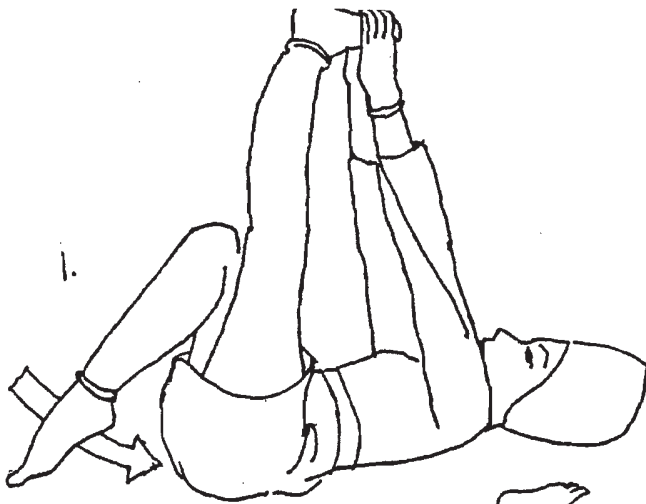
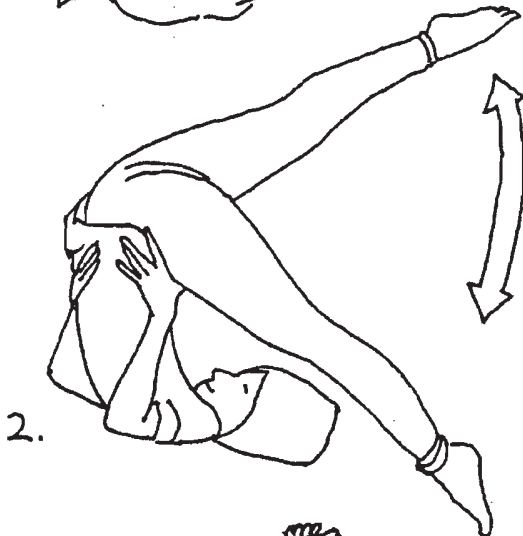


## CREATIVE ENERGY KRIYA



1) Lie flat on the back and raise the left leg as far as possible. Keeping the leg straight, reach up and grab the ball of the left foot. If this is not possible, grab the ankle or the calf, keeping the leg straight. In this position, begin vigorously kicking the buttocks with the right heel. Continue for 2 - 3 minutes, switch sides and repeat.



2) Come up into shoulder stand with the weight resting on the elbows. Lower the left leg to the ground over the head. While raising the left leg, lower the right leg. Continue to raise and lower alternate legs in this scissor motion for 2 - 3 minutes.



3) Sit up with the legs straight and spread wide apart. Grasp the big toe of each foot with the same hand. Stretch to bring the forehead down to the left knee, then to the right knee, and then to the center. Maintaining a rapid pace, continue this left, right, center sequence for 2 - 3 minutes.

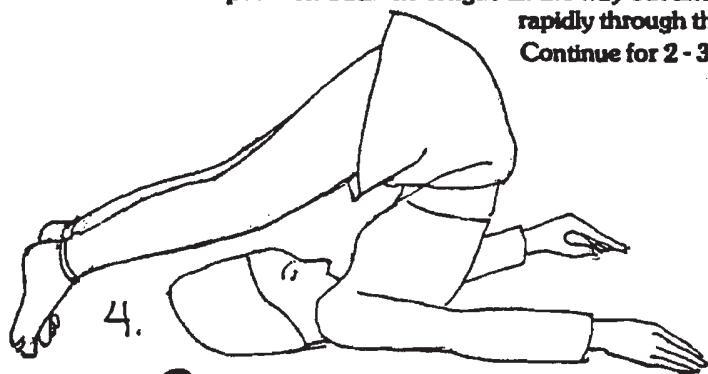


4) Lie flat on the back. Lift the legs over the head into plow pose, then return them to the floor. Continue this motion 2 - 3 minutes.

*Ladies will benefit from doing this exercise every day.*



5) Lie flat on the stomach with the chin point on the ground. Make fists of the hands and fit them into the area beside the groin. Point the toes and press on the fists while raising the legs as high off the ground as possible into locust pose. Keep the legs straight and hold this position for three minutes.



6) Lie flat on the stomach with the heels touching. Keeping the arms relaxed by the sides, arch up and raise the head and chest off the ground as much as possible. Stick the tongue all the way out and breathe rapidly through the mouth. Continue for 2 - 3 minutes.



7) Continue the breath described above and put the hands down to support the upper body, coming into cobra pose. Bend the knees bringing the feet toward the head. Arch the back, trying to touch the head to the toes. Continue for 2 - 3 minutes.

