



1. Place arms forward, parallel to the floor, palms facing forward, with the mudra shown above. Eyes are at tip of nose. Sit still, listen to Jap Ji. 26 1/2 min. Balances total inner self. Clench back molars. Go into deep silence.
2. Place hands on shoulders. Pull down on shoulders with elbows, push up with spine and keep straight. It will release all tension in the body. Keep the tension between arms and rib cage. Eyes tip of nose. Listen to Sadhana tape. 11 min.



3. Place hands behind neck, lean forward, then back an equal angle, back and forth. Eyes tip of nose. 8 min.



4. Place arms over head, fingers interlocked. Rotate spine over hips. 8 min.



5. Put arms up over head, perpendicular to the floor. Bow forward to the floor, then up.
8 min.



6. Stand up and dance. Keep only one foot on the floor at a time. 7-9 min.