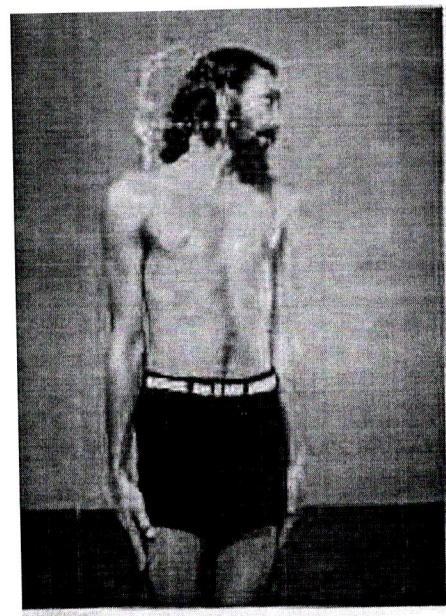


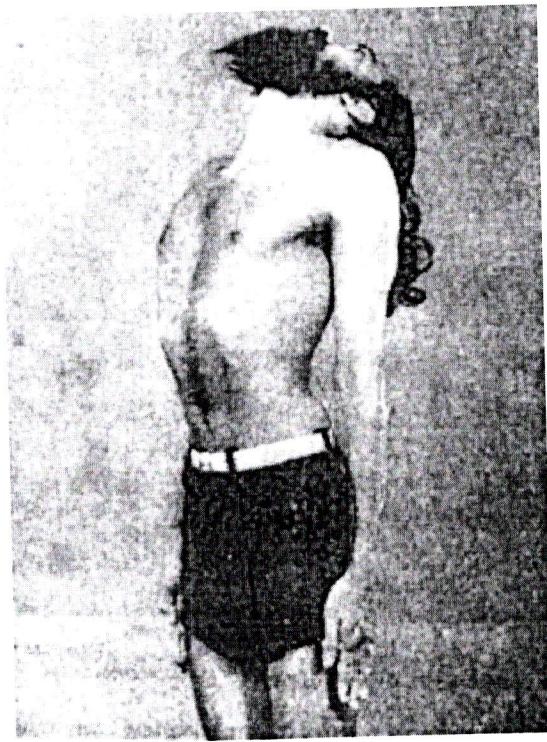
9. GRIVA-SAKTHI-VIKASAKA-1



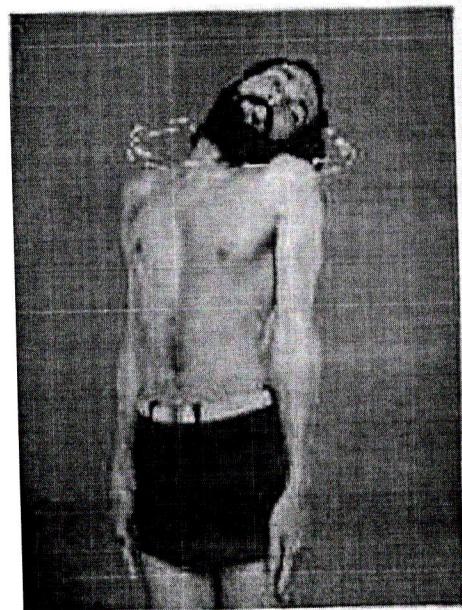
POSTURE : Keeping your feet together, stand erect.

EXERCISE 'A': Relaxing your neck, turn your head with a jerk first towards your right shoulders, then towards your left shoulders. In the beginning 10 times.

EXERCISE 'B': Standing erect, jerk your head first forward, then backward. When it goes back it should touch the nape of your neck. When it is forward your chin should touch the sternal notch. Keep breathing normally. 10 times to begin with.



