



1) Lie down flat on your back in a relaxed posture with your arms at your sides, palms open and your legs slightly apart. Pretend to snore for 1-1/2 minutes.



2) Still lying on your back, keep your legs straight; raise both legs up to 6 inches and hold for 2 minutes. This exercise balances anger. It pressurizes the navel to balance the whole system.



3) Remaining in the posture with your legs up at 6 inches, stick out your tongue and do Breath of Fire through your mouth for 1-1/2 minutes.



4) Still lying on your back, lift your legs up to 90 degrees. Your arms are on the ground by your sides. Begin to beat the ground with all the anger you can achieve. Beat hard and fast for 2-1/2 minutes, keeping the arms stiff and straight.



5) Still on your back, bring your knees up to your chest, and stick your tongue out. Inhale through your open mouth and exhale through your nose. Continue for 3 minutes.



6) Sit in Celibate Pose with your buttocks on the floor between your heels. Cross your arms over your chest and press them hard against your rib cage. Bend forward and touch your forehead to the floor as if you are bowing. For 2-1/2 minutes move at a pace of approximately 30 bows per minute, then for another 30 seconds speed up and move as fast as you can.





7) Sitting with your legs straight out in front of you, begin to beat all the parts of your body with open palms. Move fast for 2 minutes.

8) Stand up, bend forward, keeping your back parallel to the ground, and let your arms and hands hang loose. Remain in this posture and sing for 3 minutes. (In class, Yogi Bhajan played a tape of Guru Guru Wahe Guru, Guru Ram Das Guru.)

9) Continue singing and come into Cobra Pose, keeping the elbows straight and stretching the spine. Continue for 1 minute. Begin circling your neck and continue to sing for another 30 seconds.

10) Still in Cobra Pose begin kicking the ground with alternate feet for 30 seconds.

11) Sit in Easy Pose and close your eyes. Stretch your arms over your head, keeping the elbows straight, and interlace your fingers with the index fingers extended and pointing straight up. Begin Sat Kriya for 1-1/2 minutes.

12) Lie down and nap in Corpse Pose on your back for 5 minutes.

