

Strengthening the Central Nervous System uit Reaching Me in Me

1. Come into Cow Pose on your hands and knees. Balancing on both hands and your left knee, extend your right leg straight back and then return to the starting position. Then extend your left leg straight back and return to the starting position. Continue alternately moving your legs, making sure that the extended leg is parallel to the ground, not angled up or down. 1 1/2 Minutes. Coordinate the leg movement with a powerful navel breath and continue for an additional 1 1/2 Minutes. With each pull, breathe in and breathe out. There is no need of a quick breath.



2. Remain in Cow Pose. Repeat the movement of exercise #1, but as each leg is extended straight backward, touch your forehead to the floor and then return to the starting position. Continue extending alternate legs and bowing for 3 1/2 Minutes coordinating the movement with a powerful navel breath.



3. Remain in Cow Pose. Repeat the movement of exercise #2, but extend each leg up at an angle so that your whole body slants at a 60 degree angle when your forehead touches the floor. Continue alternately extending the legs up at an angle while bowing for 4 Minutes. Keep your knees straight. This exercise refreshes the blood supply to the brain.



4. Sit in Easy Pose and interlock your hands behind your back, keeping your elbows straight but not locked. Bend forward, touch your forehead to the floor, raising your arms as high as you can in Yoga Mudra. Return to the starting position. Inhale through your nose as you bend forward. Exhale powerfully through your mouth, like a lion, as you rise up. 2 1/2 Minutes.



5. Sit in Easy Pose with your arms held straight out in front, parallel to the ground. With the palms facing down, make your hands into fists, thumbs inside. Move your left arm up to 45 degrees as your

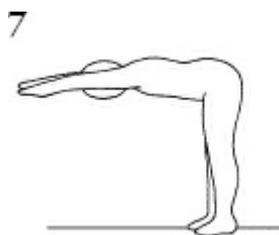
right arm moves down to 45 degrees. Then move your right arm up to 45 degrees as your left arm moves down to 45 degrees. No bend in the elbows. Continue this alternate arm movement with Breath of Fire. Really move your navel. 2 Minutes.



6. Sit in Easy Pose with your hands resting on your knees. Lean back and rotate your lower back and hips in a backward arc to the left side. As your left hipbone comes over your left thigh, lean forward to bring your left shoulder to your left knee, with your spine stretched straight, keeping your neck in necklock. Then reverse the motion, rotating your lower back and hips in a backward arc to the right side. As your right hipbone comes over your right thigh, lean forward to bring your right shoulder to your right knee, with your spine stretched straight, keeping your neck in necklock. Continue to rotate to each side, loosening up the sacrum area and stretching the sides of the hips. 2 Minutes.



7. Stand up with your arms straight up above your head. Bend forward 90 degrees so that your upper body and arms form a straight line and are parallel to the ground. Remain in this position without moving for 2 Minutes.



Still in this position, try to become emotional and release this emotion by yelling, groaning, and making noise. 2 Minutes.

8. Still standing, bend forward until your hands touch the floor. Walk in place, first lifting the left hand and the right foot up from the floor and then lifting the right hand and the left foot up from the floor. Continue. Move rhythmically and briskly. 6 1/2 Minutes.



9. Sit in Easy Pose. Swing your arms to the left side and up 60 degrees. Then swing them to the right side and up 60 degrees. The palms face downward and both arms are parallel to each other as they move. Both arms move together. Swing the arms freely from the shoulders, but keep your elbows straight and your arms stiff. Use the weight of your arms to add force to your movement. 2 Minutes.

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10. Sit in Crow Pose and jump up and down as high as you can. 45 Seconds. Continue jumping and breathe out through your mouth with the sound “HA” as you jump. 45 Seconds. “Be sure to do this exercise with your weight balanced on both sides. Jump only to the capacity and strength of your knees and legs.” GCSK

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11. Sit in Easy Pose with your palms together in front of your face, thumbs even with your nose and three to four inches in front of it. Your elbows are out to the sides and angling slightly downward. Close your eyes and chant “Har, Har, Har, Har, Haree Nam” in a monotone. (One repetition of the mantra takes about 3 seconds). 4 Minutes.

11



12. Lie down on your back and breathe deeply and heavily through your mouth. Between the navel and mouth, project out through the breath. 6 Minutes. In class, Yogi Bhajan played the gong during this meditation.

“If we are not spiritually strong, then we can't negotiate
If we are not mentally strong, then we do not have the grit to continue to negotiate.
Then we build more guns and bombs.” Yogi Bhajan

To finish: While lying on your back, begin to roll your neck in circles. Slowly and gradually rise up, still rolling your neck in circles, rising up inch by inch. 30 Seconds. When you are sitting up, begin to move your whole body. 10 Seconds. Finally, raise your hands in the air and shake them vigorously. 20 Seconds.