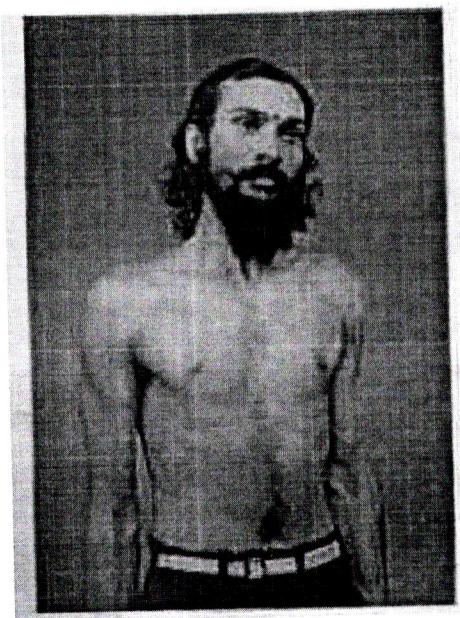
10. GRIVA-SAKTHI-VIKASAKA-2



POSTURE : Keep your feet close together, your back straight, your mouth closed and your eyes wide open.

EXERCISE : Keep your chin in and rotate the head from left to right and then right to left alternately. Breathe normally. Try to make your ear touch your shoulder, taking particular care to avoid raising the shoulder. Five times to begin with.

11. GRIVA-SAKTHI-VIKASAKA-3

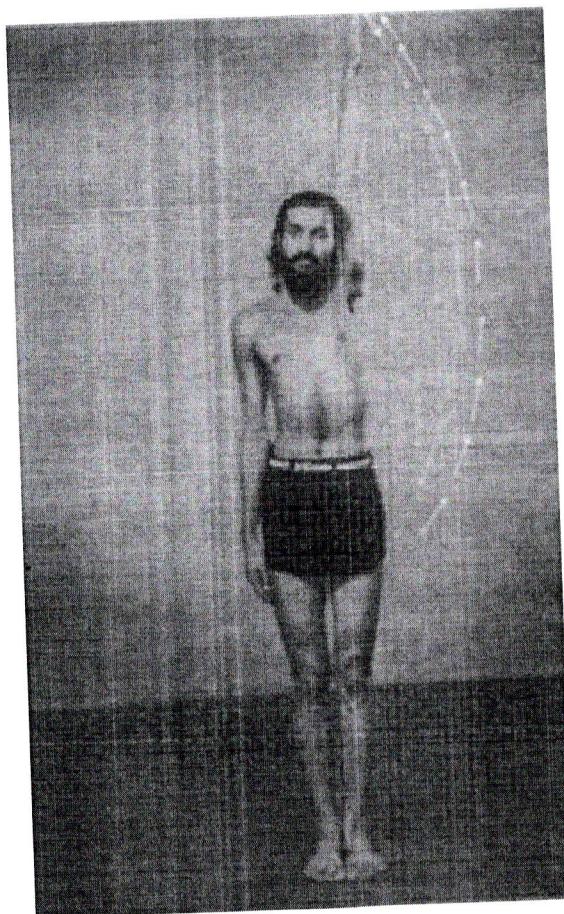


POSTURE :Keeping your feet close together, stand straight.

EXERCISE : Inhale and exhale through the nose ("Bellows effect") making the veins of your neck stand out. Blow out your stomach while inhaling, draw it in while exhaling.25 times to begin with. This triple exercise strengthens the neck and beautifies it. Diseases peculiar to the throat, such as tonsilitis, laryngitis, pharyngitis etc. can be checked.

The voice becomes resonant and speech defects such as lisping and stammering are completely removed. With perseverance, this exercise, in conjunction with a couple of others, yields marvellous results in cases of dumbness. Singers will derive great benefit from it.

