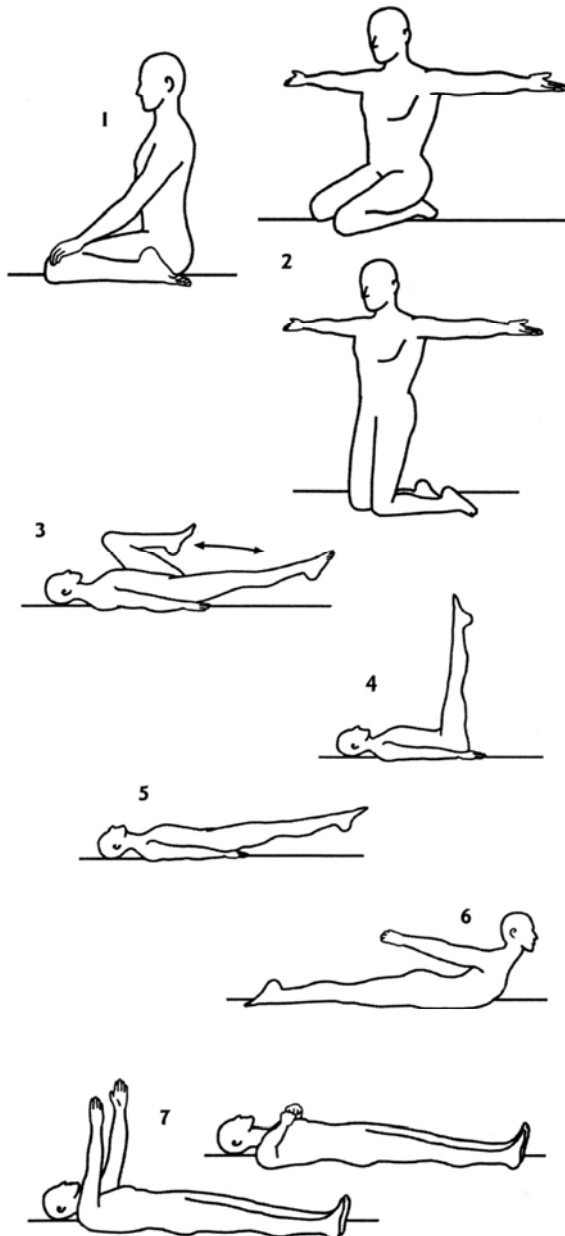


Prana/Apana Balance



1) Sit gracefully in **Celibate Pose** for **2 minutes**, hands are relaxed on thighs. Breath is normal.

2) **Rising up from the Knees**. Place the arms out from the sides, parallel to the ground, with the palms facing up. Inhale for **6 counts** rising up straight from the knees. Hold this position and the breath for **12 counts**. Slowly exhale, taking **6 counts** to lower yourself back down on to the heels. Repeat this cycle **7 times**, on the **8th time** clap the hands over the head.

3) **Leg Lifts—Bicycle**. Lie on the back with the hands at the sides, raise the legs 1-1/2 feet off the ground. Begin a bicycling motion. The legs stay parallel to the ground. This exercise must always follow the preceding one. Continue for **2-1/2 minutes**.

4) **Leg Lifts 90°**. Immediately inhale and lift the legs to 90 degrees. Hold for **30 seconds**, slowly exhale and lower the legs.

5) **Modified Stretch Pose**. Still on the back, lift the legs **6 inches** and do Breath of Fire for **1 minute**. Inhale, hold, then relax.

6) Now lie on the stomach. Place the hands in Venus Lock at the small of back. Inhale powerfully and arch the spine up from the waist. Be sure to keep your eyes closed as you come up. Hold this position for **30 seconds**. Then exhale powerfully as you open the eyes and lower the torso. Repeat this cycle **10 times**.

7) **Heart Center Pull**. Lie on the back with the arms straight up at **90°**, palms facing each other. Do Breath of Fire for **1 minute**. Inhale. With a great deal of tension in the hands, arms, and chest, and teeth, make the hands into fists, and slowly pull the energy and the fists down to the chest. Exhale. Inhale raising the arms and repeat the above action **1 more time**.

8) **Relax**. Move the mind to the Navel Point and listen to the heart-beat there.

COMMENTS:

Exercises 1, 2, & 3 stimulate the sexual, eliminative, and navel energies so that *prana* and *apana* are properly mixed at the Navel Point, and the power of the Kundalini can be released. Exercises 4, 5, & 6 emphasize the higher chakras and the pranic force at the eyes and heart. If you keep the eyes open when you lift up in Exercise 6, it can cause temporary dizziness as you rebalance. Exercise 7 will allow your heart to dominate and eliminate a lot of pent-up anger that hides in the form of deep muscle tension. When you listen to the heartbeat in exercise 8, feel like you are home, resting at the center of yourself. The heart rhythm is powered by the cosmic creative sound of "Ong." This will elevate you and give you mental relaxation and sensitivity.

This set was originally taught by Yogi Bhajan in the Spring of 1970.