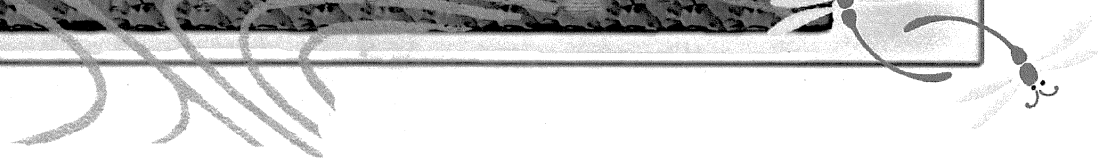


FOUNTAIN OF YOUTH

KUNDALINI YOGA AS TAUGHT BY YOGI BHAJAN



The Fountain of Youth

Kundalini Yoga as taught by Yogi Bhajan

All love and gratitude to Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogi Ji who has dedicated his life to serving and uplifting others. His kindness, generosity, spirit, and vast human potential continue to inspire us all.

Though these sets were originally taught to Women's Camp, Yogi Bhajan said that anyone could practice them and reap the benefits.

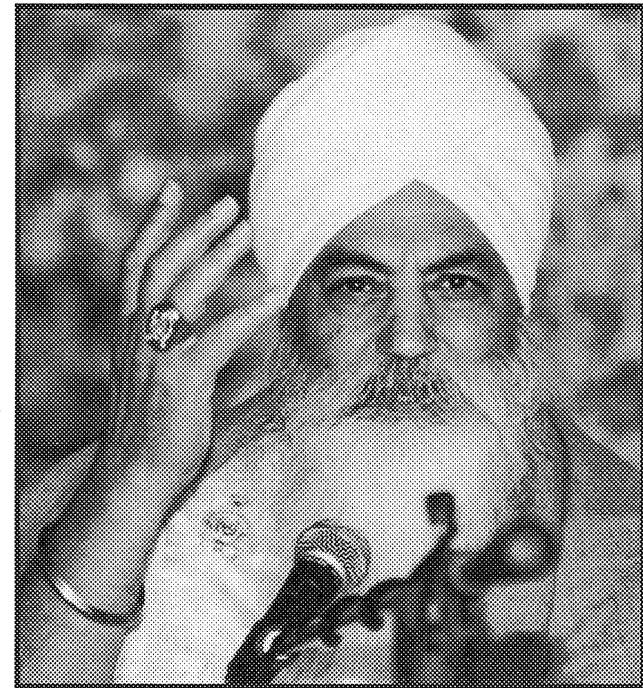
The comments on the exercises in this manual are all direct quotes of Yogi Bhajan from the classes in which these yoga sets were originally taught.

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Kundalini Research Institute

"This Seal of Approval is granted only to those products which have been approved through the KRI Review process for accuracy and integrity of those portions which embody the technology of Kundalini Yoga and 3HO Lifestyle as taught by Yogi Bhajan"



*Body is the shell experience. Mind is the perpetual experience.
Soul is the real experience.*

- Yogi Bhajan

Published by 3HO Women
PO Box 2337
Española, NM 87532
Phone: 505-367-1302
www.women.3ho.org

Yogi Bajan & Women's Camp

YOGI BHAJAN

Yogi Bajan, Master of Kundalini Yoga and the Mahan Tantric, has dedicated his life to uplifting the consciousness of humanity and bringing happiness to individuals through the technology of Kundalini Yoga, the "Yoga of Awareness." He established the 3HO Foundation - Healthy, Happy, Holy Organization - in 1969 for disseminating these priceless teachings. Yogi Bajan has traveled throughout the world teaching and lecturing in major universities, colleges and institutions. As a Spiritual Teacher, his goal is to train other teachers, not to create disciples. Today thousands of people share and practice his teachings in many countries all over the world.

WOMEN'S CAMP

Yogi Bajan has long been a standard bearer of the woman's cause. From the moment he landed in the United States in 1969 and saw women being referred to as "chicks", he took it on as his mission to transform these "chicks" into "eagles". His mission was to raise women to their rightful status. He referred to women as nothing less than "The Grace of God."

In 1976 Yogi Bajan started an annual Women's Training Camp, where women would come together from all walks of life and learn the values of Grace and Nobility and to lean on their own strength and power. The root of his message to women is that they have the power to change the world. Through example in their communities and values gifted to the future generations by raising consciousness. These elevated individuals will impact the planet.

"The noble woman is the goddess which Almighty God worships. It is the altar to which God bows. It is the grace which produces God's soul. It is the ultimate infinity of all virtues. It is the power of all kindness and blessing of God, and the noble woman is the essence of all prayers. What else do you want? I have said it all."
- Yogi Bajan

The tradition of Women's Camp continues to this day. 28 years of Yogi Bajan's teaching at Women's Camp has created a huge collection of teachings for womanhood, pregnancy and motherhood. His Kundalini Yoga technology, pearls of wisdom, humor and plain common sense, continue to impact and inspire women all around the world.

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Don't just become conscious or be conscious. Test everything on consciousness. That is the job of a very elevated person. Whatever you say he can compute consciously. That's a yogi. If you really want to know what a yogi is, then listen. Everything I have read in books about yogis, and who the yogis are, I do not agree with.

A yogi is a living person who can compute everything, good and bad, said and unsaid, through the consciousness. That's the true definition of a yogi.

Consciousness is the power. It is the power of all powers, the most ultimate power. If a yogi is a yogi, he can compute everything through the scope of consciousness. I call it the "conscious scope." Look at everything through the conscious scope.

- Yogi Bhajan

General Information

KUNDALINI YOGA

Kundalini Yoga, the Yoga of Awareness, consists of simple yogic techniques that can be enjoyed by everyone, no matter his or her age or physical ability. It is a complete science that includes breath (pranayam), yoga postures (asanas), sound, chanting (mantra) and meditation. It is designed to provide you with the experience of your highest consciousness through the raising of your Kundalini. The word "kundalini" literally means "the curl of the lock of hair of the beloved." It is a metaphor, a poetic way of describing the flow of energy and consciousness that already exists within each one of us. These practices enable you to merge with, or "yoke" with, the universal Self. This merging of individual consciousness with universal consciousness creates a "divine union" called "yoga."

*Excerpts from the book Kundalini Yoga, the Flow of Eternal Power, Shakti Parwha Kaur Khalsa.

With Kundalini Yoga you can build a healthy body, develop a balanced mind, make contact with your infinity, your innate inner wisdom as well as open the door so that you can exceed your full potential. It gives you the vitality and health that is your birthright. It makes you radiant, peaceful and strong so that you can meet life's challenges and win.

"There is something more in Kundalini Yoga than the exercises you do. It is the flow of energy. The fact is that without having your Kundalini awakened, your soul is not awakened. If your soul is awakened, what else do you need? If you get into the actions that awaken the Kundalini, the nerve of the soul, then this car of yours will be driven or chauffeured by the soul and not by the negative ego. Then you will have found God in you."

- Yogi Bhaijan

MEDITATION

Meditation is the process of controlling and transcending the waves of the mind, allowing the flow of radiance from the soul. It uses the inherent self-sensory system, the mind and the body. Through the use of refined patterns, meditation creates a communication between you and your mind, and between your mind and your body.

FOCUS

During Kundalini Yoga and Meditation it is ideal to keep the focus inward. If it is not specified in a set then the eyes are usually closed. The focus is on the Third Eye or brow point. Focus is also maintained on the body movements, the breath or the mantra.

General Information

BREATH

Pranayam is the science of breath, controlling the movement of prana (breath) through the use of different breathing techniques. With pranayam we expand the first unit, the seed energy. A slight change in this seed vibration can change our entire universe. The mind follows the breath. The key to controlling the mind is in controlling the breath.

SIMPLE NATURAL BREATH

To practice simple natural breathing correctly, the navel point moves: out on the inhale, in and up on the exhale. A natural breath is through the nose. All the breath in this manual, if not indicated, is simple natural breathing.

LONG DEEP BREATHING

Uses the full capacity of the lungs. It starts by filling the abdomen, then expanding the chest, and finally lifting the upper ribs and clavicle. The exhale is the reverse: first the upper deflates, then the middle and finally the abdomen pulls in and up, as the navel point pulls back towards the spine.

BREATH OF FIRE

This breath is very commonly used in Kundalini Yoga. The focus of the energy is at the navel point. The breath is fairly rapid (2 to 3 breaths per second), continuous and powerful with no pause between the inhale and exhale. As you exhale, the air is pushed out by pulling the navel point and abdomen towards the spine. In this motion, the chest area is moderately relaxed. As you inhale, use the forward thrust of the navel point to bring the air into the lungs. This is a very balanced breath with no emphasis on either the exhale or the inhale, and with equal power given to both.

Breath of Fire releases toxins and deposits from the lungs, mucous lining, blood vessels, and other cells. It expands the lungs and increases vital strength and strengthens the nervous system.

SITALI PRANYAM

To practice this breath, curl the tongue into a "U" shape. Inhale through the curled tongue.

Exhale through the nose.

This breath is also used with Breath of Fire and with Segmented Breaths in some kriyas.

General Information

You may notice the tongue tasting bitter at first. This is a sign of detoxification and will pass.

Sitali Pranayam is known to have a powerful cooling and relaxing effect on the body while maintaining alertness. It is known to lower fevers, and aid in digestion.

MUDRA

A mudra is a position of the hands that locks and guides energy flow and reflexes to the brain. The hands are a map of our consciousness, energy and health. The Yogi's mapped out the hand areas and their associated reflexes. Each area of the hand connects to a certain part of the body or brain representing different emotions and behaviors.

Each finger is associated with the energy of a planet.

The energy of the index finger is associated with Jupiter, representing expansion.

The middle finger is associated with Saturn, which represents the task master, the law of karma.

The ring finger is associated with the Sun or Uranus. The Sun represents energy, health, and sexuality. Uranus stands for nervous system strength, intuition and change.

The little finger is symbolized by Mercury for quickness and the mental power of communication.

The thumb relates to the persona of the individual or ego.

MANTRA

The creative projection of the mind through sound. Man = mind, Trang = wave or projection. The science of mantra is based on the knowledge that sound is a form of energy having structure, power and a definite predictable effect on the chakras and the human psyche. The Mantras used in Kundalini Yoga elevate or modify consciousness through their meaning and rhythmical repetition.

ONG NAMO GURU DEV NAMO

Every Kundalini Yoga Class or personal practice begins with the Adi Mantra:

"Ong Namo Guru Dev Namo."

This translates as:

"I bow to the Infinite Creative Consciousness.

I bow to the Divine Wisdom Within."

By reciting this Mantra a link is created between you as a finite personality and you as a flow of the Infinite Consciousness that guides the Kundalini Energy.

RAKHAY RAKHANAAHAR

This mantra is used almost in every set of this manual and is a very powerful Naad. These are the words of Guru Arjan, the 5th Sikh Guru, and are for complete protection. It is from the evening prayer (Rehiraas), which adds energy to one's being, and helps when you are physically weak or have limited wealth.

General Information

Rakhay Rakhanahaar is a victory song which allows us to be guided by God's graceful and merciful hand. It does away with the obstacles to fulfilling one's destiny.