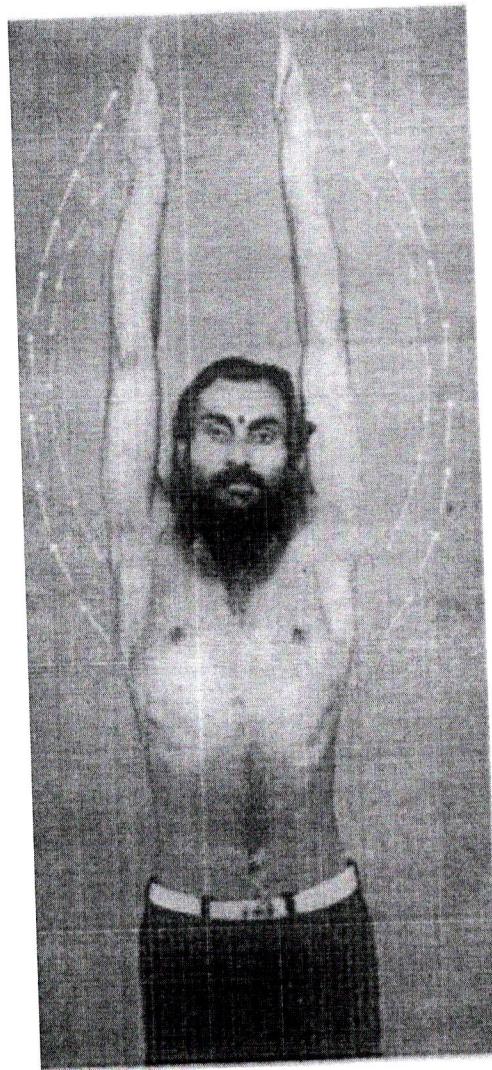
15. BHUJA-VALLI-SAKTHI-VIKASAKA



POSTURE : Feet together, the body straight, the arms by the sides.

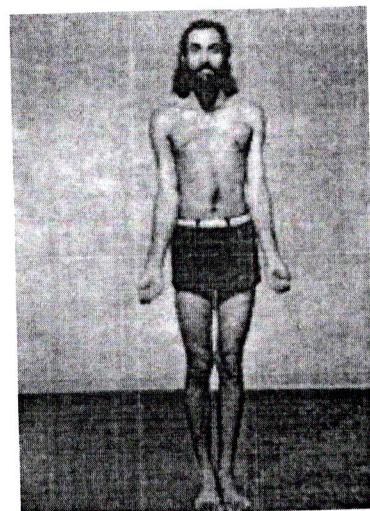
EXERCISE 'A' : Begin with your right arms. Let it hang relaxed; then raise it sideways above your head with the palm outward. Bring it down in the same manner. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together.

EXERCISE 'B': Repeat the exercise with your left arm.



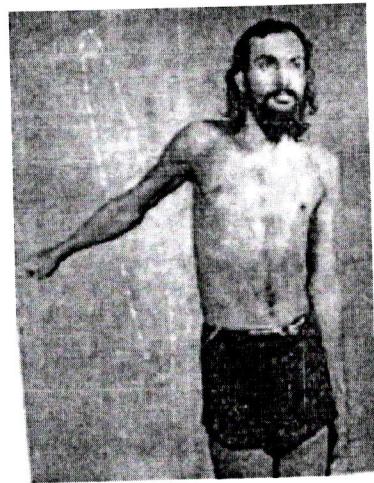
EXERCISE 'C' : Now bring both arms into action. Both should go up and come down together but the arms should not touch the head nor the hands
touch each other.

16. PURNA-BHUJA-SAKTHI-VIKASAKA



POSTURE : Keep the feet together, body erect, the hands clenched into fists with the thumbs tucked in.

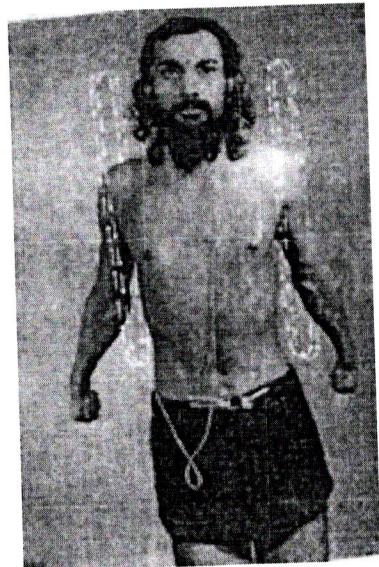
EXERCISE 'A' : Inhaling through the nose and holding your breath, swing your right arm forward and backward in a circle as many times as you can. When you cannot hold your breath any longer stop with your arm bent at the elbow and breathe out forcefully while thrusting your arm forward at shoulder level.



EXERCISE 'B': Repeat the exercise 'A' in reverse, swinging the arm backward and then forward.

EXERCISE 'C' : Now repeat the exercise 'A' with the left arm.

