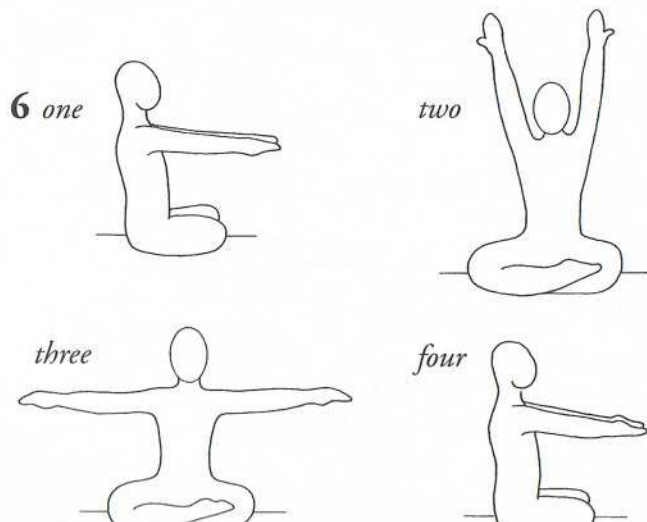
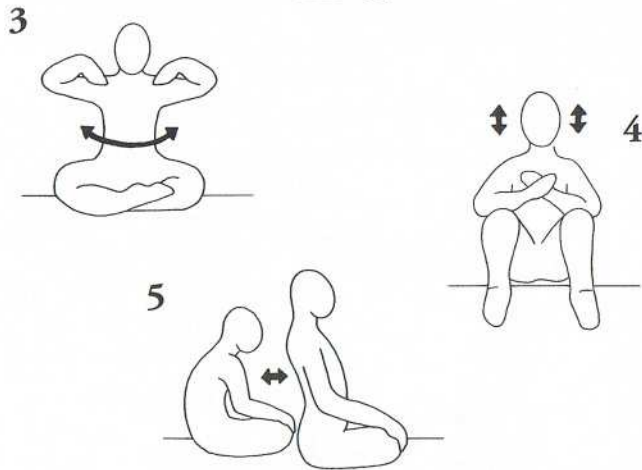
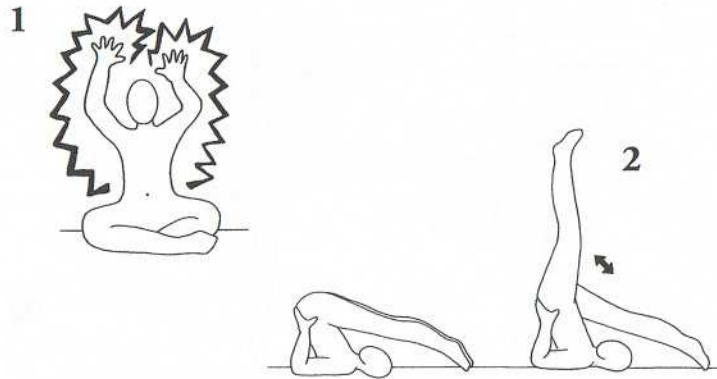


## For the Third Chakra and Glandular System

5-23-84



1. Sit in Easy Pose and raise your arms up into the air. Dance your body from the navel point to the tips of the fingers. Pump your navel rhythmically in coordination with your movement. Move your arms, shoulders, and rib cage. Move with great energy and invigorate all of your ten trillion cells. 8 Minutes.

2. Come into Plow Pose, supporting your hips with your hands. Raise your left leg up to ninety degrees and lower it as you raise your right leg up to ninety degrees. Continue alternate leg lifts. 2 Minutes.

3. Sit in Easy Pose. Grasp the shoulders with the fingers in front and the thumbs behind. Inhale and twist to the left. Exhale and twist to the right. Keep the upper arms parallel to the floor. Move vigorously for 2 Minutes.

4. Squat down in Crow Pose and place both hands at the center of your chest. Stand up and squat down. Continue for 2 Minutes.

5. Sit in Easy Pose with your hands on your knees. Flex your spine forward as you inhale and flex your spine backward as you exhale. Move vigorously. 1 Minute.

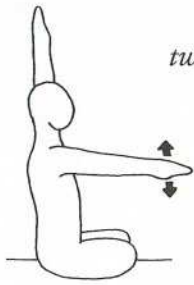
6. Sit in Easy Pose and move into each position at the count:  
 One: Bring your arms straight out in front of you with your palms down.  
 Two: Bring your arms straight up with your palms turned backwards.  
 Three: Bring your arms straight out to the sides with your palms down.  
 Four: Bring your arms straight out in front with your palms up.  
 Continue this sequence of movements for 4 Minutes.