8) Remaining on the stomach, grab the ankles and arch up into bow pose. Bend the neck to touch the left ear to the left shoulder. Hold for 45 seconds. Change so that the right ear touches the right shoulder. Hold for 45 seconds.

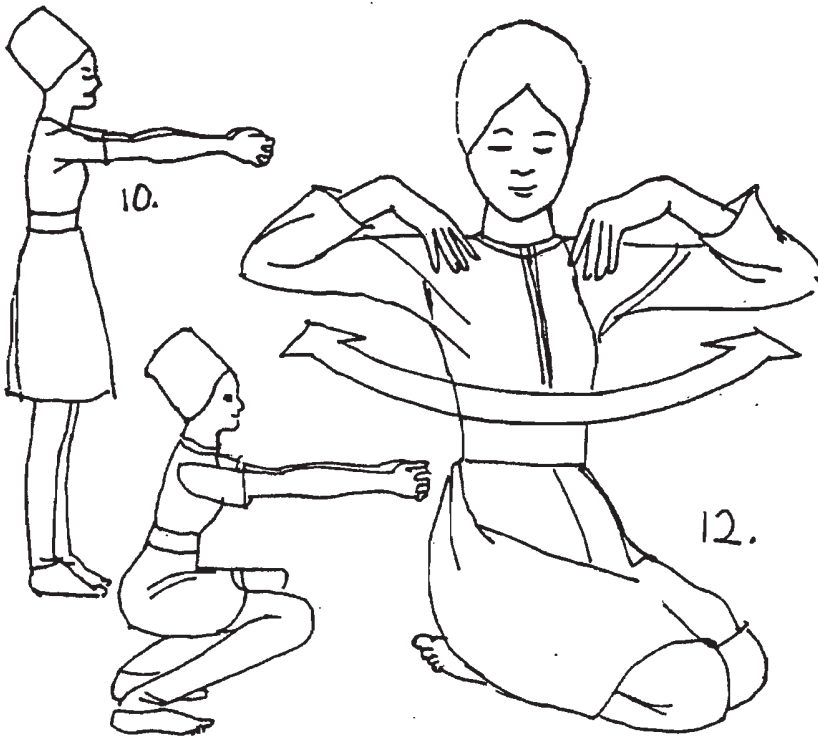
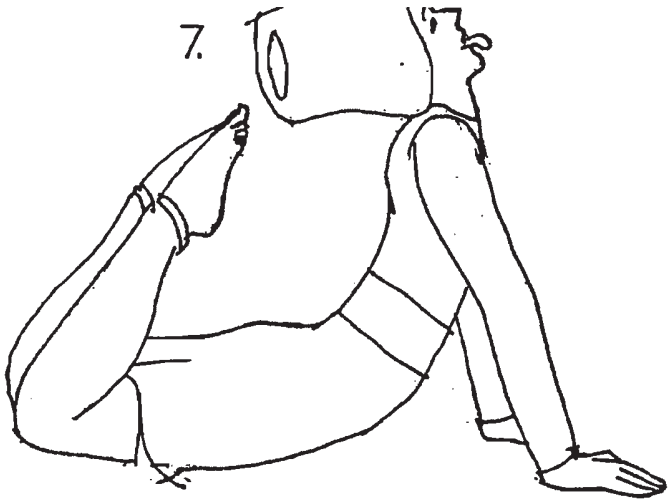
*This is a good exercise for people who may have hypoglycemia.*

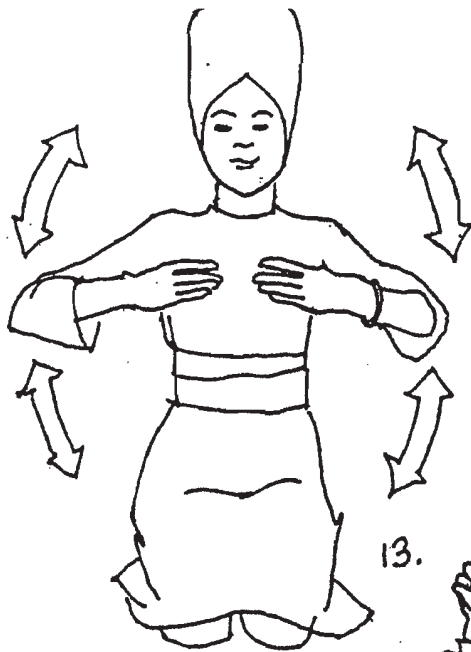
9) Remaining in bow pose with head straight, rock back and forth for 1 - 3 minutes.

10) Squat in crow pose, being sure to keep the heels flat on the ground throughout the exercise. Hold the palms together in front of the body with the arms parallel to the ground and the elbows straight. Rise to a standing position on each inhale, and return to crow pose on the exhale. Continue for 2 - 3 minutes.