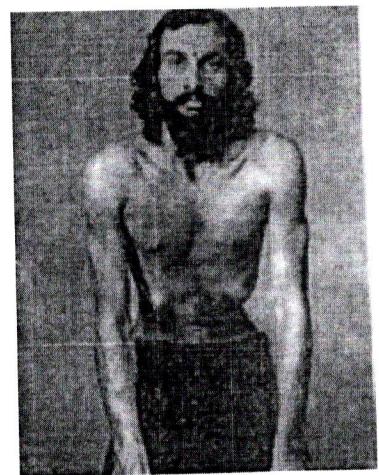
EXERCISE 'D' : Repeat the exercise 'B', with the left arm.



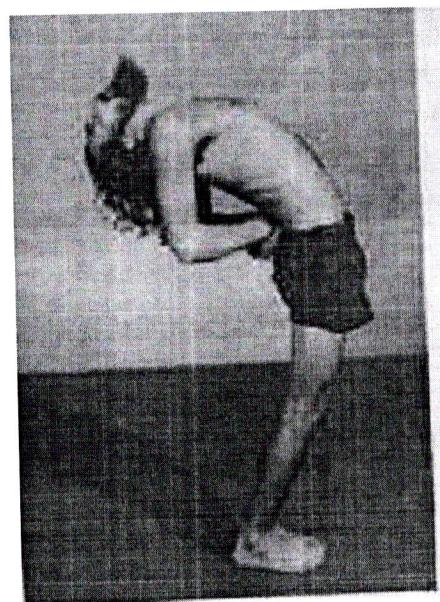
EXERCISE 'E' : With both hands clenched into fists, let both your arms describe a full upward circle, and exhale with a hissing sound.

EXERCISE 'F' :

The same as exercise 'E' in reverse. This set of exercises tones up the nerves. The arms and hands become more shapely. The entire length of the arm becomes stronger.



34. KATI-SAKTI-VIKASAKA-1



POSTURE 'A' : With your feet together, back straight, clench your right hand to form a fist with the thumb tucked in. Holding it behind your back place your left hand on the right wrist, both in contact with the back.

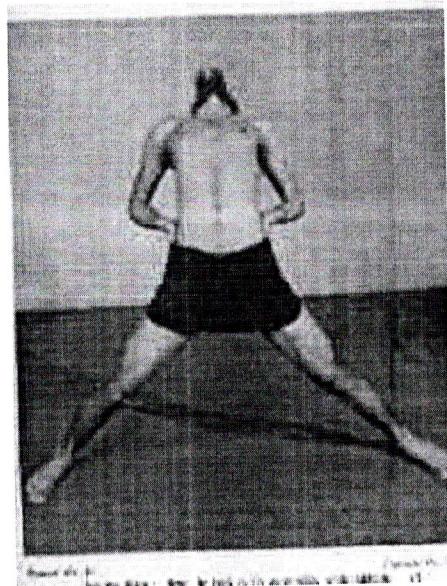
EXERCISE 'A': Breathe deeply through the nose while bending backward as far as you can. Maintain this posture for a few moments. Then, while exhaling,bend forward and try to touch your knees with your head. Repeat this operation several times. Five times to begin with.



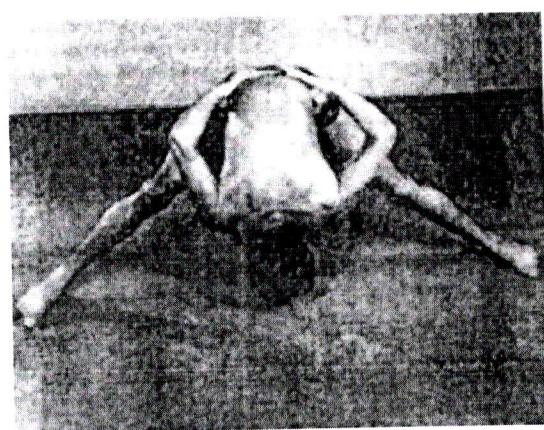
POSTURE 'B' : As above except that the left hand should be formed into a fist with the right hand on the left wrist.

EXERCISE 'B' : As in Exercise 'A'.