Rakhay rakhanahaar aap ubaaria-an
Gur kee pairee paa-i kaaj savaari-an
Hoaa aap da-iaal manaho na visaari-an
Sadh janaa kai sang bhavajal taari-an
Saakat nindak dusht khin maa-eh bidaari-an
Tis sahib kee tayk Naanak manai maa-eh
Jis simrat sukh ho-i sagalay dukh jaa-eh
Jis simrat sukh ho-i sagalay dukh jaa-eh

The protector who shields all has liberated me.
By falling at the Guru's feet my life is made beautiful.
He is the merciful One who does not forget.
In the company of saints you can cross the ocean of fear.
The worshipper of the world, slanderers and enemies He
destroys.

O Nanak, take refuge with the Lord in your mind.
Remembering Him, you shall have peace and suffering
shall depart.

The original musical version used in these sets is by Singh Kaur and is available at Ancient Healing Ways.
[www. a-healing.com](http://www.a-healing.com)

SA TA NA MA

This is the "Beej Mantra" or Seed Mantra. It expresses the five primal sounds of the Universe. (SSS, MMM, TTT, NNN, and AAA). It is the atomic or Naad form of the mantra Sat Naam. It is used to increase intuition, balance the hemispheres of the brain and to create a destiny for someone when there was none. This mantra describes the continuous cycle of life and creation.

Saa = Infinity, totality of the Cosmos
Taa = Life (birth of form from the Infinity)
Naa = Death (or transformation)
Maa = Rebirth

JAAP SAHIB

Jaap Sahib is a Sikh prayer written by the 10th Sikh Guru, Guru Gobind Singh. It is an extremely powerful chant and the 10th Guru used it to remove all fear from his men and transform them from sparrows to hawks. It is a salutation to limitless God, which instills in one who recites it the concept of having no limits, no boundaries, no fear.

YB message on Jaap Sahib:

It raises the soul and the self of the being. Jaap Sahib gives you the strength of the mind behind every muscle of yours. When your grace, your power, your position is in danger, that is what this baanee (prayer) is given for....this is the way to have spirit.

General Information

CHATTR CHAKKR VARTI

The last four lines of Jaap Sahib. This mantra removes fear, anxiety, depression, and phobias, and brings victory. It instills courage and fearlessness into the fiber of the person. It gives saahibee - control over one's domain - self-command and self-grace. Recite this when your position is endangered or when your authoritative personality is weak.

Chattar chakkar vartee, chattar chakkar bhugatay
Suyambhav subhang, sarab daa sarab jugatay
Dukaalang parnaasee, dayaalang saroopay
Sadaa ang sangay, abhangang bibhootay

Thou art pervading in all 4 corners of the universe,
Thou art the enjoyer in all 4 corners of the universe.
Thou art self-illuminated and united with all.
Destroyer of bad times, embodiment of mercy.
Thou art ever within us.
Thou art the everlasting giver of undestroyable power.

HUM DHAM HAR HAR

This is a celestial mantra that will elevate a person to the status of the angels.

It translates as:

We are the universe brought to the earth.
We are exalted to God.

The music used in this manual is all available at Ancient Healing Ways: www.a-healing.com

GONG

The gong is used frequently in these sets and is a very powerful instrument which can be used for profound meditation and relaxation. The sound of the gong creates a deep relaxation; it releases us from the torrent of thoughts our mind creates, stimulating the glandular system to a higher level of functioning. The gong impacts the body and its meridians. It releases blocks, reducing tension, and stimulates circulation. The result is a re-organization of the emotional energy and feelings that are tied into the body structure. If you do not have a gong, you may try a recorded version of the gong. If that is not available, then a quiet relaxation will do.

General Information

YB message on gong:

Gong is the sound of creation. All sounds and all words have come from it. It is the nucleus of all words. It is the multiple, projective sound to put you through. It is not a drum or a musical instrument. It is God. It is reinforced vibration. It is like a million strings vibrating at once. Only instrument in which you can create the space vibrations - where you can become weightless and soundless and go through it. We use all tools with only one purpose that a person should come to a state of affirmativity. Life becomes yes to you. The word 'no' should be eliminated from your dictionary.

NAPPING

There is a strong emphasis on napping in many of these sets. During the time that Yogi Bhajan taught these classes he promoted the value of napping. He said that one should have the ability to fall asleep instantly by the power of their own mind. Many of the times on the relaxation at the end of class are an hour long. Yogi Bhajan said that it can be anywhere from 11 minutes to 62 minutes.

YB Message on Napping:

You must understand something, the greatest achievement on the part of a person is that he or she can nap at their command. If a person cannot still the mind and go into a deep nap, take it for granted that life is over. Nobody has ever failed because of calamities or adversities or circumstances.

Everybody has failed because they cannot stop your mind when they have to. This mind, which is faster than time and space and can not be measured in any way. It is a very powerful thing. The mind has done to people what you cannot believe. The mind is a funny thing.

LYMPHATIC SYSTEM

There are a lot of sets in here that directly stimulate the lymphatic system. Parts of the lymphatic system are located throughout the body with a concentration of lymph nodes in the groin, armpit, and neck. It serves as a filtration system for the body and kills off bacteria in the lymph nodes. It boosts immunity and keeps the body clear.

CAUTIONARY NOTE

The beauty of Kundalini Yoga is that you do not have to have the flexibility of an acrobat to reap the benefits. Do these exercises to the best of your ability. Listen to your body and do not strain. The instructions in this manual should be used with discretion depending on your ability. Please understand that you undertake these exercises at your own risk.

Self-Care

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

June 30, 1986

When Yogi Bhajan originally taught this set he had the women start with a quick warm up. 2 rounds of the Har Aerobic Kriya.

1. Standing up. Arms are wrapped around the chest crossing in the front. Hands are hugging the back, just under the rib cage. Hold the rib cage as tight as you can. Begin jumping slightly as legs are lifted alternately in front of the body, as if dancing and kicking the legs forward. *It is called walking the miracle mile.*

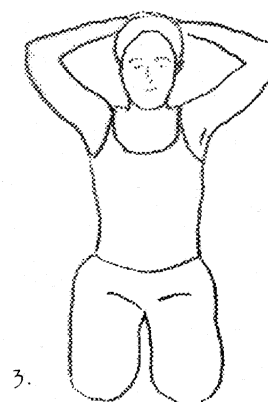
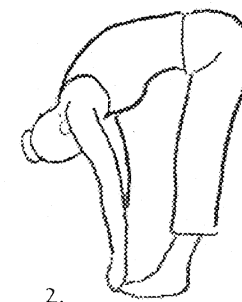
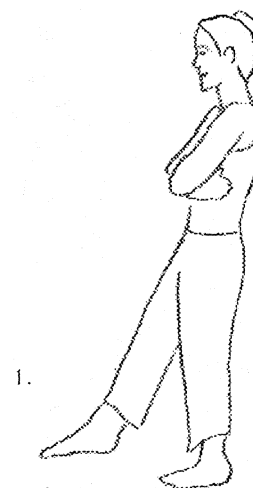
3.5 minutes.

2. Same basic exercise as above but after kicking first one leg and then the other you will bend forward and touch your toes. Then pop back up and kick your legs forward again. Continue alternating both movements.

2 minutes.

3. Sitting on your heels, clasp your hands together and rest them on the top of your head. Rotate your torso around in a circle, moving from the waist. *This will release toxins from your cells that can eventually block your blood flow.*

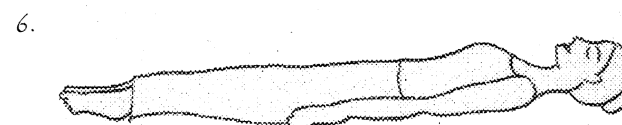
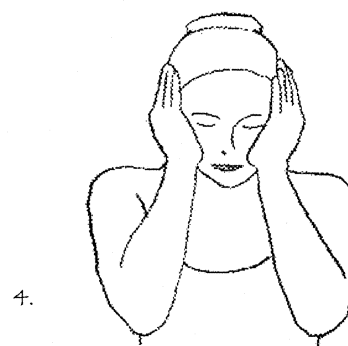
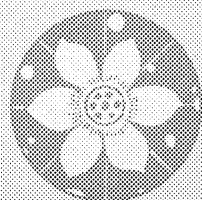
1 minute.



4. Still sitting on your heels, press the palms of your hands just under the cheekbones and lift. It will be the venus mound of your palm pressing up under the cheekbones and should be enough pressure to prevent any speech. Inhale through pursed lips, take deep drinks of air and exhale powerfully through the nose.
2 minutes.

5. Sitting in Easy Pose and using the same breath pattern as in #4, place your hands on the knees and bend at the waist from side to side. Inhale deeply on one side and exhale deeply on the other side.
2 minutes.

6. Lie down flat on your back, with your arms by your side and go to sleep for one hour. Play the music of Rakhay Rakhanahaar. *This music has 8 beats like your heartbeat. You must be able to hypnotize yourself into going to sleep. Relax and let yourself go.*
1 hour.



Notes from Yogi Bhajan

A yogi must be in control of their sleep and should be able to turn on the sleep button at any time. It is called self-hypnosis.

Relieve, Relax & Recharge

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

June 1, 1986

1. Sitting in a comfortable position, like Easy Pose, place the palms on your temples. Breathe long and deep and as you inhale, press your temples with your hands. As you exhale, release the pressure. Continue pressing and releasing the temples with your breath.

4 minutes.

2. Continue in your comfortable seated position and take both your hands and wrap them around both sides of your neck. As you inhale, apply pressure to your neck. As you exhale, release the pressure.

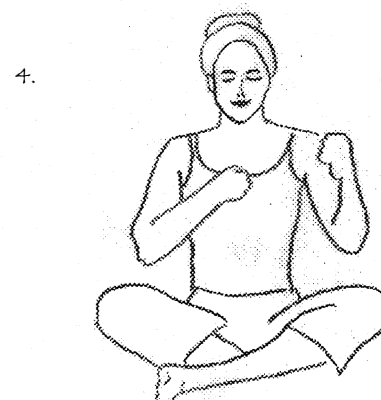
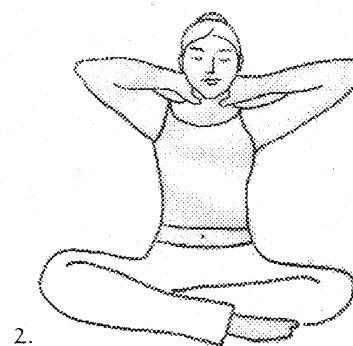
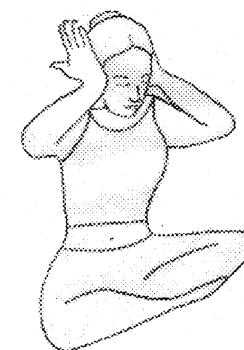
3 minutes.

3. Seated comfortably, place your hands on your waist. Your thumbs will be on your back and your fingers around the front. Thumbs will be at the kidney area and your fingers will be at the liver / gall bladder and spleen area. Apply pressure with the hands as you inhale and release the pressure as you exhale.

