



1. Lie flat on your back with your feet and legs together, crossing your wrists over your chest like a mummy. Completely relax for 1 minute. Stay in the position, keep relaxed, and begin pointing and flexing both feet at the same time. Coordinate breath and movement. Move quickly. The breath should be heavy and loud. (If your feet and breath are not moving together, then your temples are out of position.) 4-1/2 minutes. If you feel pressure at the temples while you are doing this exercise, then slow down the movement.



2. Stay in the same mummy-like position, begin alternate leg lifts to 90 degrees. Keep your legs straight with the toes pointed. Inhale up and exhale down with a loud and powerful breath. Apply upward pressure as you raise each leg. Do not apply pressure as the feet go back to the floor. Feet should silently return to the floor. 3 minutes.



3. Still in the same mummy-like position, raise both legs to 90 degrees and lower them together. Inhale up and exhale down, moving quickly for 1 minute. Then continue by doing 52 more leg lifts.



4. Still lying on your back, heavily lock your palms over your ears and temples. Your elbows point upward. Begin moving your pelvic bone and rib cage from side to side like a wriggling fish. Make this diagonal movement so heavy that you can feel it in your temples. Move the pelvic bone, rib cage, and spine. The whole torso moves. If you move heavily and fast, it will take away the age imbalances. 3-1/2 minutes.



If you cannot copy the fish, how can you copy God? Make the effort. Once you get into the proper movement, you can continue it.

5. Sit on your heels, keep the spine straight, stretch your tongue out of your mouth and begin panting Dog Breath through your mouth, feeling the air striking the back of your throat. 1 minute. This will give you the energy to do the exercise.





6. Sit on your heels, arms extended straight out with the palms facing each other. Alternately move each arm up to 45 degrees and back to the center. The left arm moves diagonally up to the right side and returns. Then the right arm moves up to the left and returns. You are drawing a big "X" in the air in front of your body. The movement is fast and powerful. The body will subtly move as the arms move. Cut the heavens. You will feel the movement in the temples and the toes if you really do it strongly.

2-1/2 minutes.



7. Still sitting on your heels with your arms by your sides with the palms facing forward. Bring your hands to your shoulders as if you are pouring water on them. Bring all five fingertips together when they touch the shoulders. Repeat the movement for 1-1/2 minutes. This exercise will make you feel good for the whole day.



8. Still on your heels, place your hands on your thighs and begin flexing the whole body. Flex it well, lower back, middle back, upper back, and neck. 1-1/2 minutes.



9. Sit like a Yogi and chant:

**HARI HAR, HARI HAR, HARI HAR, HAREE**

in a monotone using the tip of the tongue. One recitation of the mantra takes about 3 seconds. Continue for 9-1/2 minutes.

(In class Yogi Bhajan played the gong during the meditation.)

**To End:** Inhale, hold the breath for 45 seconds, and exhale. Repeat this sequence two more times, each time holding the breath as long as is comfortable.

**Comments:** We are adjusting the two areas that we call the temples. These areas are more important that we know. In the ancient wisdom, they are known as the main centers of each zone of interconnection and intercommunication.