35. KATI-SAKTI-VIKASAKA-2

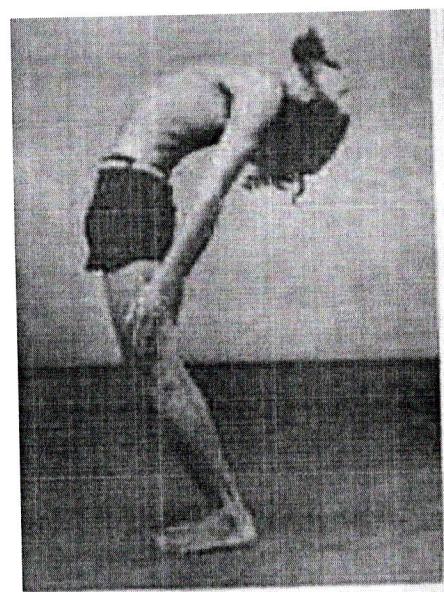


POSTURE : With your legs stretched apart as far as possible. Arms on hips, keeping the fingers to the rear, and the thumbs in front.



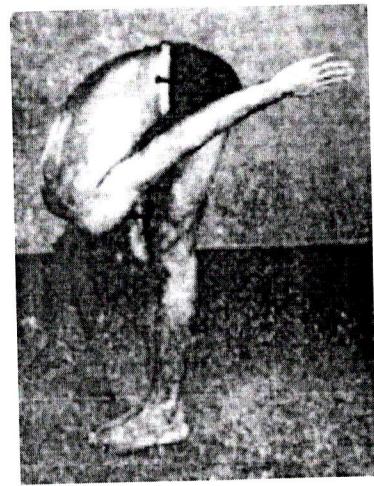
EXERCISE: Inhaling, bend back from the waist as far as you can go. Maintain this posture for some time. Then, while bending forward to touch the ground with your head, exhale gradually. Five times to begin with.

36. KATI-SAKTI-VIKASAKA-3

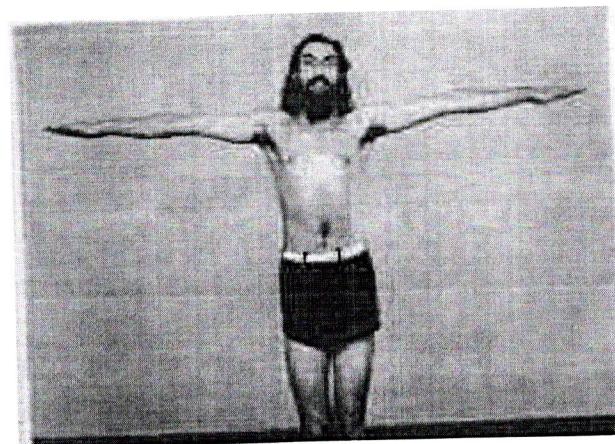


POSTURE : With your feet together, stand erect.

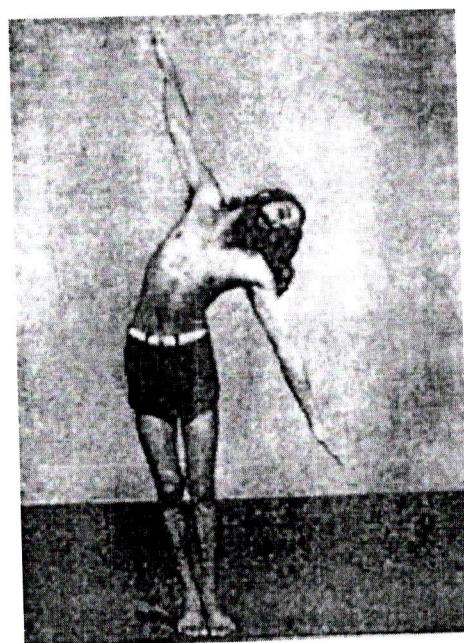
EXERCISE : Inhaling, bend back with a jerk as far as you can. Exhaling, bend forward with a jerk trying to touch your knees with your head. Take care that during this exercise your hand do not touch your thighs or your knees.