2 minutes.

4. Make fists out of your hands and rhythmically pound the upper chest, above the breasts. This is the lymph area you are stimulating and circulating. You will breathe as you strike so it will be a very powerful Breath of Fire.

2 minutes.



5. Now, using your fists, pound the navel point.
Breath of Fire again.

1.5 minutes.

6. Pound, with your fists, the inner and upper thigh. You are sitting in easy pose, so it is the part of the thigh facing up just under your hips. Continue with strong Breath of Fire.

1 minute.

7. Now pound the lower sides of your back in the kidney area. Not very hard, just enough to get it stimulated. Continue with the Breath of Fire.

1 minute.

8. Come into Frog Pose. In a standing position, bring your heels together and turn your feet slightly outward. Squat down keeping your heels off the ground, your fingertips on the ground with your arms in between your spread knees. Straighten your spine as much as possible in this squatting position. Then extend up by straightening your legs. Heels remain off the ground. This should be done with very strong breath, inhaling up and exhaling down.

21 frogs.

9. Come standing straight and raise your arms up over your head. Your hands are locked together in Venus Lock. From here, you will squat down into crow pose and then raise yourself back into the standing position. Hands stay overhead in posture for the exercise.

41 times.

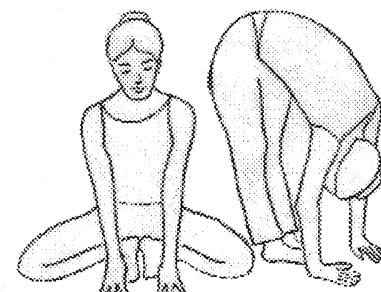
5.



6.



7.



8.



9a.



9b.

10. Come sitting down in Easy Pose and clasp your hands behind your neck. Bring your forehead to the ground and then raise yourself back up.

21 bends.

11. Sit in Easy Pose and cross your arms in front of your chest with your hands locked on your shoulders. Bend at the waist from left to right. Breathing from side to side.

21 times inhale and exhale.

12. Lie down flat on your back with your hands at your sides. You may also put your hands under your hips if you need lower back support. Put your heels together and raise your legs up to a 90 degree angle as you inhale. Bring your legs back down with the exhale.

42 leg lifts.

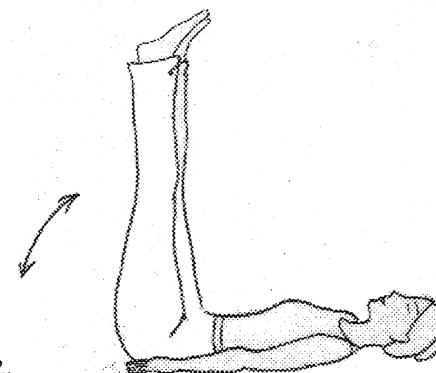
13. Lower your legs down and lie flat on your back. Arms are by your sides. You will hypnotize yourself to fall into a long, deep sleep with the Rakhay Rakhanahaar music. 1 hour.



10.



11.



12.

Notes from Yogi Bhajan

Rakhay Rakhanahaar is the best prayer ever in the combination of sound and words. With it, there is nothing between God and man.

Precious Polarity

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

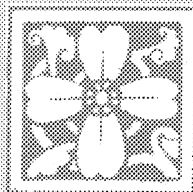
July 3, 1986

1. Pigeon Pose; sit on your right heel with your left leg extended directly behind you along the ground. Bring your forehead to the ground and begin Breath of Fire. 30 seconds.

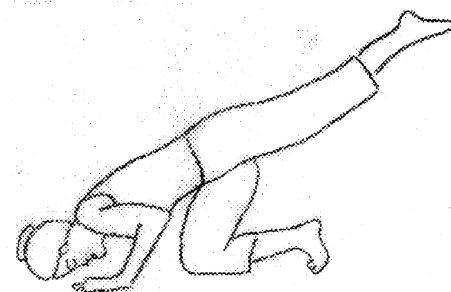
2. On your hands and knees with your forehead to the ground, extend and raise your left leg straight back. Brace your palms on the ground by your head. Steady posture. Sing aloud to Rakhay Rakhanaaar music. *This is a direct way to take care of sciatica - to this kind of prayer God will listen.* 5 minutes each leg.

3. Baby Pose; sit on your heels and keep the forehead on the ground. Hands in Yoga Mudra, raised behind your back. Continue singing to the Rakhay Rakhanaaar music. *The tongue moving involves the central nervous system.* 20 minutes.

3. Corpse pose. Sleep to the sounds of Rakhay Rakhanaaar music. 45 minutes.



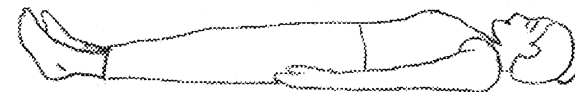
1.



2.



3.



4.

Notes from Yogi Bhajan

Everything has two sides to it. Those who cannot deal with the bad also cannot deal with the good. The higher self and the lower self create the polarity. The higher self, the lower self and the Unseen must meet to complete life. These total yoga postures should be done calmly and quietly. Stimulate the essential areas and then deeply relax.

Bright & Beautiful

Yogi Bhajan's Kundalini Yoga class - Women's Camp

July 13, 1984

1. Lie down on your back, touch the tips of your fingers together but leave the thumb and index fingers open. Arms are arched over the head so that the mudra is over the face. Raise your feet 12 inches from the ground with your heels together and meditate. Do not bend your knees. *This will stretch and adjust your navel and your ovaries. Try to be angry or negative, get into your ego. Meet the stress with stress.*

13 minutes.

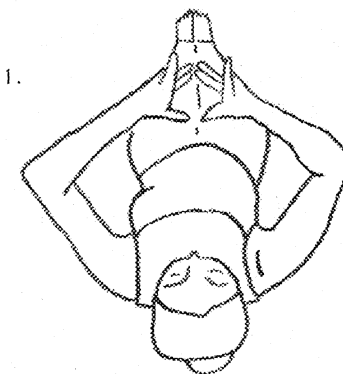
2. Remain on your back and keep your legs elevated. Spread your legs out wide. Move just your feet in circles, rotating at the ankles. Lift your head and tuck your chin into your chest. *Stretch your sciatica. When your chin is in, your mind cannot afford to be negative. Your main system, "nadi" runs through your sciatica.*

2 minutes.

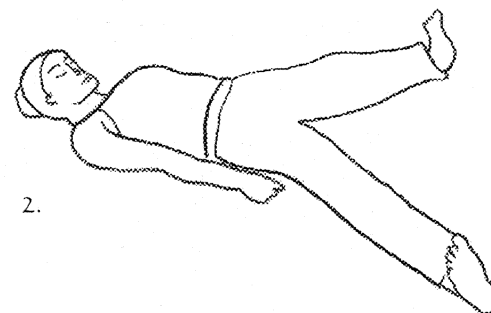
3. Stand up and bend over to grab your ankles. Bring your torso down and try to bring your nose to your knees, keep the legs straight. Hold the position. *A woman should practice to get her nose to her knees, it will be an indicator of her age. Women must master this posture. Try to realize God.*

4. Still in a standing position, bring arms straight overhead, clasp hands together and bend backwards as far as you can. You can modify your posture if you need to. You may bring your arms down and lean them against the backs of your thighs as you are leaning back as far as you can. Head hangs back. *This is directly for the lymph area.*

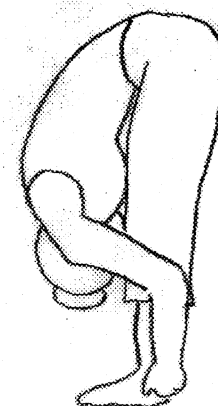
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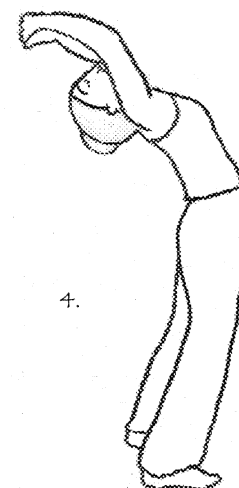
2.



3.



4.



3 minutes.

5. Stand with your hands at your hips and rotate your hips in large circular motions. Alternate directions.

2 minutes.

6. This is a 4 part exercise.

a. Stand with your feet shoulder width apart and clasp your hands over your head.

b. Bend down and touch the right toe with your clasped hands and straighten up.

c. Bend over again and touch the left toe and straighten up.

d. Bend backwards and straighten up again.

2 minutes.

7. Relax on your back with a Gong meditation. Bring all your energy to your navel point - concentrate at the navel point.

8 minutes.

YB gave the following affirmations interspersed with the gong:

I am divine, I am pure, I am powerful.

Concentrate on your Greatness.

Concentrate on your Godliness.

You are a messenger to the earth, you are not the earth.

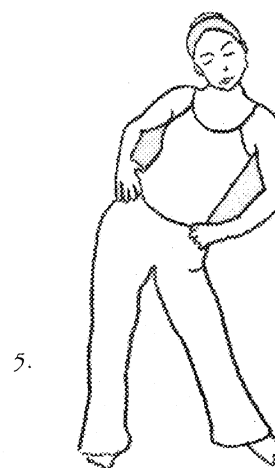
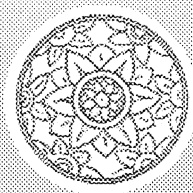
You are God's messenger to the Earth - you are not the dirt.

The love of God is all within you.

The power of God is within you.

The light of God is all within you.

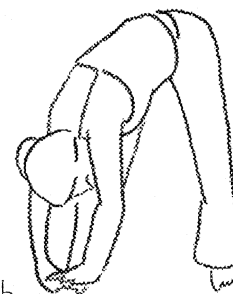
Inhale deep and hold the breath at the navel then let it go.



5.



6a.



6b.



6d.

Notes from Yogi Bhajan

Bring your pure light to the surface. A rotten man can become a rotten man or a great man can become a great man. It is all about how you let the flow of life. Your skeleton, your nerves, your heart and your angle of life has to decide what you are. Do not believe in exploitation. If there is a challenge, beat the challenge. It is hard work which can beat out the hard times.

