



**Mudra:** Sit on your heels with a straight spine. Stretch the arms straight out in front, parallel to the ground. The palms are flat and facing the ground, fingers pointing straight forward. The arms will be shoulder-width apart.

**Movement:** Alternate between (a) and (b) in the following way:

Begin in position (a)

- Aadays* (b) Raise the arms up to 60 degrees
- Tisai* (a) Bring the arms parallel to the ground in front
- Aadays* (b) Arms up to 60 degrees
- Aad* (a) Arms straight in front
- Aneel* (b) Arms up to 60 degrees
- Anaad* (a) Arms straight in front
- Anaahat* (b) Arms up to 60 degrees
- Jug-jug* (a) Arms straight in front
- Ayko* (b) Arms up to 60 degrees
- Vays* (a) Arms straight in front



a



b

Continue, keeping the hands and elbows held straight out firmly, and with no bend, fingers pointing straight forward, chin pulled slightly in, and spine straight. This is done in a precise beat, done with a projection of strength.

**Mantra:** *Aadays tisai aadays, aad aneel anaad anaahat, jug jug ayko vays*. This mantra is spoken in a continuous monotone. Each word is spoken individually, with a slight pause between each word, except “*jug jug*” — which is run together as one word. Speak from the navel point.

**Eyes:** Tip of the nose.

**Time:** Done in class for about 23-1/2 minutes

**End:** Inhale deeply, stretch the spine, and hold for 10 seconds.

**Exhale.** Repeat one more time. Relax.