37. KATI-SAKTI-VIKASAKA-4



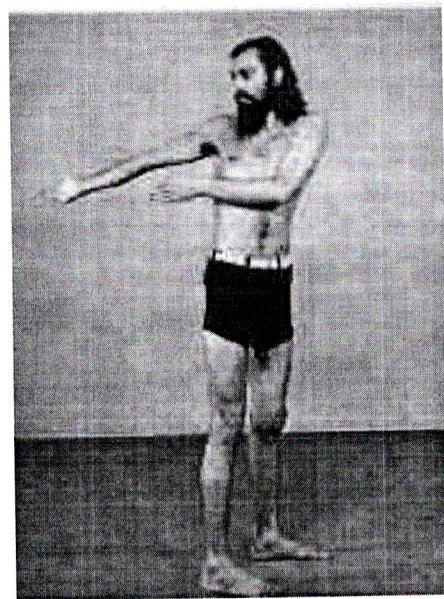
POSTURE : With your feet together, stand erect with your arms stretched out sideways.



EXERCISE : With your arms spread out, bend the trunk to your left, as

far as you can and return slowly to the normal position. Then bend towards your right. Five times to begin with. While doing this exercise, particular care should be taken to see that your arms do not move up or down and that the trunk does not bend forward or backward. At the same time while bending to right or left you must stretch so that the hand touches the calf. Repeat the exercise with your feet two feet apart. Five times to begin with.

38. KATI-SAKTI-VIKASAKA-5



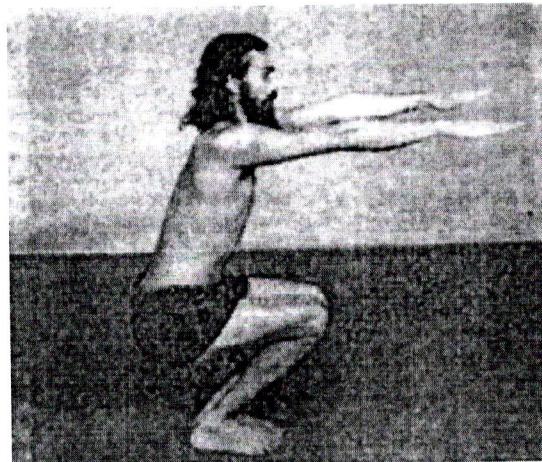
POSTURE : Stand with your feet two feet apart.

EXERCISE : While inhaling quickly, swing the trunk and the outstretched arms to describe a semi-circle to the right and exhale. Repeat the process, this time exhaling with the trunk turned to the left. Repeat this operation ten times to begin with. The five exercises for the back make it supple and symmetrical. Regular practice removes all minor deformities of the back. Men and women under twenty-five can add to their height, while those between twenty-five and thirty will also find themselves taller than when they started. It is a boon for short persons. These exercises are specially good for strengthening the back. Artists, actors and actresses will find them of great help. A short course of these exercise will add several inches to the chest and take away many more from a flabby, back, while regular practice will make the body symmetrical and strong.

43. JANGHA-SAKTI-VIKASAKA-2

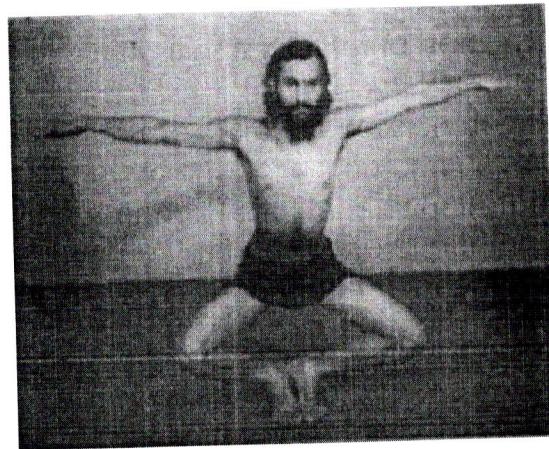
POSTURE 'A' With the feet together, stand erect.

EXERCISE 'A' : Inhaling through the nose bend your knees gradually, with your arms held out before you parallel to the ground. Stop when your thighs are parallel to the ground and try to maintain this position as long as you can. Take care to prevent the heels or the toes from rising from the ground. The knees must be together. Then begin to rise gradually, while exhaling. If in the beginning you find it difficult to hold your breath while doing this exercise, you can breathe normally, until, with sufficient practice, you can hold your breath.