Forever Young

Yogi Bbajan's Kundalini Yoga Class - Women's Camp

June 26, 1984

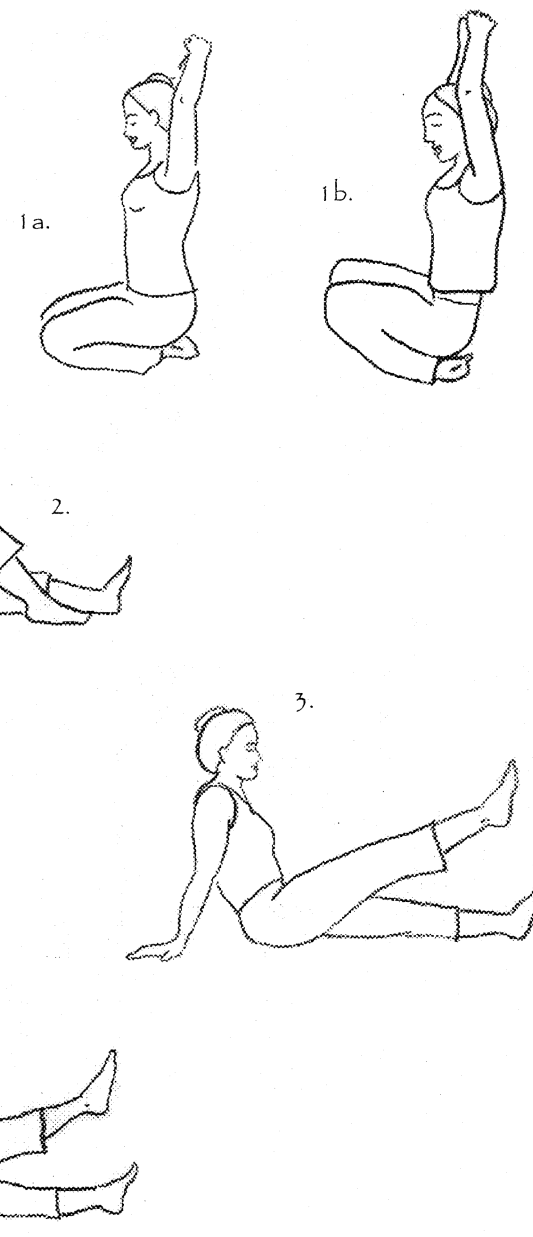
This set should be repeated twice at one sitting.

1. Sit on your heels and arc your hands up over your head, interlace your fingers. Lift your knees up and then put them back down. Repeat. 3 minutes.

2. Stretch your legs straight out in front of you and put your hands on the ground behind you for stability. Alternately lift your knees up and down. Your feet will slide back and forth along the ground. 1 minute.

3. In the same position, raise your legs alternately to 60 degrees. There should be no noise when the legs are brought down. This is a very rapid movement. *This will stop your aging. It will bring your calcium and magnesium into balance. This is sciatica work. This is the inside work to make you healthy.* 3 minutes.

4. Still in the same position, when you raise your left leg, raise your right arm at the same time and vice versa. *This involves brain coordination. It will balance you out.* 3 minutes.



4.

5. This is a 4 part exercise. Start in Crow Pose by squatting on your haunches with your hands on your hips.

a. From Crow pose stand up, hands are still on the hips.

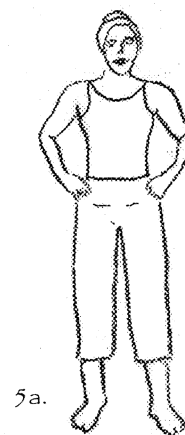
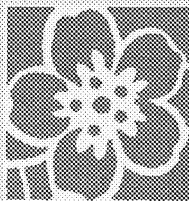
b. Bend over to 90 degrees, hands remain on your hips.

c. Still bending over extend your hands all the way to the ground.

d. Squat back down into crow pose with hands on the hips.

The teacher calls out the numbers of the parts and at first they are done in sequence for the first few minutes. Then the teacher calls out random numbers from 1 - 4 and the appropriate pose is done.

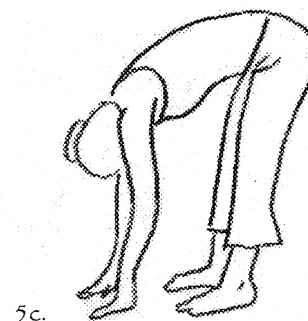
This is to challenge the brain and its coordination.
6 minutes.



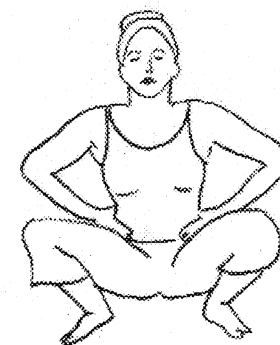
5a.



5b.



5c.



5d.

Notes from Yogi Bhajan

This develops the power of concentration. It works on your brain and can increase your IQ. This will give you an ageless mind and an ageless body.

Strong & True

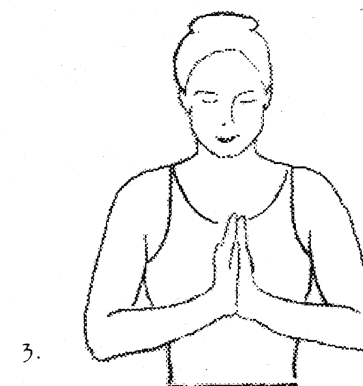
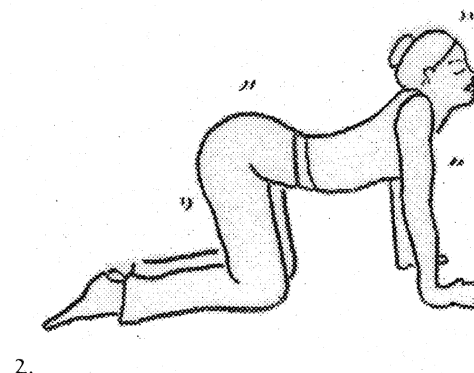
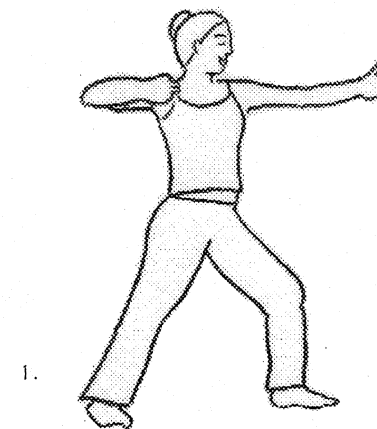
Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 16, 1984

1. Archer Pose. Stand up and step your right leg forward, bending the front knee so that it is over your ankle. Place your left leg straight back with the foot at a 45 degree angle to the front foot. Your torso is turned to the left. Extend your right arm straight out in front of you, over your right leg as if you are holding a bow and arrow. Your hand is in a fist with the thumb pointing up. The left arm is pulled back as if you are pulling the string of your bow back and the hand is tucked near the back shoulder. Your gaze is penetrating beyond your raised thumb. Lunge forward by bending your front leg. Keep your back leg straight. Chant "Hum Dham Har Har" with each up and down movement, one sound per movement. 3 minutes each side.

2. Cow Pose; kneel on your hands and knees and begin to wiggle your trunk, your head and your hips. Rotate your body around in a circular motion. Move your spine in all directions. 7 minutes.

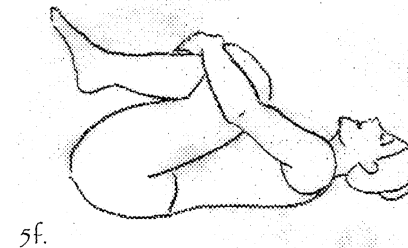
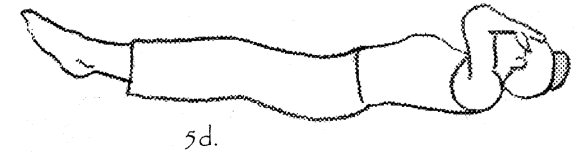
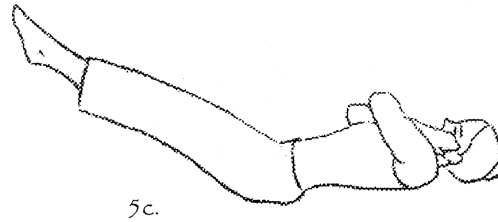
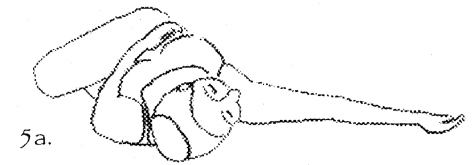
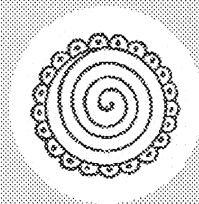
3. Sit in Easy Pose and press the palms firmly together at the level of the heart. Pump your navel with normal breath. 1 minute.



4. Relax on your back with a Gong meditation.
7 minutes.

5. Upon waking up from relaxation, the following stretches should be done:

- a. Left cat stretch
- b. Right cat stretch
- c. Legs up 2 feet and massage the face
- d. Legs raised 6 inches and massage the forehead
- e. Massage the temples with the wrists
- f. Hold your knees up to your chest
- g. Total stretch
- h. Rock up to a sitting position.



Notes from Yogi Bhajan

We fight every day. The war is on between negativity and positivity, between unconscious and conscious. Life is a polarity. Emotions are sobriety, commotions and intelligence, neurosis and experience. They go hand in hand. But always remember, either you can serve the time or time can serve you. That is the choice. If you have not made it yet, you have to make it tomorrow. Without making this choice, you do not exist as an elementary human.

Glandular Shine

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 6, 1984

1. Start in a Cow Position on all fours (knees and hands). Jump your legs back and out into the air and then land on your toes, then settle back to the knees. Sort of like a strong donkey kick. Continue vigorously. *You will not have any menstruation problems or ovary problems if you stretch your navel like this.*

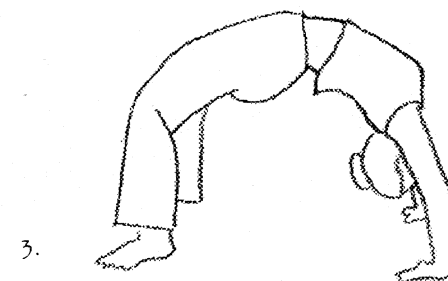
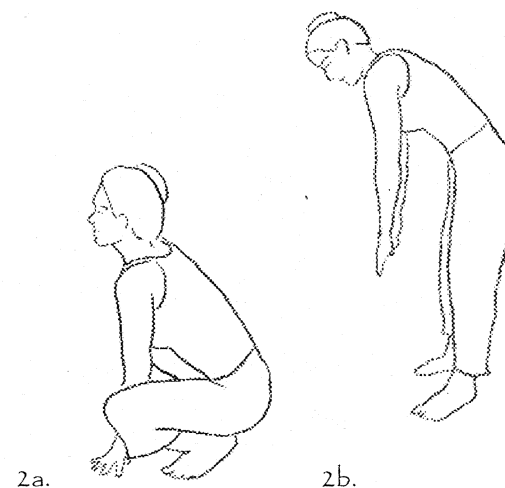
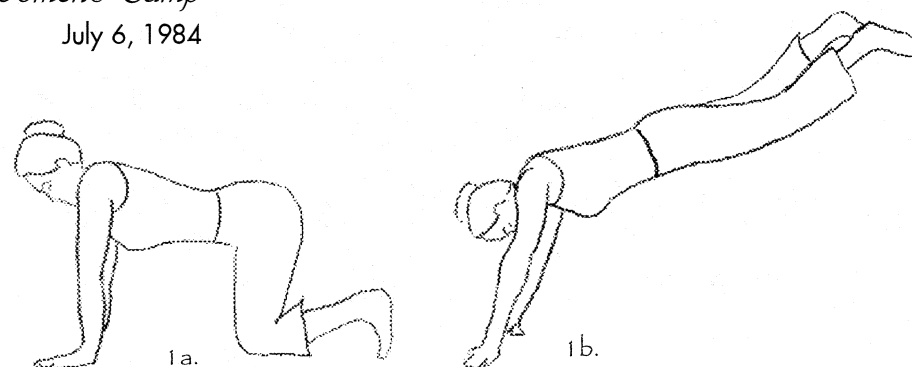
52 times.

