaules
- Rotation tête
- Etirement jambes écartées au sol
- Etirements jambes serrées au sol
- Etirements jambes écartées debout
- Etirement debout

Brain Set



Easy Pose. Sit and place the hands on the shins. Throughout this exercise the mouth is open. Arch the spine forward and push the lower jaw out, pushing the lower teeth out as the head goes up. Then arch the spine, back and open the mouth wide. Flex your entire spine, and breathe powerfully through the mouth. Continue for 3-4 minutes.

This exercise works on the frontal brain.

2' / 2'30 / 3'



Crow Pose. Squat down with the feet flat on the ground, feet angled slightly to the sides and about shoulder-width apart, keep the spine straight. Place the hands on the waist. Inhale through the mouth and push the lower jaw forward pushing the teeth out as you stand up. Then open the mouth wide and exhale through it as you lower yourself back down into crow pose. Continue for 2-3 minutes at a moderate pace.

This exercise works on the meridian points in the thigh, which are connected with sexual energy and compassion. The thigh bone controls the balance of potassium and calcium and the inflow and outflow of energy.

1'30 / 1'45 / 2'



Easy Pose. Sit and interlock the hands behind the neck. Keep the neck straight and begin twisting powerfully from left to right. Chant powerfully aloud:

Har! Har, Har! Har, Har! Har, Har!

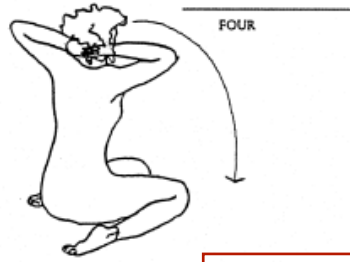
....with the tip of the tongue hitting the upper palate behind the teeth. One repetition every 2-3 seconds. Rhythmically coordinate the movement with the mantra for 4 minutes.

This exercise stimulates the thyroid and parathyroid glands.

2' / 2'30 / 3'

Celibate Pose: Start from a kneeling position and sit back on you heels, then spread your legs and sit between your heels, with thighs and buttocks inside on floor between calves and feet which are also on the floor. Keep the spine straight. Interlace the fingers in Venus Lock behind the neck, and begin to bow, touching only your chin to the ground. Perform the exercise in the following 10-count rhythm, down on 1, up on 2, down on 3, up on 4, down on 5, up on 6, down on 7, up on 8 remain up for 9 & 10. Continue for 15 minutes.

This exercise relieves problems of the reproductive area and the pituitary gland which is associated with the third eye, 6th chakra and intuition. When the chin touches the ground the parathyroid gland is stimulated. This exercise is a yogic practice designed to change the total sum of oneself.



6' / 8' / 10'

Easy Pose: Sit and place the palms on the floor on each side. Keep the elbows straight. Listen to a tape (suggest Wahe Guru, Wahe Jeeo). If a tape is not available, move in the posture and breathe long and gently for 7-11 minutes. Begin to rhythmically rotate the hole body, in either direction (clock or counter clock or both) moving deep from the navel. Move with the music and when the singing begins, copy the sound exactly singing along with the tape.

This exercise works on the parathyroid gland and develops the power to listen.



2'30 X 2
3' X 2
3'30 X 2

Easy Pose: Sit with the forearms bent up at the sides, hands at face level. The palms face out, away from each other, about 18 inches apart. Bring the right forearm out, straightening the arm so that it is parallel to the ground, palm down. Then return to the original position and repeat with the left arm. Continue this exercise alternating the arms fast and hard for 6 minutes.



3' / 4' / 5'

SEVEN

4' / 5' / 6'



Easy Pose. Hands are at shoulder level in fists, the thumbs locked inside pressing on the mound at the base of the little finger. The movements are in a 4-count rhythm as follows:

- A) Bring the right arm out and up to a 60-degree angle (position 2) and then return (position 1).
- B) Bring the left arm out and up to a 60-degree angle (position 2) and then return (position 1).
- C) Bring both arms straight up over the head and parallel to each other (position 3).
- D) Return the arms (position 1).

Continue this rhythm moving fast and powerfully for 6-7 minutes.

EIGHT

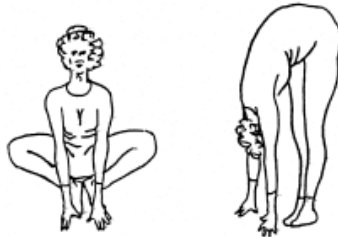
1'30 / 2' / 2'30



Easy Pose. Stretch your arms straight out in front of you, parallel to the ground with the palms facing up. Bend the middle (Saturn) fingers into the palms and lock your thumbs over them. The other fingers are straight. Moving the arms together, pump them up and down, moving them about 12 inches above and 12 inches below the original position. The breath will come naturally in rhythm with the motion. Keep the elbows straight and move fast and powerfully for 3 minutes.

This exercise works on breaking up deposits in the neck that block circulation to the brain. It also works on patience, the quality of the Saturn finger.

NINE



Frog Pose. Keep the spine straight, squat down on the balls of the feet with the heels touching and the knees spread wide apart. Arms are between the knees, and the fingertips touch the ground. Inhale as you straighten the legs while remaining on the balls of the feet. The forehead is pulled in toward the knees as close as possible. Then exhale down into the squatting posture vigorously striking the buttocks to the heels.

Breathe deeply and powerfully as you move, and continue until you have done 54 repetitions about 3 minutes.

26x / 38x / 52x