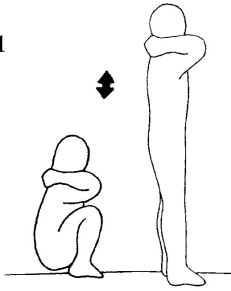


Balance the Body and Spine

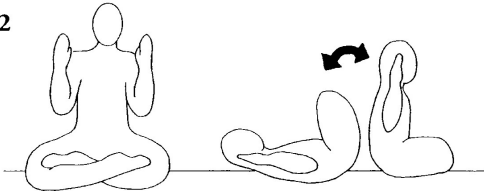
6-13-84
Morning Class

1



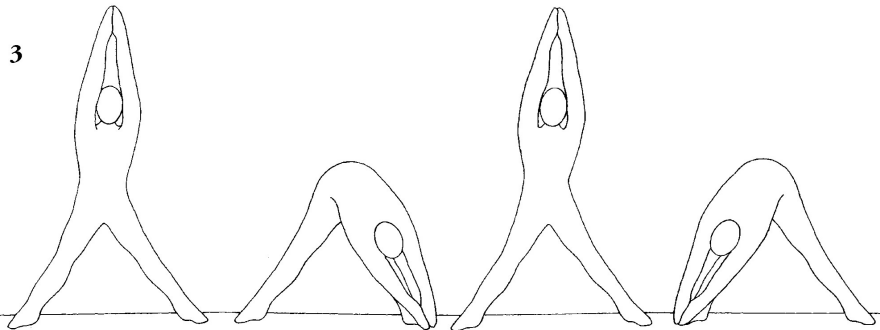
1. Sit in Crow Pose and lock your hands behind your neck. Inhale and stand up. Exhale and squat back down in Crow Pose. Try to build the arch in your foot, don't allow it to flatten with the movement. 6 Minutes. (Do the first three minutes at a moderate pace and then speed up for the last three minutes.)

2



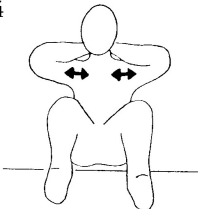
2. Lock your legs in Lotus Pose. Rest your elbows against your rib cage with the forearms pointing upward and the palms facing forward at shoulder level. Rock backward and forward in this position. 2 Minutes.

3. Stand up with your legs spread wide apart. The arms are straight up over head with the palms together. Keeping the palms together and the elbows straight, bend to the left and touch the left toes. Rise up. Bend to the right and touch the right toes. Rise up and continue. 5 1/2 Minutes. This exercise frees up your solar plexus.

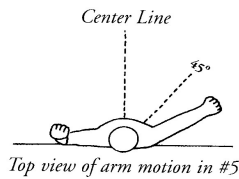


3

4



4. Come into Crow Pose. Lock your hands behind your head with your elbows extended out to the sides. Move your elbows in so that they point straight forward. Then move them back out to the sides. Continue. Move powerfully but keep your balance. 1 Minute.



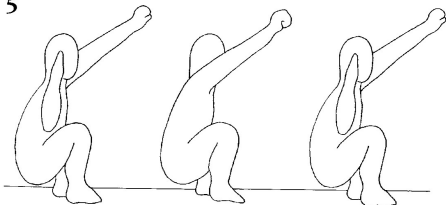
Top view of arm motion in #5

5. Remain in Crow Pose with your elbows at your rib cage, forearms pointing upward, and the palms facing forward. Extend your right arm up to sixty degrees and out to the side at a sixty degree angle. When the arm is extended fully, close your hand as if you are grabbing something. Pull the right arm back as you extend the left arm up at 60 degrees. When the arm is extended fully, close your hand as if you are grabbing something. Continue this movement for 1 Minute.

"The flexible spine holds your entire nervous system"
YB

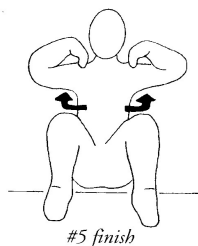
Remain in Crow Pose and gather together the tips of the fingers of each hand. Place these fingertips on the top of each shoulder. Raise your elbows up parallel to the floor and begin twisting left and right. 30 Seconds.

5



6. Sit in Easy Pose. Inhale and chant "Hari Har, Hari Har, Hari Har, Haree" in a monotone. One repetition of the mantra takes two seconds. 30 Seconds.

To finish: Inhale, hold the breath 20-30 seconds and exhale. Repeat this breath two more times and then relax.



#5 finish

"The spine needs flexibility and balance. This precise series of exercises coordinates the movement and flexibility of the sacrum and lower spine with the upper spine and the occiput (the back of the skull). The result is strength, balance, and endurance." GCSK