2. This is a variation of Frog Pose called the Toad Jump. Touch the ground in the squatting position and then jump straight up. Hands and feet will lift off the ground at the same time. Spring high into the air. *Get serious about your health and do it right. Sometimes you get very shaky in your body - this will take it away. It will build and strengthen the nervous system.*

52 times.

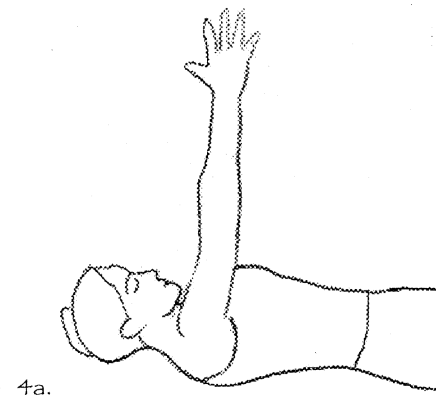
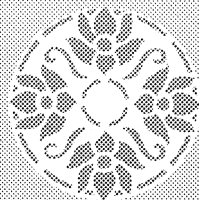
3. Come into Wheel Pose by lying on your back. Bend your knees so that the feet are just below the hips. Place your palms above your shoulders and lift up onto your hands and feet. Your body will be arched into a wheel off the ground. Hold the position and chant "Har Har Hari" over and over again.

3 minutes.



4. Lie down flat on your back and extend both hands straight up in the air over your chest. Make fists and bring them down to your chest level. It must be a very fast pumping motion, up and down. Breathe rapidly along with the movement. *Get all the poison out. This is for the health of your breasts. This moves the lymph gland area and connecting spleen area to get rid of all the toxins.* 3 minutes.

5. Relax on your back with a Gong Meditation. 11 minutes.



4a.



4b.

Notes from Yogi Bhajan

I was exercising 14 hours a day. I was not watching my food. My body became so stiff. It is not good to stop exercising completely but it is good to exercise with a very cautious mind. Jogging builds up some muscles and neglects others. The whole structure has to be exercised. It is especially important to stimulate all the glands.

Adjust Your Flow

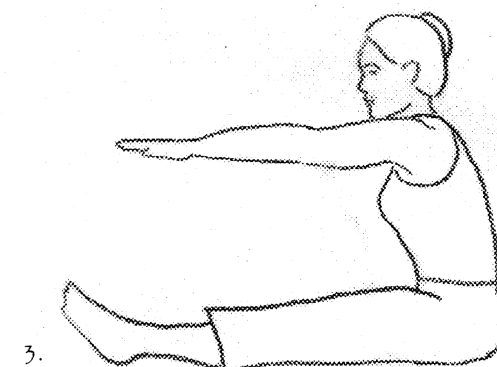
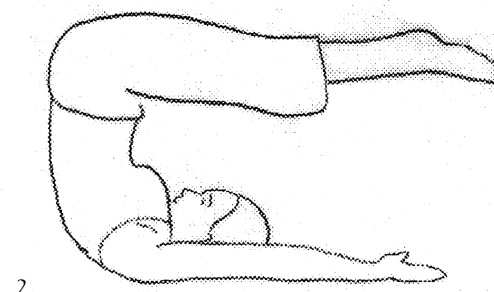
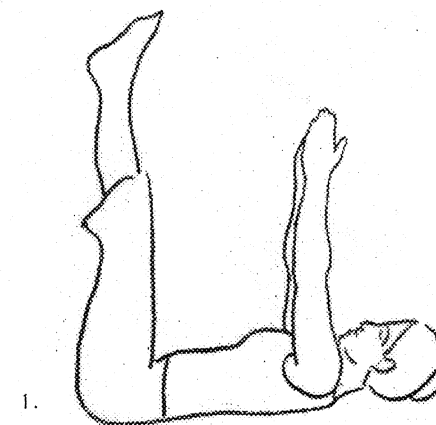
Yogi Bbajan's Kundalini Yoga Class - Women's Camp

July 5, 1984

1. Lie down flat on your back. Raise your legs straight up to 90 degree and your arms straight up at 90 degrees. Your toes should be pointed. Knees and elbows should be straight. *Stay and think about what good you have done since you have come to the planet earth. Reconcile activities with your beautiful intelligence. We are moving the 'chi' energy today and without any movement. Keep yourself in the posture, does not matter what. Energy will adjust itself.* 11 minutes.

2. Still lying on your back bring your hands straight up over your head on the ground. Then raise your lower body up into a modified Plow Pose with the legs straight over the head but parallel to the ground. *Simple flow of energy. Simple way of just being.* 11 minutes.

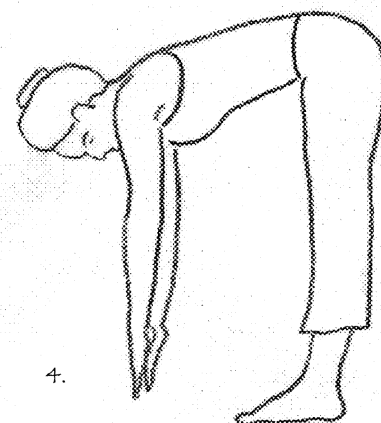
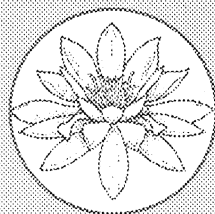
3. Come sitting up and stretch your legs straight out in front of you. Put your hands straight out in front, stretched towards your toes, palms down and parallel to the ground. Back should be straight. Body should be a statue. *The pain and disturbance comes in the adjustment of the pranic energy. You feel the pressure of the muscles adjusting themselves. Chinese call it 'chi' energy, Japanese call it 'qi' energy and we call it 'ji' energy. 'Jii' means the soul, the self, the being, the inner-self. Meditate, chant and recite anything mentally or verbally but keep the posture perfect.* 11 minutes.



4. Stand up straight and bend over at the waist so that your torso is parallel to the ground. Keep the back and neck straight. The arms will hang loosely down towards the ground. Form a U with your body. *Don't bend down to the toes. This is the set of "U". It will set "you" up. You can chant or meditate to keep yourself going.*

11 minutes.

5. Relax flat on your back. Gong meditation.
10 minutes.



Notes from Yogi Bhajan

This set invigorates you by adjusting your pranic body with your auric body in direct contrast with your arc line. These are called the "4 U's" and they are "For You". Anytime you do these, you need to do a relaxation afterwards. Breath of life, 'Pavan', soul energy is really just aspirin. No tissue of the body should move for each of these 11 minutes.

For Pleasure & Happiness

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

June 29, 1984

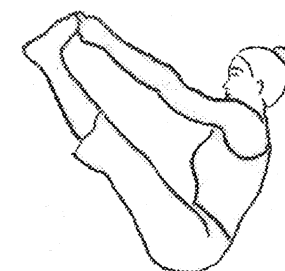
1. Grab your toes with your hands, lean back and raise your feet up in the air so that you are balancing on your sitz bones. Legs are straight and feet are together. Breathe long and deep, with the music of Jaap Sahib for inspiration. 8 minutes.

2. Stand up, hands interlocked on top of the head. Raise the left knee to 90 degrees, thigh parallel to ground. Foot is positioned in space that knee would have been if you were standing normally. Maintain your balance and meditate with long deep breathing. 2 minutes on the left, then 2 minutes on the right and then 2 minutes on the left to finish the exercise.

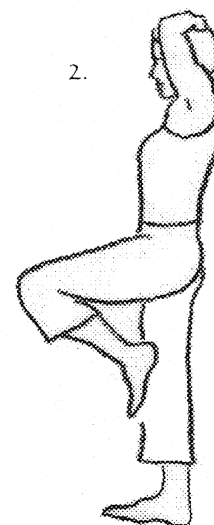
3. Stay standing with feet shoulder width apart. Bend from the waist and grab your toes. Arch your head and back into a Cow-like stretch. Eyes are open and focused forward. Normal breath. *Stop if you get dizzy. This exercise checks the circulatory balance.* 2 minutes.

4. Remain in the same position and begin forcefully pumping the navel with powerful breath. *This will break down body deposits.* 1 minute.

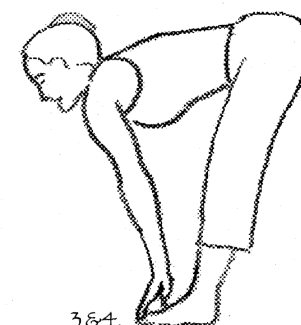
5. Sit on your heels and put your forehead to the ground, in Baby Pose with your hands in Yoga Mudra. Fingers are interlaced and palms are facing the body. Arms are raised up over your back. Relaxed breath. Listen to the sounds of Jaap Sahib. 4 minutes.



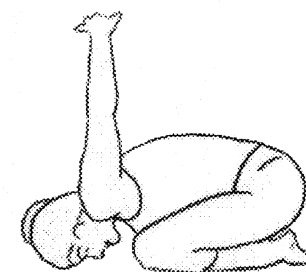
1.



2.



3&4.



5.

Notes from Yogi Bhajan

The Yoga Mudra is the only art of your youth.

Refresh Your Lymph System

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 9, 1984

1. Lie down flat on your back. Raise your right leg straight up to 90 degrees. Left leg remains flat on the ground. Hold this position steady and begin raising both your arms at the same time up to 90 degrees and back down to your sides. The arms will pump extremely fast.

This is breast cancer preventative. Stimulates your lymph area and moves the base of the breasts. Must be really fast. Switch legs and continue.

3 minutes each.

2. Remain lying down on your back and raise your arms over your head. Put the tips of the fingers of both hands together and rotate the fingers around. The palms will move towards each other and then out again. At the same time, very slowly raise your legs alternately up and down to 90 degrees.

The tips of the fingers are your brain points - you are massaging your brain.

8 minutes.

