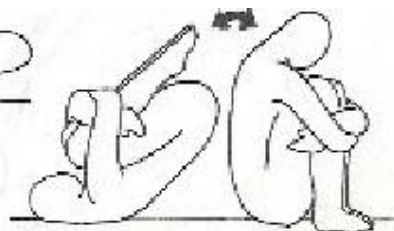
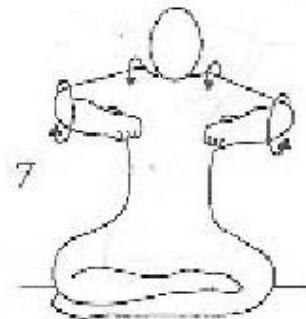
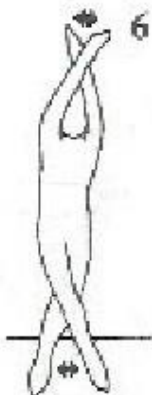
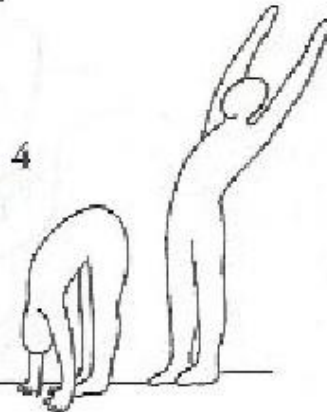
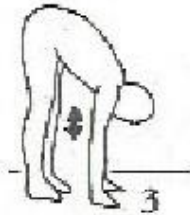
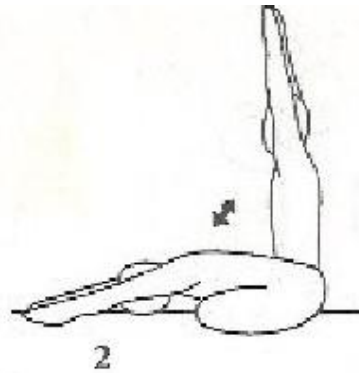
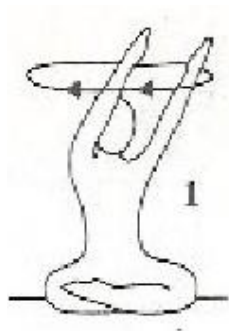


## REMOVING BODY BLOCKS



2. Stretch your arms straight up and bend at the waist touching your hands and forehead to the ground. Rise back up and continue. 2 1/2 Minutes.

3. Stand up and put your hands on the ground. Jump up and down in this "all fours" position. Concentrate on your navel, pulling up on it to power your jumps. 2 Minutes.

4. From the standing position, bend forward and touch the ground. & bend backward. Continue this exercise, 1 Minute.

5. With the hands on the hips, alternately cross and ~~un-cross~~ the legs. Move quickly ~~by~~ continuously. 2 Minutes.

6. With your arms overhead, criss-cross your arms and criss-cross your legs. 2 Minutes.

7. Make fists of your hands and hold them about heart center level. Bend your elbows so that the forearms are parallel to the ground. Hunch up your shoulders, pull up on your ribcage and alternately roll each shoulder forward. 1 Minute.

8. Stretch pose. 1 1/2 Minutes.

9. Lock your knees to your chest and roll back and forth on your spine. 30 Seconds.

March 19, 1986

1. Sit in easy pose and raise your arms up over your head. Move your raised arms in a clock-wise circle. This movement opens up your shoulders. Move fast.  
4 1/2 Minutes.

ums

10. Roll back and on your spine in lotus pose or ca-SY pose, 1 12 Minutes.



*Nam, Walle Guru* Version. 2  
down With pur hands. Srrztch  
Meve werything.

11. illta %Ltne position exercise three (on as all Fours) and dance to Minutes. This is a

is a dance Out thehady- Muve th' hips, arch your Fret, press  
arms, rib :aec, and Lhe IOWCT back\_ Turn head and right,

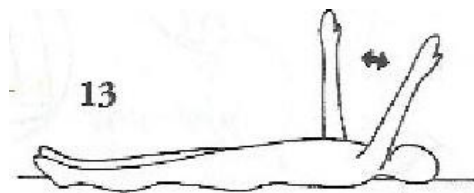
12L lie flat and pull yaur knees altnrnately to ynur chest. Pull leg as you stretch the leg out straight and ta the ground, Continue



12

For 1 1 2 Minutes. rhe navcl point is balanced bythis strecc

13, Still lyine on your back brins your hznds up as Sur na StundOpen rhe arnms Wide  
and repcac the This kriva the muscles oftheChest I Mintllt



13

14. Lie with yaur armsbyynur sides and totally relax. Garn brow point, .%finutes.

15. Stay in the position and Sing a. long with Sat Nam W4ihe (Pitou, Indian  
2 Minutesv

I G. Roll wrists and ankles,, rub 'tours hands and ket, roll on ynur spine, Wake yourst] u g.

17, Scand

17



.L, 'I trte pose. 15Seconds. Change legs and repeat pose far 15

18. Cse both hands to massage your sculp and deepl\_y atld visarously I I t2 Minutes. h.'lass•Rge and armpits, 30 Seconds Massage hands, Ti;riscs, and ltrtns. 30 Szcands. spine. 30 Saonds, Streæh yeur u•m.5. 10 Seconds. Relax.