



Part I

Posture: Easy Sitting Pose

Eyes: Closed

Breath: Cobra Breath—inhale through the nose and exhale through the nose. Create a hissing sound through the nose with a powerful exhale.

Mudra: Ravi Mudra, tip of the thumb and tip of the ring finger are together

Movement: To begin, the elbows are tucked into the body and the palms are up and facing the body in Ravi Mudra. Inhale the arms up as the mantra repeats *Sat Nam, Sat Nam* and exhale, lowering the arms as the mantra repeats *Wahe Guru, Wahe Guru*. Move in rhythm with the music, slowing lifting and lowering the arms, breathing deeply.

Music: unspecified

Time: 11 Minutes

Part II

Continue the movement and the mudra but begin chanting with the music. 11 Minutes

To End: Inhale deeply, suspend the breath and pull the locks, exhale. Repeat twice more and relax.

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