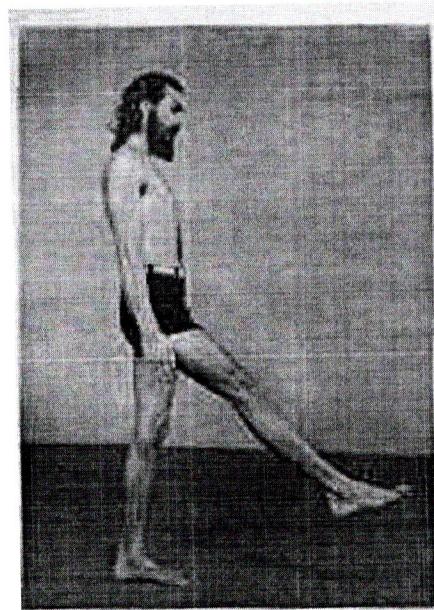


POSTURE 'B':With your feet together, heels raised, body erect, spread your arms sideways, throwing your entire weight on the toes.

EXERCISE 'B' : Breathing in and spreading you knees apart bend your knees but without sitting on your heels. While in this position, hold your breath as long as you can. While rising exhale slowly, Breathe normally to begin with, if it is difficult to hold your breath. five times to begin with. These exercise develop the thighs and make them shapely. You can cover long distances without tiring. Thin limbs acquire healthy flesh, while flabby ones get rid of the superfluous flesh. Within a very short time benefits of a lasting nature are noticed.



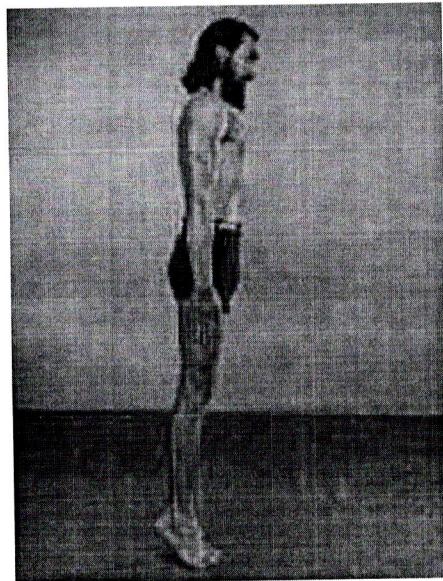
44. JANU-SAKTHI-VIKASAKA



POSTURE : With the feet together stand erect.

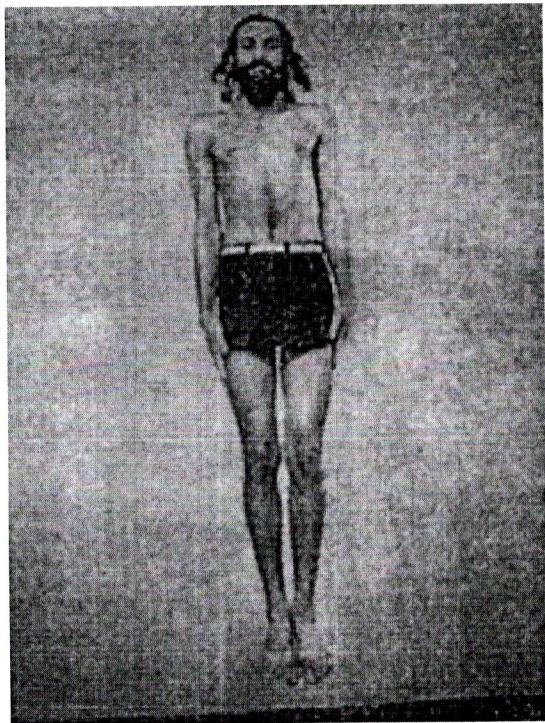
EXERCISE : Raise your foot forward with a jerk of the knee and then raise it backward and repeat while keeping the upper part of your body in the same erect position. After doing this exercise with one leg, repeat it with the other. When taking your leg back, the heel must touch the buttock. Ten times to begin with. This exercise is good for rheumatic condition of the knees as it improves the circulation of blood in the region. It is particularly efficacious for football players.

46. PADA-MULA-SAKTI-



POSTURE : Stand on your toes, body erect and relaxed.

