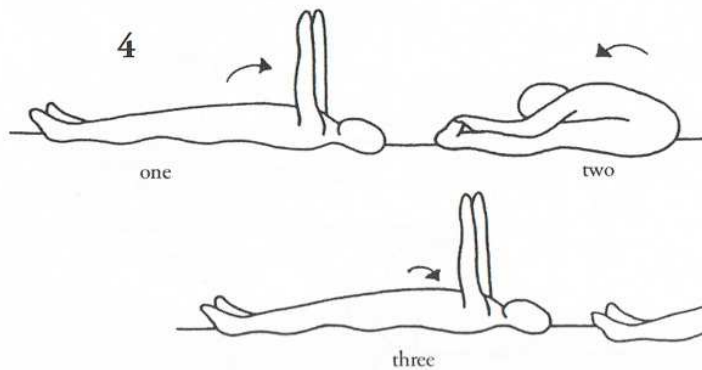
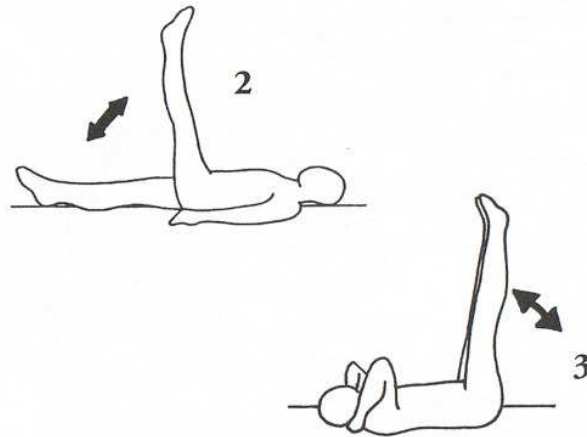
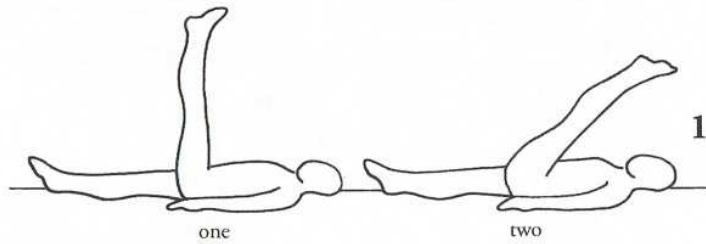


Complete Workout For the Total Self

March 21, 1984



1. Lie down on the back with arms relaxed at the sides, palms down. Raise the left leg straight up to a 90 degree angle, allowing the rest of the body to be relaxed. Keeping the leg straight and without using your hands, bring your leg towards your head on the count of "one" and on the count of "two" bring it back to ninety degrees. Continue counting and moving in this manner from one to eight and then start counting back from eight to one. (8-count = 4 seconds) Continue in this way, counting aloud, for 1 1/2 Minutes. Without breaking rhythm, change sides and repeat the exercise with the right leg for 1 1/2 Minutes. (This repeat was added later by Yogi Bhajan so this exercise may be done either only with left leg as taught in class or with both the left and right legs as taught later.)

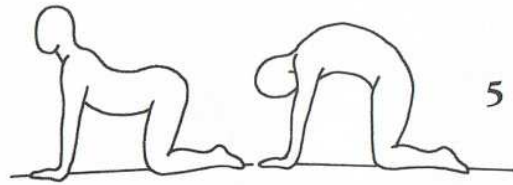
2. Remaining on your back, lift the left leg up to 90 degrees, keeping the knee straight, on the count of "one". On the count of "two", touch the left heel to the ground, on "three" raise the left leg up again and on "four" lower it back to the ground. Continue in this way, raising and lowering the left leg only, using an 8-count out loud. (8-count = 6 seconds) After 2 1/2 Minutes change sides, without breaking the rhythm, and raise and lower the right leg in the same manner for 1 Minute.

3. Remaining on the back, interlock your hands behind your neck and bring both legs together with the knees straight and the heels together. On the count of "one" raise both legs up to 90 degrees and on the count of "two" return them to the ground. Continue, raising and lowering the legs using a quick 8-count out loud for 3 Minutes.

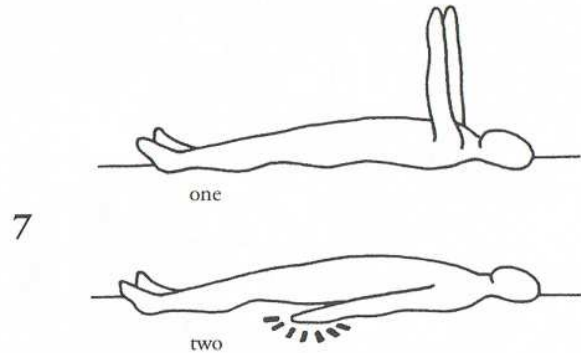
4. Be on your back with your arms at the sides: On the count of "one", raise both arms up to 90 degrees, parallel to each other, palms facing forward. On "two", sit up and touch your fingers to your toes (knees straight). On "three", return to position on your back with your arms up at 90 degrees, and on "four", bring your arms down to hit the ground along side your body. (4-count = 6 seconds) Continue, keeping rhythm as you count aloud. 4 Minutes.

Yoga is a science and it is not 'exercises.' What a yoga exercise can do is move your muscle to muscle, nerve to nerve, meridian point to meridian point. Actually it is to stimulate the glands in the proper areas so that there is no confusion in health.