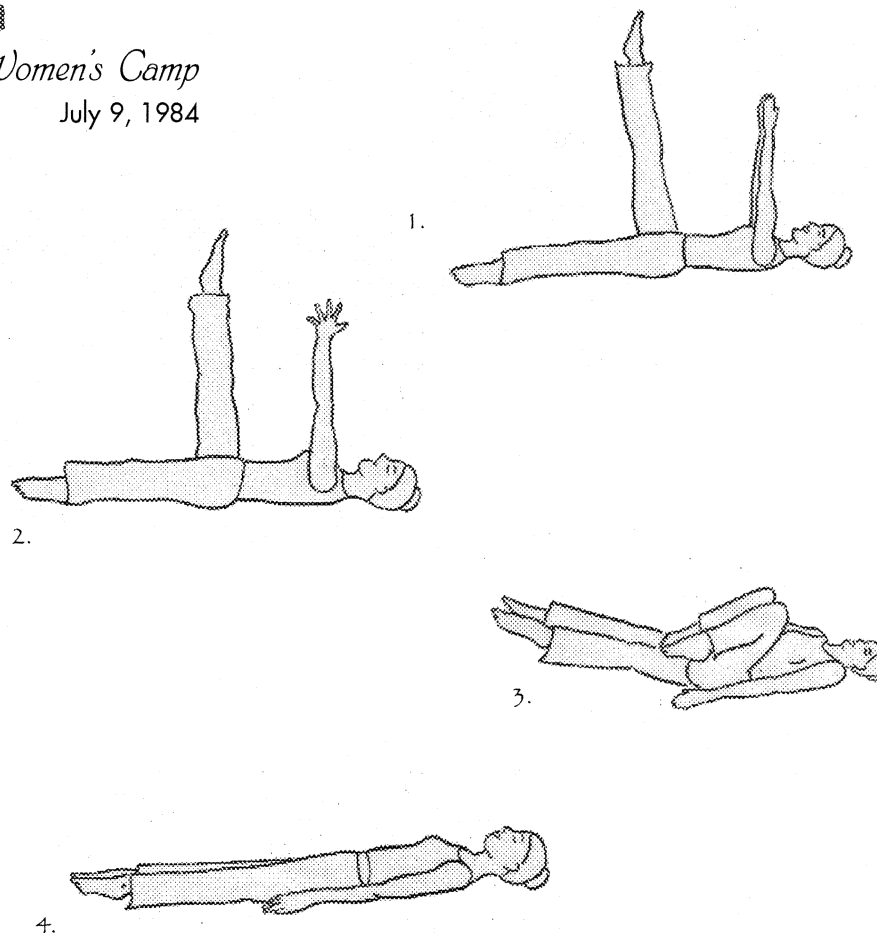
3. Remain on your back and extend your legs out to 60 degrees. Then bend your knees and drive your knees into your chest. Legs extend out again and then are brought rapidly to the chest. Hands under your pelvis to support the lower back. You are trying to hit your breasts with your knees. Continue at a rhythmic pace.

This will bring circulation to the breast area.

3 minutes.

4. Lie back down flat and breathe through pursed lips and try to relax your body to sleep.

11 62 minutes.



Notes from Yogi Bhajan

Your pranic body and your auric body must coincide to keep you young and alive. That's where your youth is. Get going. If you take half an hour to forty-five minutes to do a good set of Kundalini yoga, that will keep you going. I'm not kidding. Even those who do regular sadhana honestly and don't overdo in other areas can maintain themselves. That's the minimum.

Withstanding The Pressure of Time

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 4, 1984

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

15 minutes.

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

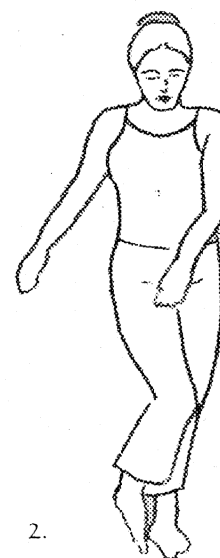
8 minutes.

3. Sit down in Easy Pose and extend your arms straight over your head with your palms together - arms against your ears. Twist your body left and right. *It is a triangular move and if done powerfully, will release your shoulder lock-ins.*

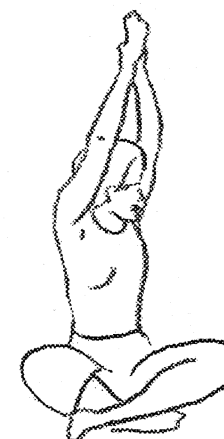
4 minutes.



1.



2.



3.

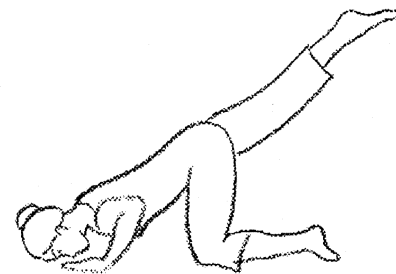
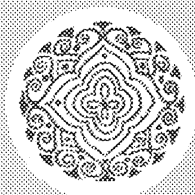
4. On your hands and knees, lift your left leg up, straight out behind you. Then touch your forehead to the ground and come back up - like push ups. 52 times each leg.

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.

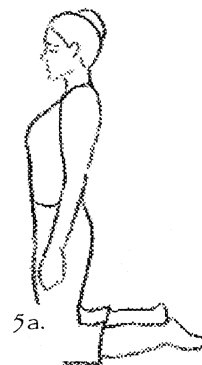
6. Lie down flat on your back and lift your knees up to your chest and place your hands under your hips. You may elevate your hips with your hands slightly in order to get your knees to your chest. Swing your legs straight out and up, around 90 degrees, then bring your knees back to your chest. *It is the movement of the Pavanmuktasana, where the prana is controlled by will.* 108 times.

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. Repeat. 26 times.

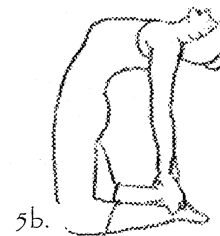
8. Lie down flat on your back for a Gong meditation. *You will become weightless and you will enjoy it. Relax.* 8 minutes.



4.



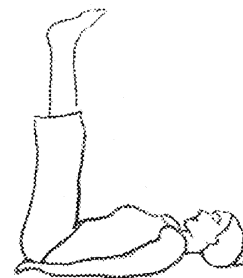
5a.



5b.



6a.



6b.



7b.

Notes from Yogi Bhajan

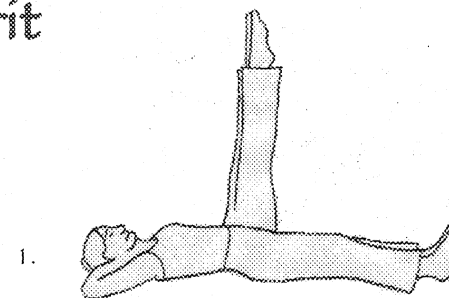
Woman only has two problems - locked pelvis and locked shoulders - otherwise perfect. This is for the nerve tune up. If nerves are not tuned up how are you going to stand the pressure of time?

Body Adjustment To Elevate The Spirit

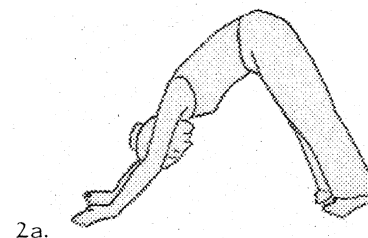
Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 2, 1984

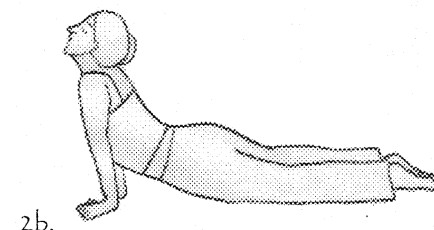
1. Lay down flat on the back with the hands clasped under the neck. Keeping the heels together, raise both legs to 90 degrees as you inhale. Legs go down as you exhale. Do not bend the knees. *This will keep you young and smart. Good to do in your daily routine.*
108 times.



2. Begin in Triangle Pose up on your hands and feet and move the body fluidly forward into Cobra Pose. In Cobra Pose your palms are flat on the ground, your body is arched at the upper back and your feet are together. Try to keep the shoulders down. For the movement, do not bend the knees, hands are firm, arms remain straight. Then move back up into Triangle Pose. Repeat. *These exercises can keep you young no matter what.*
52 times.

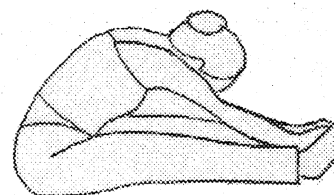


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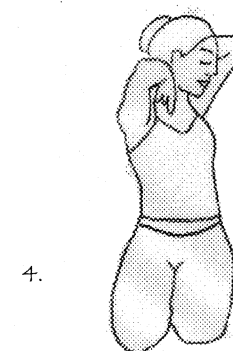


2b.

3. Sitting with your legs straight out in front of you grab the toes and bend forward bringing your torso down to your legs. Move up and down, inhaling up, exhaling down.
108 times.

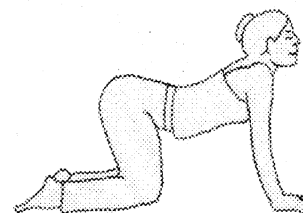


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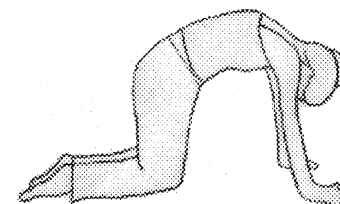
4.

4. In rock pose interlace the fingers behind the neck. Twist left and then right.
108 times each side.



5a.

5. Cat / Cow. Come onto your hands and knees. Relax the spine down and raise the head on the inhale. With the exhale, arch the spine up and lower the head.
108 times.



5b.

6. Sitting on your heels, roll the neck rapidly in one direction for 52 rounds and then in the opposite direction for 52 rounds.

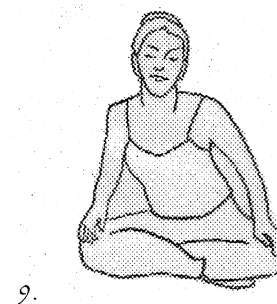
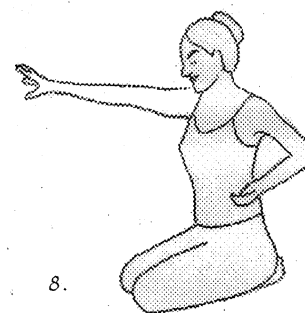
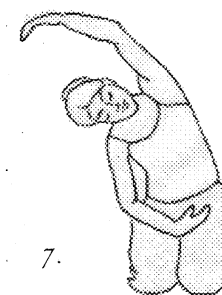
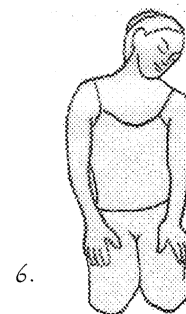
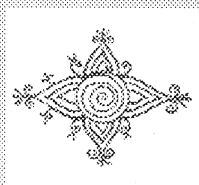
7. Still on your heels, bend at the waist from side to side. As you bend to the left your right arm will arch over your head, stretching in the direction of the bend. Then stretch to the right with your left arm reaching over your head.

For liver, spleen, colon, and to eliminate gas.
52 times each side.

8. Remain on your heels, reach one arm forward as if reaching out and grabbing energy and pulling it back in, then reach the other arm forward in a nice rapid, fluid motion. Shoulders and trunk move in a churning motion. Chant Saa Taa Naa Maa with the motion.
5 minutes.

9. Sitting in Easy Pose with your hands on your knees begin grinding your trunk in a circular motion, in a counter clockwise direction.
3 minutes.

10. Lie down flat on your back. Close your eyes and relax. Gong Meditation.
Get ready for a journey into space. Push and float and then float in space, then while returning you will loose the body - you will regain a tremendous amount of energy.
10 minutes.



