

COMPLETE WORKOUT FOR THE ELEMENTARY BEING

Is there one set of exercises that will work you thoroughly in all the major systems of the body? Yes! This kriya balances you totally. If you don't want to learn hundreds of sets, just do this set every day for 62 minutes. It will stimulate the glandular system, invigorate the inner organs, strengthen the immune system, balance the minerals in the body and increase your stamina.

5' / 6' / 7'

1. This entire series of movements is considered one exercise. You move rhythmically and continuously, without stopping, from one position to the next. Chant the mantra *Har* once per count as indicated below.

A. Extend the arms straight over the head hugging the ears. Clap the hands **8 times** so that the entire surface of the palms are firmly struck.

B. Immediately bend forward and strike the ground with the palms **8 times**. Strike hard enough to make a noise.

C. Straighten the body and extend the arms to the sides parallel to the ground, palms facing down. Pump the arms 30° up and 30° down as though you were trying to fly. Repeat the 2-part motion **8 times**.

D. Stand with the feet shoulder-width apart and extend the arms to the sides parallel to the floor, palms facing down. Then jump up and land with the arms and legs crossed. Again jump up and land in the original position, arms extended and feet spread apart. Keep the arms straight and parallel to the ground and alternate the top arm and front leg. Chant *Har* with each jump. **Continue for 4 complete cycles or 8 counts.**

E. Turn diagonally and come into Archer Pose. Using the strength of the thighs, bend the front knee deeply over the toes **8 times**.

F. Turn to the opposite diagonal into Archer Pose with the opposite leg forward and again bend the front knee deeply **8 times**.



(1A)



(1B)



(1C)



(1D)



(1E)

48

G. Repeat the crisscross jumps.

H. Remain with the feet apart and extend the arms above the head, hugging the ears and stretch backward **8 times**.

I. Repeat the crisscross jumps.

J. Stand with the feet shoulder-width apart, arms extended above the head. Bending from the waist stretch **4 times** to the right and **4 times** to the left.

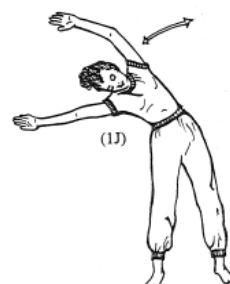
K. Repeat the crisscross jumps.



(1G)



(1H)



(1J)

This is called the Elementary Woman Exercise. Its greatest benefit lies in its stimulation of the entire glandular system which helps keep the body healthy. The glands are considered "the guardians of health" and according to yogic scriptures, they affect both the physical and subtle bodies. Additionally, practicing this series will build stamina and benefit the body in the following ways: crisscross jumps balance the metabolism; Archer Pose applies pressure on the thigh bone to help create a balance in the essential elements of calcium, magnesium, potassium and sodium; backward stretching works on the lymphatic system; clapping massages the brain; pumping the arms stimulates meridian points on the forearm for the colon, stomach, spleen and liver and stretching to the sides moves the colon.

It is very important to touch the tip of the tongue to the upper palate as you chant Har.

Five or six repetitions of this series will balance the entire body. "Sixty-two minutes a day will fill the daily requirement for exercise."

With so many positive effects this series stands out as one to practice regularly. And it's fun!

2. Relax. After doing this exercise set for an extended period of time it is important to rest. If you practice it on consecutive days, alternate between the following positions for relaxation: one day rest on the back in Vayu Praan Mudra with the knees pulled into the chest and the arms wrapped around the bent legs. The next day rest in Baby Pose by sitting on the heels with the forehead on the ground and the arms by the sides. Relax in these postures while listening to *Dhan Dhan Ram Das Guru* or some other uplifting music. Rest deeply.

2' / 2'30 / 3'