EXERCISE 'A' : Throwing the weight of your body on the toes, raise and lower your body in a spring like motion. The heels and toes should be together throughout. 25 times to begin with.

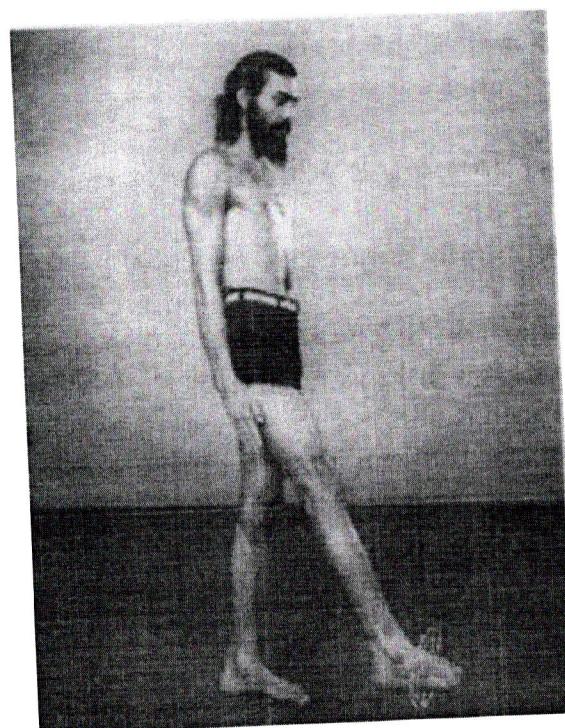


EXERCISE 'B' : Balancing on the toes, jump up as high as you can, coming down on the toes. During this operation the toes should be used to maximum effect. Care should also be taken to maintain the original position of contact between the heels and the toes, and to bring them down on the spot from which you jumped. 25 times to begin with. These exercises give the calves strength and symmetry, rheumatic conditions are cured. The calves become firm and the soles of the feet strong.

47. GULPHA-PADA-PRSTHA-PADA-TALA-SAKTI-VIKASAKA

POSTURE : With the feet together, stand erect.

EXERCISE : Stretching forward one foot and holding it about 9 inches off the ground, describe a circle first from right to left, then from left to right, with the ankle. Repeat with the other foot. Ten times to begin with. The exercise relieves rheumatism of the ankles and strengthens the toes and the feet.



2. HRD-GATI (INJANA-DAUDA—THE LOCOMOTIVE EXERCISE):

This exercise has been named the Locomotive Exercise because the movement resembles that of a locomotive.

Posture: With the feet together and the body erect, bend arms at the elbows as in Exercise No. 13. (Picture No. 80)

Exercise: Running fifty small steps ahead of you on your

116

YOGIC SŪKṢMA VYĀYĀMA

toes, push your arms, forward and backward alternately in a piston movement. The feet, while running, must be thrown back from the knee so as to hit the buttocks. When the right leg is moving forward, the right arm must be thrust out and *vice versa*. Breathing in and out sharply and deeply through the nose will produce the hissing sound of an engine. Having gone forward 50 steps, move backward the same distance with the same movement. Care must be taken to see that the elbow action of the arms, do not go further back than the bony 156/262

This is one of the most wonderful physical exercises which re-vitalises the entire body. The chest expands, the muscles of thighs and the calves are developed. A miraculous cure for the obese who will find themselves of normal size in a very short time. On the other hand thin persons will find their limbs acquire flesh. One has to do this exercise for five minutes to obtain the energy needed to cover 25 miles. It is particularly recommended to those in the army or in the police force, or those interested in athletics, particularly running.

5. SARVĀNGA-PUṢṬI (DEVELOPING THE ENTIRE BODY):

Posture: With your feet as wide apart as possible, form fists with the thumbs tucked in. Then with one wrist upon the other, bend towards the ankle of the right leg. (Picture No. 83)

Exercise: Inhaling through the nose, raise the arms backward and forward (Picture No. 84) describing a circle with the trunk and bring them down towards the left ankle. Inhale when coming down and exhale while rising. This exercise is to be done very slowly.

The body becomes supple and strong; stiff backs are cured. The tuberculous can derive great benefit from this exercise.