Notes from Yogi Bhajan

Disease comes from structural change. This is the oriental, ancient way of looking at it. This body and its bones have no screws and bolts. It is held together by tissue and by muscle. By working and living my life I change my movements in a certain way. Certain muscles get acted upon and some don't. Certain muscles are stronger and hold the skeleton in a different way than the other muscles. This can lead to physical problems. Life becomes imbalanced and irritation sets in. The whole body structure is responsible for my elevation, for my being-ness. Car has its gas, it has transmission and it gets going. If one part is missing it goes putt putt. If just a little air does not get to the gas it all goes off. It goes the same with the body. This set will keep you out of trouble. This is how you elevate your spirit by adjusting your body.

Brain Balance Sequence - For IQ

Yogi Bhajan's Kundalini Yoga class - Women's Camp

June 27, 1984

This entire series is repeated so the set is done a total of 2 times in one sitting.

1. This is a 4 part exercise in Easy Pose, done to the beat and sound of "Saa Taa Naa Maa."

a. Saa, arms will extend straight out, level with the heart, and hands will clap in front.

b. Taa, the arms open straight out to the side with palms facing up.

c. Naa, the arms are still out to the side but palms turn over, facing down.

d. Maa the hands will clap straight over the head.
1 minute.

2. Reverse the sequence in exercise #1 still chanting Saa Taa Naa Maa.

a. Clap your hands over your head.

b. Extend the arms straight out to the sides with palms facing down.

c. Arms still out to the sides, flip the palms facing up.

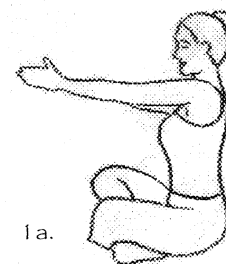
d. Clap hands straight out in front of you.

2 minutes or more.

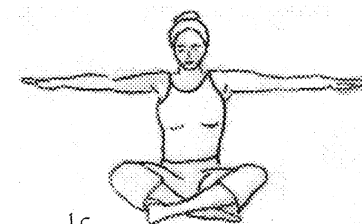
3. Sitting on your heels, hands are clasped behind the back in Yoga Mudra (interlacing the fingers behind the back, palms facing up). This is a 4 beat exercise done with the mantra Saa Taa Naa Maa.

a. Stand up on your knees.

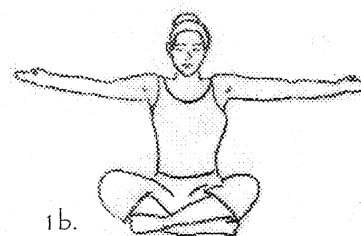
b. Bend over and put your forehead on the ground and raise your arms in Yoga Mudra up behind your back as far as they will go. Buttocks are not resting on the heels.



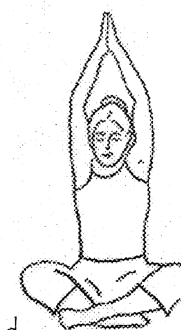
1a.



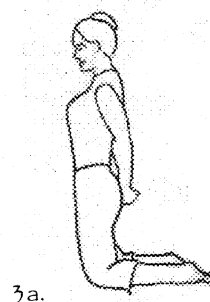
1c.



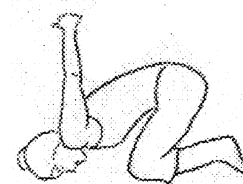
1b.



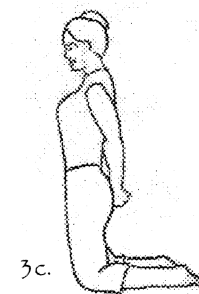
1d.



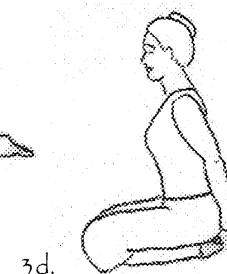
3a.



3b.



3c.



3d.

c. Rise back up, still standing on your knees, arms will rest back down on your back in Yoga Mudra.

d. Sit back down on your heels, arms still positioned in relaxed Yoga Mudra. *This is a great waist reduction exercise.* 2 minutes.

4. Another 4 part exercise done to the Mantra Saa Taa Naa Maa. In a standing position you will clasp your hands in Yoga Mudra behind your back.

a. Bend forward at the waist bringing your forehead as close to your legs as you can, with your hands interlocked in Yoga Mudra. Raise your arms as high above the back as they can go.

b. Straighten back up with arms relaxed down, still in Yoga Mudra behind the back.

c. Arch backwards as far as you can, leading with your head. Arms are in relaxed Yoga Mudra behind you.

d. Stand back up straight with your arms relaxed in Yoga Mudra behind you. 2 minutes.

5. This is another 4 part rhythmic exercise in a standing position.

a. Start in a standing position, hands in Yoga Mudra, clasped behind your back. Raise left knee up as high as you can and raising arms up behind you simultaneously as high as you can, keeping the body fairly straight.

b. The same action, only raising your right knee up.

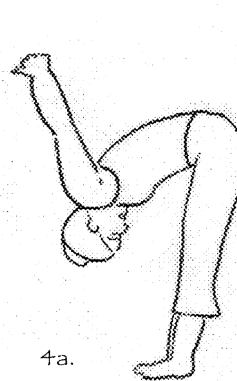
c. Same exercise as in a.

d. Same exercise as in b.

This is a command, obedience exercise. Teacher counts out numbers at a fast pace, mixing up order upon occasion.

Listen and follow as exactly called.

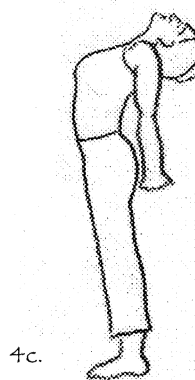
4 minutes.



4a.



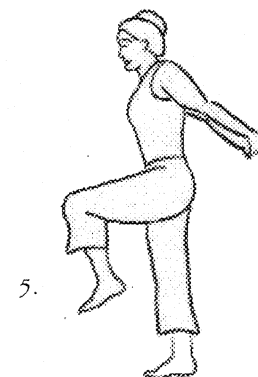
4b.



4c.



4d.



5.

Notes from Yogi Bhajan

You have to concentrate and meditate. You have to learn to go by command.

One day you travelled by a road and it was clear, the next day it was also clear. One year later when you went, it was clear. But one year and one day later it was not, and you were not prepared for that. If your sensitivity of projectivity is not prepared to face the time and space on this ground level then you are spaced out. Routine makes you spaced out. This will keep you alert.

Outward Bound

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 3, 1984

1. Lie down flat on your back. First lift one leg to 90 degrees and keep it raised, then lift the other up to 45 degrees. Bring them both down at the same time. Then switch legs and repeat.

This fixes gonads, menstruation, pelvis and uterus. This exercise is very important for women. It will pull you right from diaphragm downward. It fixes your "apana" area.

11 minutes.

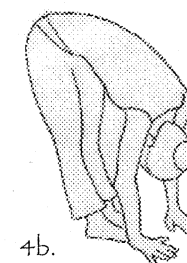
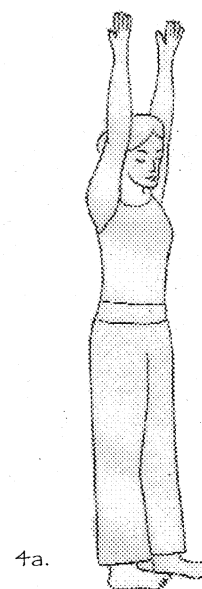
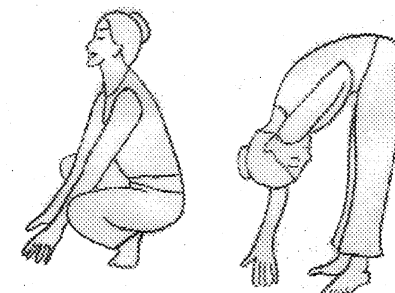
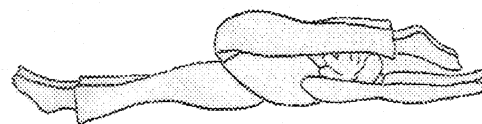
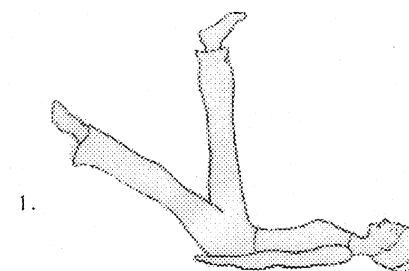
2. Lie flat with your hands extended up over your head on the ground. Raise your legs up over your head and then bring them back down.

52 times.

3. In Frog Pose with both hands touching the ground in front of you. As you extend up, the left hand comes to the heart. Then settle back down, both hands back down on the ground. Extend up again and bring the right hand to the heart and then squat back down, both hands back on the ground. Alternate. The heels remain off the ground. 54 times.

4. Standing up straight, reach your arms up to the sky and then bend over at the waist, bringing your arms and body forward to the ground. Raise yourself back up keeping your arms straight and hugging the ears and repeat.

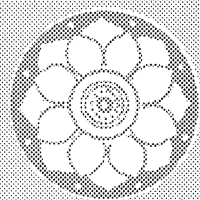
54 times.



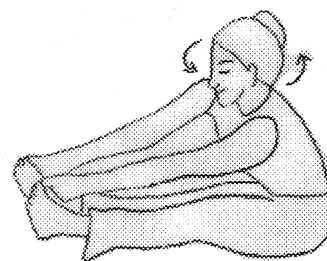
5. Sit with your legs outstretched straight in front of you, grab onto your feet and bring your torso toward the knees. While holding this posture, roll your neck around in a circle. 52 times.

6. Lying flat on your stomach, reach back and grab your ankles. Inhale and stretch upwards into Bow Pose, arching your head back. Then exhale and relax your thighs and head back down to the ground. Breathe strong and rhythmic. 74 times.

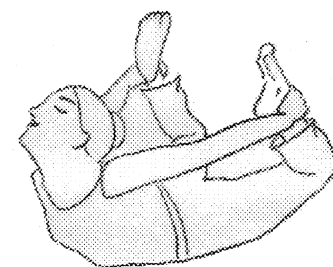
7. Lie flat on your back and relax your entire body. Gong meditation. Originally Yogi Bhajan played the Nobility song as the last part of the relaxation. 10 minutes.



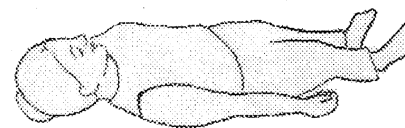
5.



6.



7.



Notes from Yogi Bhajan

A woman needs one to two hours of tough exercise a day in order to be as productive as a man. Every 72 hours the cells change, but in the case of a woman it needs to be accelerated or stimulated to do so. By nature a woman, in her capacity to get pregnant and have a baby, is very inward. To stay outward and keep outward you are required to exercise. You must exercise in a way that stimulates all parts of you. To keep your body young and healthy is your challenge. It cannot be done by makeup, it can only be done by intensive exercise. Principle of life is to meditate in the morning and to exercise one hour every day.