This exercise is to balance the brain using the hands. It brings a coordination between relaxing and working. ( When this exercise is done in a class, the challenge is to only move after hearing the count. This connects the message system of the brain with the motor system of the brain.)

7 one



two



three



four



7. Sit in Easy Pose and move into each position at the count:

One: Bring your arms straight out in front of you with your palms down.

Two: Lift your left arm up to ninety degrees, keeping the right arm straight. Begin moving the right arm up and down 18", without bending the elbow.

Three: Keep the right arm moving as you bring the left arm straight out to the side with the palm down.

Four: Bring your arms straight out in front with your palms down. Continue this sequence of movements for 2 Minutes.

8. Change arms and repeat Exercise #7 for 30 seconds.

9. Still sitting in Easy Pose, interlace the fingers and rest them on the top of your head.

One: Circle your body to the right bringing your forehead to the floor.

Two: In this position, raise your forehead only.

Three: Circle your body to the left, coming back into a sitting position.

Four: Bring your chin to your chest.

Continue this sequence of movements, circling to the right, for 1 Minute. Then reverse directions, repeating the sequence of movements, but circling to the left for 1 Minute.

10. Lie down on your back with your legs straight and your toes pointing upward. Lift your legs up twelve inches from the floor. Move into each position at the count, keeping your feet twelve inches from the floor throughout:

One: point your right foot forward.

Two: point your left foot forward.

Three: Point your right foot straight up

Four: Point your left foot straight up.

Continue this sequence of movements for 2 1/2 Minutes.

9 one



two



three



four



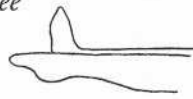
10 one



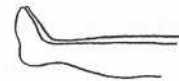
two



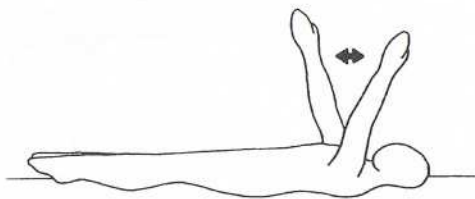
three



four



11



11. Remain on your back and raise your arms up to ninety degrees. Move your arms in a scissor motion in line with your body. As your right arm moves up toward your head, your left arm moves down toward your feet. Then your left arm moves up toward your head as your right arm moves down toward your feet. 1 Minute.

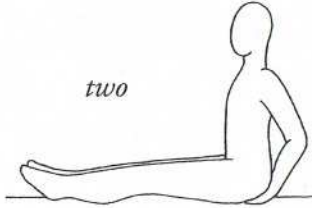
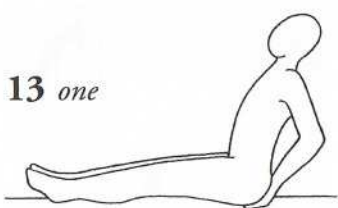
12



12. Lying on your back, bend your knees and put your feet flat on the floor. Reach down and grab your heels. Begin raising and lowering your buttocks. 2 1/2 Minutes.

13 one

two



13. Lie down on your back with your hands under your buttocks and your legs stretched out straight. Move into each position at the count:

One : Lift your torso up sixty degrees from the floor.

Two: Bring your torso straight up to ninety degrees.

Three: Bend forward to sixty degrees from the floor.

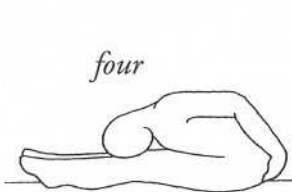
Four: Bend forward touching your forehead to your knees.

Zero: Return to the starting position, lying on your back.

Continue this sequence of movements for 2 1/2 Minutes.

three

four



14. Lie down in Baby Pose with your head turned to the left. Chant the Adi Shakti mantra “Ek Ong Kaar-a, Sa Ta Naa-ma, Siree Waa-ha, Hay Guroo” in the three and a half cycle Laya Yoga manner. On “Ek” pull the navel point. The last syllable of “Kaar-a”, “Naa-ma”, and “Waa-ha”, is created by sharply pulling in and up on the diaphragm. On “Hay Guroo”, relax the lock. Visualize the sound spinning around the spine from its base to the top of the head.

2 1/2 Minutes.

14



15. Lie on your back and relax, concentrating at your brow point. 7 Minutes.

16. While still on your back, swing your body from side to side moving like a crocodile. 30 Seconds.

Slowly rise up into a sitting position without using your hands. Relax.

*“Price of nobility is discipline.  
Price of ecstasy is sadhana.  
Price of God is living without doubt.”*

YB