

# FOR IMMUNITY 1 Jan 81

Good and short.

1. **EASY POSE:** join the hands in Venus Lock behind the back, raising the arms as high as possible behind you. Begin twisting, using a powerful breath, building a good momentum. This is called VAYU MANTHNA KRIYA and it is regenerating, making you young and beautiful. It takes care of the complexion, and banishes negativity. 2-3 minutes.



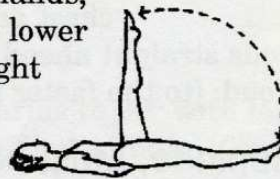
2. Immediately place then hands inside the armpits, with elbows out to the sides. Inhale and raise the elbows high, and exhale bringing them down to the sides, very fast, like wings. The breath will be like a steam engine. 2-3 minutes.



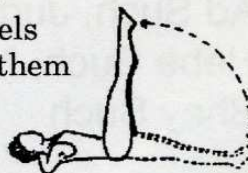
3. Extend the arms straight out to the sides, with palms facing down, and begin flapping them like wings, up and down within 60°, without bending the elbows. Inhale up and exhale down through an open mouth. Go faster and faster for 1-2 minutes. Inhale deeply, exhale and go right on to the next exercise.



4. **ON BACK:** place the hands, palms down, beneath the lower back. Keep the legs straight and alternately raise them to 90° with a slow Breath of Fire. (It takes 2-3 breaths for the legs to go up and down.) Continue 3-4 minutes. Then inhale deeply, stretching both legs straight up to 90°, and hold for 5 seconds. Exhale, inhale deeply, exhale and relax down.



5. **ON BACK:** clasp hands in Venus Lock behind the neck, inhale and raise both legs up to 90°, heels together. Exhale and lower them to floor. 2-3 minutes. Without pause, proceed to next exercise.



6. SIT with the legs out straight and hands interlocked behind the neck. Keeping the legs straight, heels together, hands in place, inhale and raise the legs to 90° and the upper body to form a "U" shape. Exhale down. Jump to raise legs and upper body. Continue for 2 minutes. Inhale deeply, and quickly come into Easy Pose.

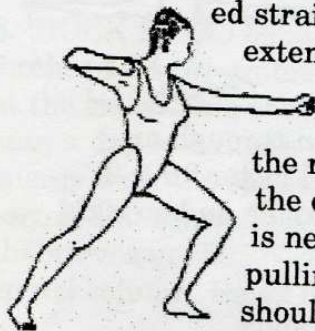


7. Cross hands over heart center. Concentrate all your energy into it as you chant, in monotone. Continue for 10 minutes. Then inhale deeply and proceed with the set.:



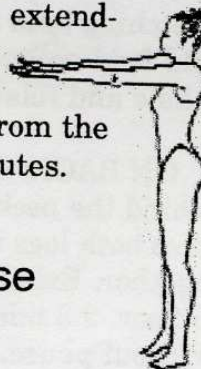
Ardas Bhae, Amar Das Guru  
 Amar Das Guru, Ardas Bhae.  
 Ram Das Guru, Ram Das Guru  
 Ram Das Guru, Sache Sahe.

8. ARCHER POSE, with left leg in front taking most of the weight, right leg extended straight behind, left arm extended out in front, parallel to the floor, as if holding a bow. Pull the right arm back, bending the elbow, so that the hand is near the arm pit, as if pulling an arrow. A stretch should be felt across the chest and navel. Eyes open, focus straight ahead into infinity. Chant aloud: (to the faster melody) for 8 minutes



Gobinde, Mukunde, Udaray, Aparay  
 Haring, Karing, Nirname, Akame.

9. STANDING: feet together, extending both arms straight out in front, making a cup with the hands. Stretch the arms out from the shoulder and chant: for 4 minutes.



Ad Such, Jugad Such,  
 Hebe Such, Nanak Hose  
 Bhay Such

10. Relax 5-10 minutes.