

## Bridge Series: Power to the Heart

October 8, 1969

1. Crow Squats: Squat with feet flat on floor and inhale to stand, exhale to squat, slowly for 1-2 minutes.
2. Body Drops: Legs stretched out in front, hands at sides on floor, raise and drop body 10 times for the heart.
3. Bridge Pose: Bend knees, drawing them to buttocks, then raise hips and torso in a straight line from knees to shoulders, head dropped back, weight on hands and feet, with long deep breathing for 1-2 minutes. Then inhale, exhale, and pull root lock (Mulband).
4. In Easy Pose, sit with index fingers locked in front of heart, fix eyes on something, inhale, and pull hard a few times.
5. Repeat #2.
6. Cobra Pose with long deep breathing for 1-2 minutes. Then kick heels to buttocks with Breath of Fire for 1-2 minutes. Then deeply inhale, relaxing feet down, and circulate energy.
7. In Meditation Pose, with straight spine, meditate on the brow point, chanting aloud for 5 minutes, then silently for 3 minutes:

ONG, SOHUNG

With silent mantra,  
all creation accompanies.

-Yogi Bhajan