11) Come into frog pose, slowly raise the buttocks by straightening the legs; return to frog pose. Continue slow frog lifts 2 - 3 minutes, then stand with the legs straight and bend at the waist so that the torso is parallel to the ground. The arms and head hang down relaxed. Shout continuously and as loud as possible for 2 - 3 minutes.

12) Sit in rock pose. Place the hands on the shoulders with the fingers in front and thumbs in back. Rhythmically twist left and right. Continue for 2 - 3 minutes.





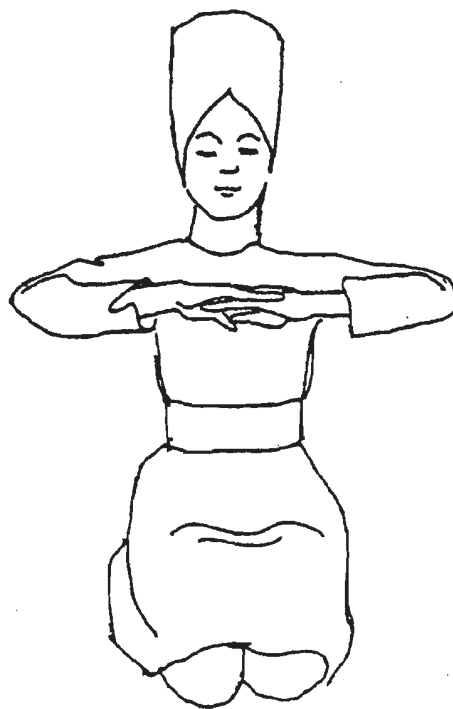
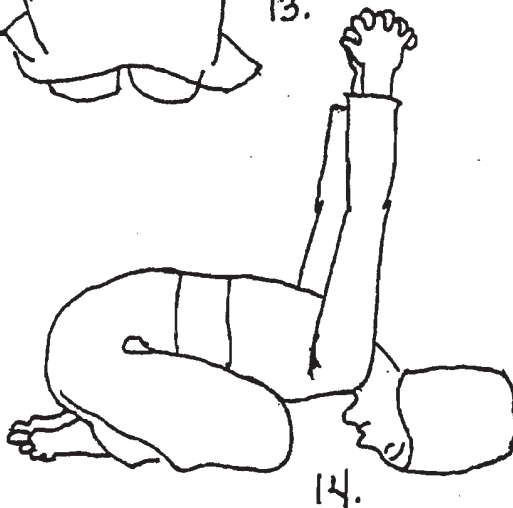
13) Still sitting in rock pose, stick the thumbs into the armpits so that the fingers rest on the chest and are pointing toward each other. Raise and lower the elbows rapidly as if flying. Continue 2 - 3 minutes.

14) Still sitting in rock pose interlace the fingers behind the back. Bring the forehead to the floor and raise the arms up as high as possible into yoga mudra. Keep the arms straight. Breathe long and deep for 2 - 3 minutes.

15) Still sitting in rock pose, raise the arms up so that they are parallel to the floor and bend them 90 degrees, so that the right hand presses down on the left hand and the left hand pushes up on the right. Both palms face down. Maintain maximum tension for two to three minutes.

16) Still sitting in rock pose, open the hands, fingers spread. Stretch the arms out in front parallel to the ground. Then using alternate hands make a grasping movement and pull toward the heart center with great tension as if pulling a 200 pound weight. Continue alternately stretching, grasping, and pulling with maximum tension for 2 - 3 minutes.

17) Sit in easy pose. Clap the hands in front of the chest with the elbows straight and arms parallel to the floor. Immediately bring the arms out to the sides with the wrists bent back 90 degrees, arms still straight and parallel to the floor. Then bend the arms to clap behind the head, keeping the elbows stretched back as far as possible and finally clap behind the small of the back. Clap with maximum force and as loudly as possible. Continue rhythmically and rapidly in four counts for 2 - 3 minutes.



18) Sit in full lotus or easy pose. Place the fists on the ground close to the body. Raise and drop the buttocks 25 - 30 times. If sitting in easy pose, take care to use the arms only to lift off the ground.

19) Sit on the right heel with the left leg straight and toe pointed. Place the palms on the ground near the buttocks. Raise the leg up to a 60 degree angle. (Avoid leaning back.) Hold one minute. Switch and hold one minute. Raise both legs up to 60 degrees. Hold one minute more.

20) Sit in easy pose with the hands resting on the knees. Rotate the waist, grinding deeply in a counter-clockwise direction. Change direction. Do this exercise for a total of 2 - 3 minutes.

