



1. This is a 4 part exercise. In a standing position, extend the left arm straight out in front, parallel to the ground. The left arm will remain parallel to the ground for the entire sequence. Chant Saa Taa Naa Maa to the movements. 4 minutes

- (a) Bend forward at the waist on Saa
- (b) Bend to the right on Taa
- (c) Lean back on Naa
- (d) Straighten back out on Maa

2. Remain standing and extend the right arm out straight in front of you, parallel to the ground. Sequence is done to Saa Taa Naa Maa holding the extended arm still and maintaining balance. 2 minutes

- (a) Lift your left leg up to 90 degrees on Saa
- (b) Still holding the leg up, turn your head to the right on Taa
- (c) Still holding the leg up, turn your head to the left on Naa
- (d) Bring your leg back down and your head to center on Maa

3. Same exercise as in #2 only the left arm is extended out in front and it is the right leg that gets lifted straight out. 1 minute

Balance this brain, balance this cantaloupe. Below navel point is independent of the sciatica. If that is so, old age will come, senility will come very early and creativity will be gone fast.





4. Still Standing in an upright position, lock your hands behind your neck and rapidly jump the knees up towards the chest. Legs come up together. Chant Saa Taa Naa Maa to the beat of the movement. This exercise has to be done so that your knees touch your chest. 50 times. You must develop your balance so that you land absolutely "cat-footed." It is essential for a woman to have cat-footed balance, otherwise you can be imbalanced in the brain. 108 times will keep you intact.



5. Lie down flat on your back and elevate your legs 2 feet from the ground and raise your head 2 feet from the ground. Clasp the hands in an arc over the navel point to balance the posture. Focus at the third eye. Inhale through the nose, exhale through the mouth like a hammer. 5 minutes. You will be superhuman. 5 minutes of this breath is totally rejuvenating. No need for caffeine. If you can meditate like this for 5 minutes it equals meditating in a sitting position for 5 years. It should not hurt anybody, it is the most innocent exercise. If you straighten out your back it will not hurt.



6. Sit in Virasan (on the left heel, right knee up to chest). Arms extended straight out in front, parallel to the ground with palms facing down. Sing powerfully: Chatter chakker vartee, chatter chakker bhugtay Suyumbhav subhang, sarab daa sarab jugatay Dukaalang pranasee, dayaalang saroopay Sada ung sungay, abhangang bubhootay 22 minutes Do this for 40 days and any positive wish will be fulfilled.



**Benefits:** This is the only thing that can correct you and bring you to balance. Do it right and you will enjoy it. This is a set so powerful and effective that it will even enable a person to stay healthy in weightlessness or without gravity atmosphere. This self maintains the body. Balance this brain, balance this cantaloupe. Below navel point is independent of the sciatica. If that is so, old age will come, senility will come very early and creativity will be gone fast.

Yogi Bhajan • June 28, 1984

