



1. Sit in Easy Pose. With the fingers relaxed and open, use your thumbs to massage the ear mound, the flap that attaches to the cheek. 1 Minute.
2. Reach your hands up over your head and interlock your fingers. Stretch up as you move your body in an upward spiral from the base of the spine. Feel like you are going upward, keeping your elbows and spine straight. This spiral must stretch your spine up half an inch, minimum. 4 1/2 Minutes.
3. Stay in the same position and make three spirals upward and then bend forward, stretching your arms along the ground, touching your forehead to the floor. Keep your elbows straight. Rise up and repeat the entire motion, continuing for 3 1/2 Minutes.
4. Lie down on your back with your hands by your sides. Raise your arms and legs up so that you are balanced on your pelvic bone. Focus your eyes on the tips of your toes. Pump your navel without breath of fire. 5 Minutes.
5. Repeat exercise two, making 52 spirals.





6. Stretch your arms overhead, open your fingers up, and shake your hands vigorously. Shake so that your whole body shakes. This will break up the toxin patterns in the body. 1 1/2 Minutes.

7. Frog Pose. 52 times.

8. Sit on your heels with the arms stretched overhead and the fingers interlocked. Bow your forehead to the ground and rise back up. 108 times. Move to the rhythm of Ragi Sat Nam Singh's Jaap Sahib.

9. Sit up straight, cross your hands over your heart. Listen to Ragi Sat Nam Singh's Jaap Sahib. 13 Minutes.

10. Sing along with Chattr Chakkr Vartee by Pritpal Singh. Sing from your heart. This mantra takes fear out of your life. 6 Minutes.