Yogi Bhajan



5. Be on the hands and knees, with heels touching. Inhale and arch the spine down into Cow Pose so that the head comes way up, and on the exhale arch up into Cat Pose so that the chin comes into the chest. Breathe very powerfully, keeping rhythm to mental count (or leader may count aloud) of 1 through 8. (8-count = 4-6 seconds) 2 Minutes.

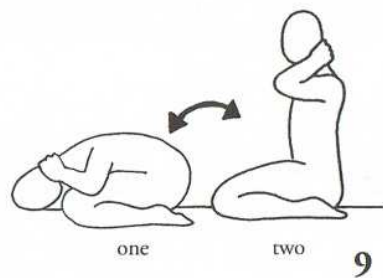


6. Relax on the back for 1 Minute. Create the feeling that you are peaceful and very grateful.

7. Stay on your back. On the count of "one" raise your arms up to 90 degrees, with the palms facing forward. On "two", bring your arms down to the sides, so that the palms slap the ground with enough force to make a noise. (2-count = 2 seconds) Keep the rest of your body relaxed. 1 1/2 Minutes. Then continue the action adding the Snake Breath (inhale deeply through the nostrils, and exhale making a hissing sound by forcing the breath through the teeth, with the tongue pressing lightly against the back of the teeth. The lips will pull back slightly to let the air escape.) for 1 1/2 Minutes more, keeping the arms and breath going in rhythm.

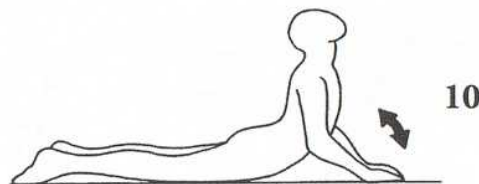


8. Sit up in Easy Pose with your spine straight. Place your hands on your shoulders with the fingers are in front and thumbs in back, elbows and upper arms parallel to the ground. Inhale and twist to the left. Exhale and twist to the right. Keep the elbows up and breathe powerfully, moving the lymph gland area. 4 Minutes.



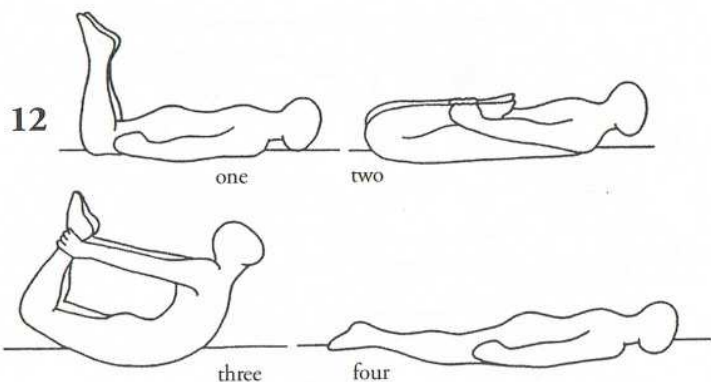
9. Sit in Celibate Pose, with the buttocks on the floor between the heels. Lock your hands behind your neck. On the count of "one" exhale and bring the forehead to the floor. On "two" inhale and rise back up. (2-count = 2 seconds) 2 Minutes.

10. Lie on your stomach, legs straight and heels together. On the count of "one," place your hands under your shoulders and push up into Cobra Pose, straightening the arms, arching the spine back. On "two," quickly come down flat with the chin touching the floor. On the count of "one" come back up into Cobra Pose. (2-count = 2-3 seconds) Use the Snake Breath, "the sound must come out of you like a big Cobra snake." Breathe powerfully and move with control. 4 Minutes.

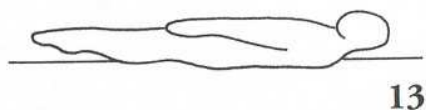


11. Lie flat on your stomach and relax. Be in peace. 1 Minute.

Continued next page.



12. Stay on your stomach. On the count of "one" bend your knees and raise your feet up in the air. On "two", grab your ankles with your hands. On "three" arch up into Bow Pose, spreading the arch along your entire spine. On "four", release everything and lie flat on your stomach. (4-count = 4-6 seconds) Count out loud. 3 1/2 Minutes.



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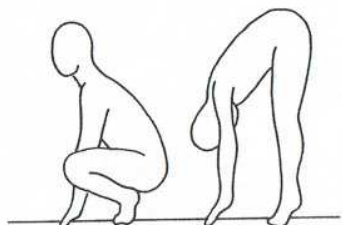


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13. Come flat onto your back, heels together, arms at your sides. Come into Stretch Pose with your head and heels 6 inches from the floor, fingers pointing towards your toes. Begin a very powerful Breath of Fire. Let the navel area shake. 1 Minute.

14. Lying on your back, pull your knees into your chest, locking them in place with your hands. Begin Spinal Rolls, fully rolling back and forth on your spine. On the count of "one" roll up to sitting without releasing the posture and on the count of "two" roll back down the spine without releasing the arms. (2 count = 2 seconds) 2 Minutes.

15. Start in Frog Pose, squatting on the balls of your feet with your heels touching and your knees spread wide apart. Your arms come straight down between your knees, your fingertips rest on the floor and your head is up. On the count of "one," raise your buttocks, keeping the fingertips on the floor, and the knees straight. (Your head will be down.) On "two," return to squatting. Continue, keeping rhythm quickly counting from one to eight out loud with the movement. (8-count = 8 seconds) 1 1/2 Minutes.



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16. Sit in Easy Pose. Close your eyes and vibrate the sound "Har Har, Har Har, Har Ha-Ray" in a monotone. (one complete mantra = 2-3 seconds) Power the vibration by using the navel point. 4 Minutes.