

## **Hip Set**

- Lie on back. Legs up 6 inches. Inhale right leg out at 45 degrees. Exhale right foot back into left inner thigh. Inhale left leg out at 45 degrees. Exhale left leg back into inner right thigh. 1 to 3 minutes.
- Legs wide apart. Inhale up and exhale down over left leg. 1 to 3 minutes
- Legs wide apart. Inhale up and exhale down over right leg. 1 to 3 minutes.
- Legs wide apart. Inhale up to center and exhale down over left leg and inhale up to center and exhale down over right leg. 1 to 3 minutes.
- Legs wide apart. Inhale up to center and exhale down to center. 1 to 3 minutes.
- Legs straight out in front. Left foot into right thigh or better sit on left heel. Inhale up and exhale down over right leg. 1 to 3 minutes. Switch sides. 1 to 3 minutes. Bend from waist. No bend in neck.
- Sit on heels. Hands on ground in front of knees. Inhale flex spine forward. Exhale flex spine back. Keep chin parallel to floor. 1 to 3 minutes.

# Meridian Set

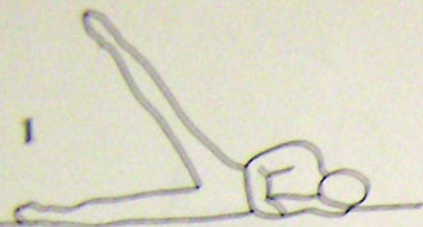
Taught by Yogi Bhajan at Children's Camp, Ram Das Puri, New Mexico

1. Arms in front of the chest perpendicular to the ground, bent at the elbow, like in prayer pose. Hands point straight up. Clap the hands and hit the inside of the arms together from the wrist to the elbow. Continuous movement. **Time: 1 minute.**
2. Thumbs inside the fists. Fists by navel point with the inner wrist facing in. Alternatively hit the side of the lower stomach with the fists. Fast. Like horses galloping. **Time: 30 seconds.**
3. Thumbs inside fists. Inhale up and hit the upper chest. Exhale down and hit the inner thighs. Rapid movement. **Time: 30 seconds.**
4. Clap hands in front of face and hit top of left shoulder with right fist and top of right shoulder with left fist at the same time. Alternate arms in front. Fast movement. **Time 30 seconds.**
5. Karate chop back of neck with alternate hands. Palms face down; hit with little finger side of the hands. **Time: 1 minute 15 seconds.**
6. Clap hands in front of face and hit underneath cheek bone with heel of hand. **Time: 30 seconds.**
7. Clap hands and hit elbows and upper arms against the side the body. **Time: 30 seconds.**  
Relax and breathe

## ANGULAR BODY ENERGY

November 2, 1988

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1. Lie on your left side and put your left hand under your head like a pillow. Raise and lower your right leg rapidly with breath of fire. Achieve the maximum possible stretch by keeping your right leg straight as you raise it as high as possible. 2 Minutes. Change sides and repeat the exercise. 1 1/2 Minutes.



2. Lie on your stomach with your arms by your sides and your palms down. Kick your buttocks with alternate heels as fast as you can. Your heels should strike your buttocks harder than the tops of your feet strike the ground. This self-massage will release blocked energy in the buttocks. 1 1/2 Minutes.



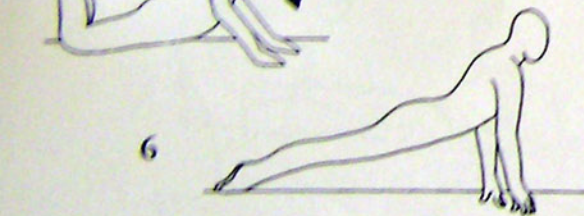
3. Lion pose. Sit on your heels with your hands on the floor on either side of your knees. Open your mouth and put your tongue out as far as you can. Bow down, touching your forehead to the ground, and rise up again. Inhale up and exhale down. Breathe through the mouth, keeping the tongue stretched out. Continue 2 Minutes.



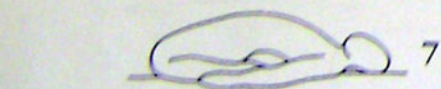
4. In cobra pose kick your buttocks alternately with your heels. 2 1/2 Minutes. If you have difficulty doing this exercise, it indicates that you have the habit of breathing shallowly so that your lungs and diaphragm are not in shape.



5. Still in cobra pose, bend the knees keeping the heels in the air. From this variation of cobra pose, lie down flat on your stomach and rise back up into cobra pose without lowering the heels. 2 1/2 Minutes.



6. Front platform pose. Body is in one straight line from head to toes, balancing on the fingertips and on the tops of the feet and toes. The toes are not bent. 3 minutes. Stay in the posture and growl like a lion or howl like a jackal from the chest or heart center. 1 Minute. This posture is a brain tonic. It can rejuvenate the grey matter and the fluid in the spine. It can impart a youthful appearance and take away wrinkles.



7. Sit on your heels and then, from this position on your heels, lie back onto the ground. Listen to *Guru Ram Das* by Singh Kaur and sleep in this position for 1 1/2 minutes. Rise up into easy pose with your spine straight and continue sleeping for another 1 1/2 Minutes. This "conscious sleep" is very rejuvenating.

8. Lie down on your back, cover up with a shawl or blanket, and deeply relax. Imagine that you can fly out of your body. Rise up and look down at yourself. Bless your body and allow it to rest and recuperate. 5 Minutes.

9. Without getting up, take 2 Minutes to stretch out every part of your body. Roll your feet, bend your knees, roll your wrists, and do cat stretch. Roll your neck while you are lying down. Pull your knees to your chest, press them hard with your hands and bring your nose to your knees.

*Old age, mental old age, and spiritual instability often beset us because we do not stretch ourselves when we get up. Stiffness in the body is not the way. It can make the body old and brittle even at a young age and it can make the mind's mischief intolerable to the point of insanity at any age. YB*