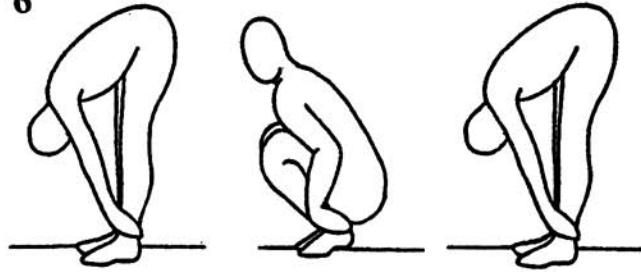


6



6. Stand up. Bend over and grab your ankles. While holding onto your ankles, sit down in Crow Pose and come back up. Continue this movement for 2 Minutes.

7. Sit comfortably in Easy Pose with your spine straight. Chant "Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Sat Nam, Wahe Guru". (One full repetition of the mantra takes 7-8 seconds.) 11 Minutes.

To finish: Inhale deeply and stretch your arms over your head with your palms touching. Hold your breath 20-40 seconds as you stretch your spine upward. Exhale. Repeat this sequence two more times.

"A yogi is one whom the pair of opposites does not affect. He does not obey the law of duality and polarity." YB

7



To finish