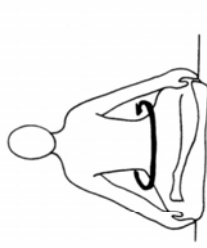


8. Lie on your stomach with your heels together and your hands on the ground on either side of your chest. Rise up into Cobra Pose. From Cobra Pose roll your body to the left so that you end up lying on your back on the ground. Roll back onto your stomach and rise back up into Cobra Pose. This time turn your body to the right, rolling quickly over so that you again end up on your back on the ground. Roll back onto your stomach, up into Cobra Pose, and continue. 1 1/2 minutes.



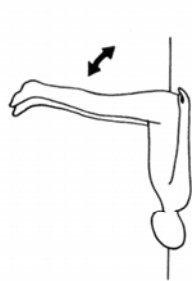
9. Come into Bow Pose and begin strong Breath of Fire so that your belly button moves. 1 minute.



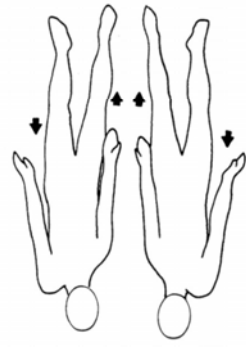
10. Sit on your heels, spread your knees, and put your buttocks on the ground between your heels. Lie back so that your upper body is on the ground. Begin pounding your upper chest with your fists (the lymph area) for 20 seconds, then gently pound your belly for 15 seconds, then pound your thighs heavily for 15 seconds, then pound your navel point for 10 seconds, and both sides of your neck for 15 seconds.



11. Sit once more in Easy Pose with your hands on your knees. Rotate your upper body 51 times, squeezing the digestive area.



12. Lie down flat on your back. Extend your left hip and shoulder downward while you stretch your right hip and shoulder upward. Then extend your right hip and shoulder downward toward your feet while stretching your left hip and shoulder upward. 2 minutes.



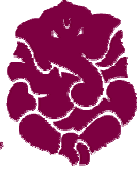
13. Still lying on your back with your knees straight and your heels together, lift your legs up to 90 degrees and lower them back down with breath of fire. 1 1/4 minutes.



14. Still on your back, lock your hands behind your neck and rise up bringing your head to your knees and the lie back down flat. 1 1/2 minutes.

15. Relax and feel the shakti energy moving in your spine. Listen to Bhai Avatar Singh's tape of "Je Teh Gang" for 10 minutes. In class Yogi Bhajan played this tape and also played the gong to further activate the shakti energy.





10

BALANCING THE VAYUS

March 12, 1986

"There are five principal vayus: praana, which moves in the heart, udaana in the throat; samaana in the navel region; apaana in the sphere of the anus; and Vyaana which pervades the whole body." Theo Bernard

These five vayus have to have a combination and balance. This set moves all the vayus of the body and brings an equilibrium to the entire glandular system. If you can practice this set alone, you'll be surprised how much control over mind, body and soul, and combination you can achieve.

1. Sit in Easy Pose. Put your hands on your knees, keeping your spine straight and stiff. Move cylindrically at the base of your spine. It's almost like rocking straight back and forth, but because you are not letting the spine bend, a small circular motion is achieved at your base. 1 minute.

2. Stay in Easy Pose and keep your hands on your knees. Bend to the left, touching your forehead to your left knee and then bend to the right, touching your forehead to your right knee. Continue 1 minute.

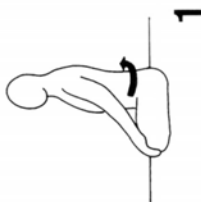
3. Stay in Easy Pose and cross both hands at your heart center touching your chest. Twist your body left and right moving your shoulders. 1 minute.

4. Still in Easy Pose, lock your hands behind your neck and bend forward toward the ground and rise up. 1 minute.

5. Get into Cat-Cow position and begin flexing your spine up and down as rapidly as possible for 15 seconds. Then when you bring your head up, lift your hands from the ground and clap. When you bring your head down, return your hands to the ground. Continue 1 minute.

6. Come into Frog Pose and do 21 frogs.

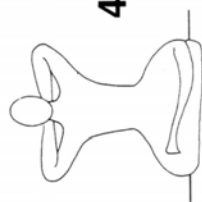
7. Stand like a kangaroo with knees bent and arms close to the sides bent at the elbows. From this position, do 21 kangaroo jumps.



1



3



4



5a



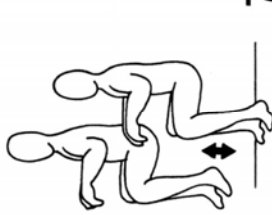
5b



6



5c



7

There are two ways to go in life: "go and get it" — develop your physical body to go after things or "be and get it" — develop your radiant body so everything will come to you. Develop both for perfect balance by balancing the vayus, the airs, of the body.

YB