



1. Sit in Easy Pose, raise the arms up level to your face with bent elbows and begin shaking the whole body. It should be an inward body massage. Every muscle and fiber must shake. Arms, body and head should be moving. Create your own rhythm and style. You should be generating some heat. 15 minutes.

This will release toxins from your muscles. When people get confined in a 4x4 foot cell, this is the only exercise that they can do. Get wild. Shake like an earthquake. It would take 20 hours of massage to get to this point. Cheeks should get red. You must come to the dead end of tiredness.

2. Come standing up straight. Shake your hips from side to side by bending your knees alternately. Feet can either stay on the ground and your hands can dangle loosely or really twist your hips and jump in the air while pumping your arms. 8 minutes.

Make it an energetic dance. Your thigh muscles should sweat. Gets rid of all the toxins, all the dirty fat, all the tissue deposits. This will get out all the old anger in your body.

3. In Easy Pose, extend your arms straight over your head with your palms together, arms against your ears. Twist your body left and right. 4 minutes. It is a triangular move and, if done powerfully, it will release your shoulders.

4. On your hands and knees, lift your left leg straight out behind you. Then touch your forehead to the ground and come back up, like push-ups. 52 times.

5. Come standing on your knees and bend back into Camel Pose, resting your hands on your heels. Then straighten back up onto your knees. 55 times.





6. Lie down flat on your back.

a) Lift your knees up to your chest and place your hands under your hips. You may elevate your hips with your hands slightly, in order to get your knees to your chest.

b) Swing your legs straight out.

c) Then raise the legs up to 90 degrees. Then bring your knees back to your chest. 108 times.

It is the movement of the Pavanmuktasana, where the prana is controlled by will.

7. Lie down flat and put both your hands over your heart and relax. Raise your torso up and bring your forehead to your knees and then relax back down on your back. 26 times.

8. Lie down flat on your back for a gong meditation. 8 minutes.

You will become weightless and enjoy it. Relax.

Comments: Woman only has two problems—locked up pelvis and locked shoulders—otherwise perfect. This is to tune-up the nerves. If the nerves are not tuned-up how are you going to stand the pressure of time?

