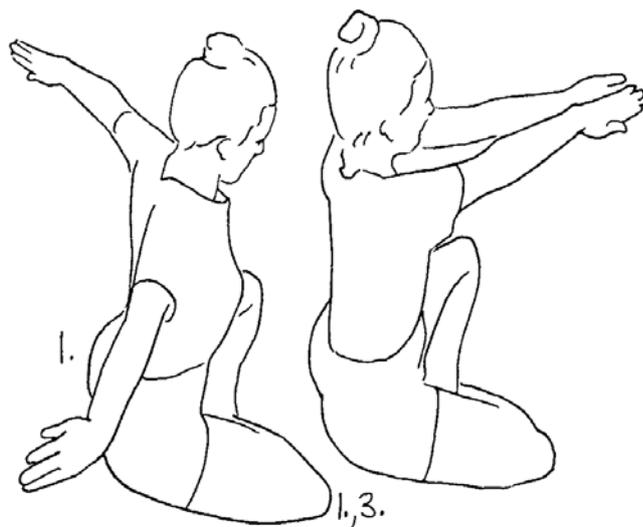


Exercise Set for Upper Body, Neck and Shoulders

1) Come sitting in Easy Pose. Stretch the arms out from the shoulders in front of the body with the hands turned so that the palms remain facing out throughout the exercise (A). From this position bring the arms straight out from the sides of the body (B). In the third position, swing the arms straight out behind the body, extending them as far as possible while keeping the arms straight (C). Then return the arms to the second position, extending out from the sides (D) and repeat the 4- step movement. The mantra to be chanted with the exercise is *Sa-Ta-Na-Ma* corresponding to the A, B, C, and D positions. Continue for 3 minutes.

This exercise works on the muscles of the upper arm.



2) Remain in Easy Pose. Using alternate arms reach straight up and pull straight down fast and powerfully as if ringing church bells in rhythm (A, B). While the arms come down the hands are in fists, thumbs out. As the arms go up the fingers will stretch up and reach to pull down. The arms move in parallel lines 8-12 inches apart. Exhale with each downward movement. Continue for 30 minutes.

3) Repeat exercise 1 for 2 minutes.

4) Still in Easy Pose, sit with the spine straight, arms at your sides. Put your hands in fists on the ground, on the knuckles with the thumbs out. Begin twisting the body from side to side, keeping the head straight. Rotate alternate shoulders forward, inhaling as you twist to the left, exhaling as you twist to the right. After 3 minutes begin chanting *Hum Dum Har Har*, each syllable corresponding to one twist. Continue chanting with the movement for 30 seconds more.

This exercise works to break up calcium deposits as well as adjusting the ribcage and lower vertebra of the neck.

5) Remain in Easy Pose. The arms are extended straight out to the sides and down 30° from the shoulders with the palms up (A). Swing both arms together up over the head and down again as fast as possible (B). The palms do not touch over the head nor do the hands touch the ground. Inhale as the arms come up and exhale as they come down. Continue for 3 minutes. *This exercise strengthens the nervous system and breaks up calcium deposits.*

6) Remain in Easy Pose with the hands on the knees. Lean the head all the way back and begin rolling the head in half circles, first to one shoulder, then back and around to the other shoulder, with a full stretch. Continue for 2 minutes. *This exercise breaks up the calcium deposits in the neck.*

