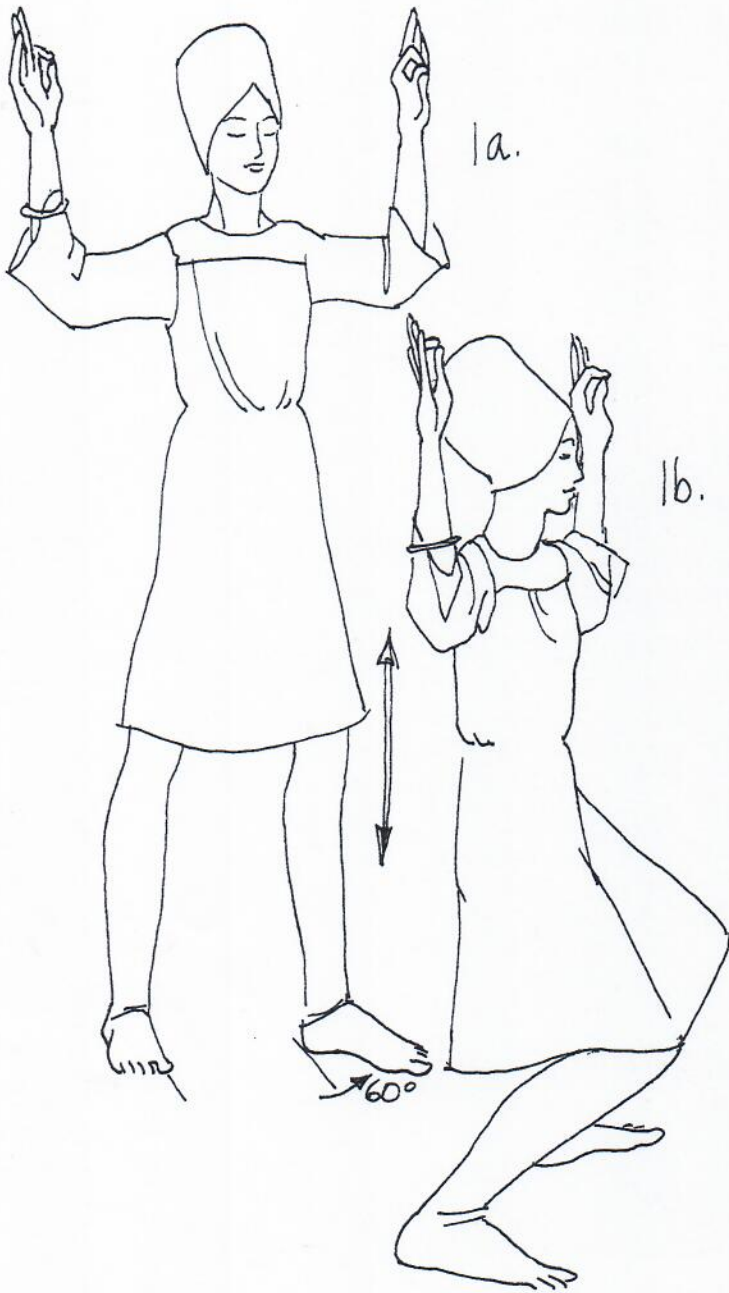


CIRCULATORY AND STRUCTURAL SYSTEMS

July 25, 1977



1) Stand up straight with the feet 18 inches apart; the right foot pointing straight, and the left turned out at a 60° angle from the mid-line. The arms are up at the sides at 90° angles and the hands are in gyan mudra (tip of index finger is under tip of thumb, the two forming a circle and the remaining fingers straight and their sides touching) (1a). In this position, begin lowering the torso very slowly keeping the back straight. The knees will open wide and the heels will stay on the ground (1b), then raise the body back to standing position (1a). Change to the alternate position of the feet each time the body is lowered.

Rhythm: 10 seconds for downward and 10 seconds for upward movement.

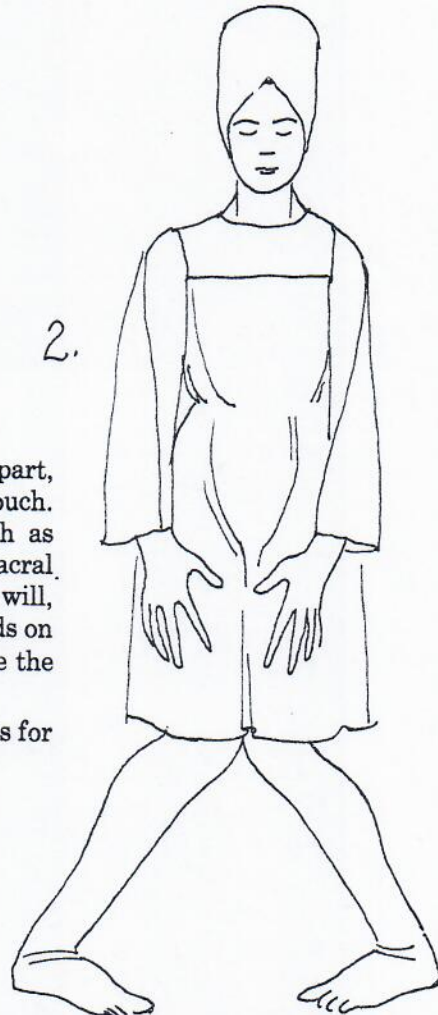
Time: 5-10 times on each side.

This exercise stretches the sciatic nerve. A woman who does not stretch this nerve cannot live as a woman. This is where the pain of a woman can lie such that even doctors find it difficult to relieve. In addition, the hip bone is stretched and the back becomes wider just as in the birth process.

2) In a standing position with the feet 18 inches apart, bring the knees and thighs together so they touch. The feet should also be turned inward as much as possible. Lower the torso by trying to direct the sacral area down but keeping the back straight. (There will, however, be some bend in the back.) Rest the hands on the upper thighs and keep the head up, then raise the body back to standing position.

Rhythm: 10 seconds for downward and 10 seconds for upward movement.

Time: 3 minutes.



3) Stand up straight with the legs spread three feet apart; the right leg in front, the left leg in back and the feet pointing forward (3a). Slowly bend from the waist and stretch forward, extending the arms straight toward the left toes. Keep the legs straight and bend down until the hands are a few inches in front of the toes (3b).

Time: Hold 3 minutes on each side.

This exercise will never let you grow old. It has an effect of correcting a shallow heartbeat when a woman becomes upset.

4) Stand straight with the heels together and toes apart. The arms are up at the sides at 90° angles, hands in gyan mudra. Slowly bring the torso down towards the ground keeping the feet flat on the ground and the back straight. Continue until the body is in a squatting position; buttocks a few inches off the ground. Then slowly bring the torso back up to a standing position.

Rhythm: 10-15 seconds for downward and 10-15 seconds for upward movement.

Time: 3 minutes. **Relax:** 10 minutes.

