



1) Rock back and froth in Bow Pose, while rhythmically and musically chanting for 6 minutes.

Har, Har, Har, Har Gobinday
Har, Har, Har, Har Mukanday
Har, Har, Har, Har Udaaray
Har, Har, Har, Har Apaaray
Har, Har, Har, Har Hareeung
Har, Har, Har, Har Kareeung
Har, Har, Har, Har Nirnaamay
Har, Har, Har, Har Akaamay



2) Lie on the back, bend the knees and grab the ankles. Keeping your feet flat on the ground, raise and lower the pelvis. Chant Har as you lift up and chant Har as you lie back on the ground. Move rapidly. 2 minutes.



3) Raise the arms over the head but do not let the hands touch. Revolve the upper body counter-clockwise from the base of the spine. Close the eyes and move as if you are in ecstasy. Chant along with Ardas Bhaee tape (Yogi Bhajan used the version known as Healing Sounds of the Ancients #5). 4 minutes.





4) Stand up with hands overhead, but not clasped. Keep the eyes closed and dance to Ardas Bhaee. 1-1/2 minutes. Continue dancing. Each time you hear Saahee Sahee bend forward, touch the ground, and rise up again to dance. 2 minutes.



5) Run in place as fast as you can. Move your arms as you run. 2-1/2 minutes.

6) Lie down and repeat exercise #1 for 2-1/2 minutes.

7) Repeat exercise #2 for 30 seconds.



8) Sit up in Easy Pose with hands on the knees. Revolve the torso counter-clockwise. 30 seconds.

9) Get into Baby Pose and sleep. 7 minutes.