To Become Super Human

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

June 28, 1984

1. This is a 4 part exercise. In a standing position, extend the left arm straight out in front, parallel to the ground. The left arm will remain parallel to the ground for the entire sequence. Chant Saa Taa Naa Maa to the movements.

- a. Bend forward at the waist.
- b. Bend to the right.
- c. Lean back.
- d. Straighten back out.

4 minutes.

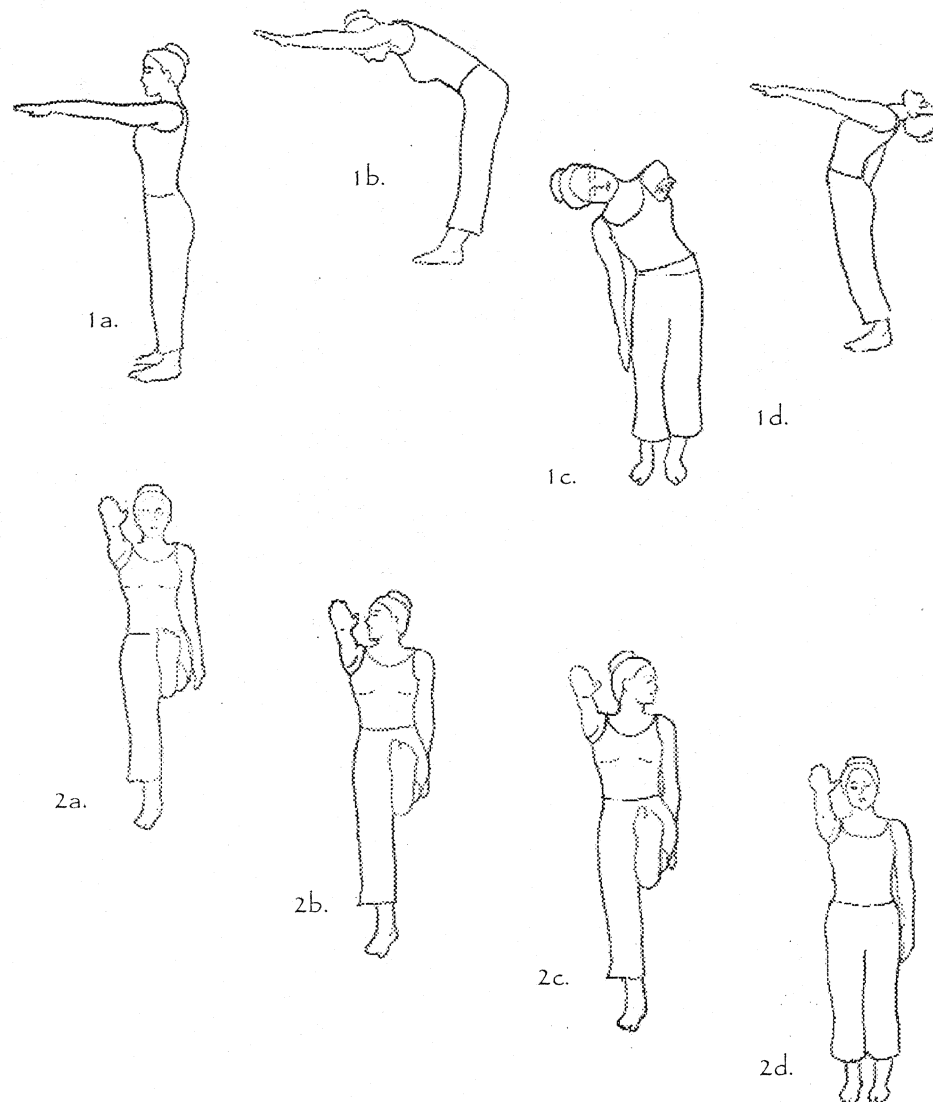
2. Remain standing and extend the right arm out straight in front of you, parallel to the ground. Sequence is done to Saa Taa Naa Maa holding the extended arm still and maintaining balance.

- a. Lift your left leg up to 90 degrees.
- b. Still holding the leg up, you will turn your head to the right.
- c. Still holding the leg up you will turn your head to the left.
- d. Rest your leg back down and bring the head center.

3. Same exercise as in #2 only the left arm is extended out in front and it is the right leg that gets lifted straight out.

Balance this brain, balance this cantaloupe. Below navel point is independent of the sciatica. If that is so old age will come, senility will come very early and creativity will be gone fast.

1 minute.



4. Still standing in an upright position, lock your hands behind your neck and rapidly jump the knees up towards the chest. Legs come up together. Chant Saa Taa Naa Maa to the beat of the movement. *This exercise has to be done so that your knees touch your chest. You must develop your balance so that you land absolutely "cat-footed."* It is essential for a woman to have cat-footed balance, otherwise you can be imbalanced in the brain. 108 times will keep your youth intact. 50 times.

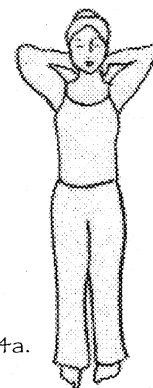
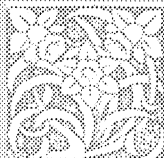
5. Lie down flat on your back and elevate your legs 2 feet from the ground and raise your head 2 feet from the ground. Clasp the hands in an arc over the navel point to balance the posture. Focus at the third eye. Inhale through the nose, exhale through the mouth like a hammer. *You will be superhuman. 5 minutes of this breath is totally rejuvenating. No need for caffeine. If you can meditate like this for 5 minutes it equals meditating in a sitting position for 5 years. It should not hurt anybody, it is the most innocent exercise. If you straighten out your back it will not hurt.* 5 minutes.

6. Sit in Virasana (on your left heel, right knee up to chest). Arms extended straight out in front, parallel to the ground with palms facing down. Sing powerfully:

Chattar chakkar bartee, chattar chakkar bhugatay
Suyumbhav subhang, sarab daa sarab jugatay
Dukaalang pranaasee, dayaalang saroopay
Sadaa ang sangay, abhangang bubhootay

22 minutes.

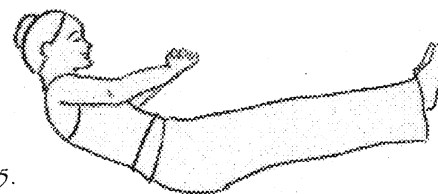
Do this for 40 days and any positive wish will be fulfilled.



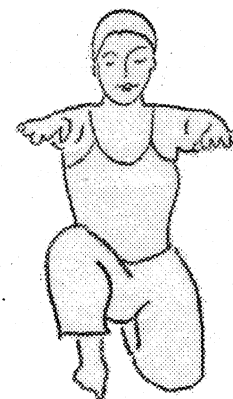
4a.



4b.



5.



6.

Notes from Yogi Bhajan

This is the only thing that can correct you and bring you to balance. Do it right and you will enjoy it. This is a set so powerful and effective that it will even enable a person to stay healthy in a weightlessness or without gravity atmosphere. This self maintains the body.

Balance The Chakras & Corresponding Organs

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 17, 1984

1. Chair Pose with Breath of Fire: Begin in a standing position. Place your feet shoulder width apart. Squat down to the point where the thighs are parallel to the ground. Reach towards the toes, placing the palms on top of the feet, by bringing the hands through the inside of the legs, around to the outside. Be sure to keep the back straight and only lift the head and look forward if the heart center is very flexible.

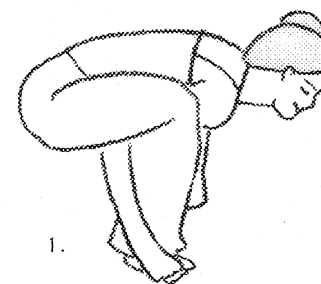
5 minutes.

2. Sat Kriya: Sit on the heels and stretch the arms straight over the head so that the elbows hug the ears. Interlock the fingers except the index fingers, which point straight up. Begin to chant Sat Naam emphatically in a constant rhythm about eight times per 10 seconds. Chant the sound Sat from the Navel Point and Solar Plexus, and pull the umbilicus all the way in and up, toward the spine. On Naam relax the belly. Continue very powerfully. When finished inhale and squeeze the muscles tightly from the buttocks all the way up the back, past the shoulders.

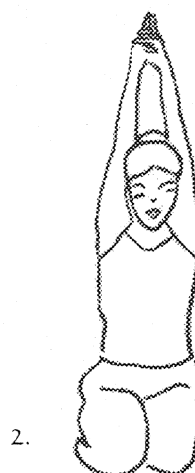
5 minutes.

3. Sitting in Rock Pose on your heels, rest the hands on the thighs. Breath will be Sitali Pranayam. Inhale in little short sips through a curled tongue until the lungs are full of air. Rotate the hips around in a circle. Hold the breath and rotate $\frac{1}{2}$ the duration of the held breath to the left. Then hold and rotate $\frac{1}{2}$ the duration of the held breath to the right.

3 times.



1.



2.



3.

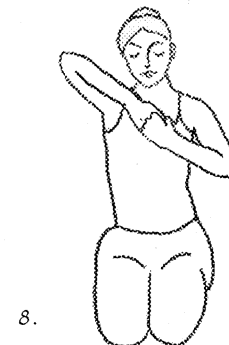
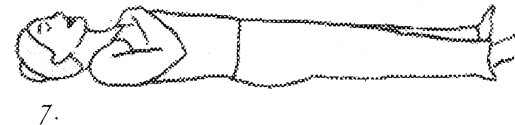
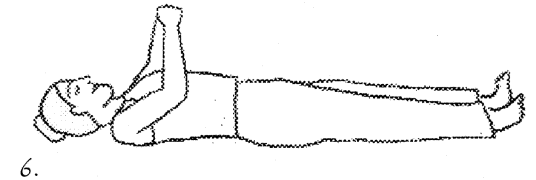
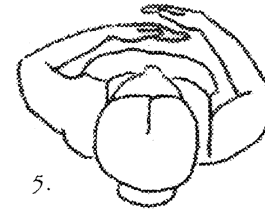
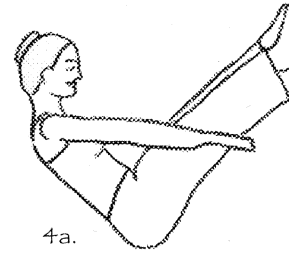
4. In Victory Pose with your feet off the ground at a 60 degree angle and your torso raised off the ground at a 60 degree angle. In a sit up type of motion, you will drop the torso and legs down to 45 degrees and then back up to 60 degrees. *Good as 8 hours of exercise if you can do this properly.*
5 minutes.

5. Lay on the back and bring the hands to the navel point. The left hand is closest to the body and the right hand is over the left. There is about two inches between the body and also between the hands. Rotate the hands around each other in a clockwise direction. Long deep breathing.
3 minutes.

6. Remain on your back and extend your arms up to 90 degrees, straight above you. Make fists of your hands and with great tension, pull your fists into your chest. Release and repeat 2 more times.

7. Rest on back with the left hand on the heart and the right hand on top of the left. Long deep breathing - whispering "Hum Dham Hari Har. Hari Har Hum Dham." *This is the meditation of the celestial angels. God is my breath, breath is my God.*
5 minutes.

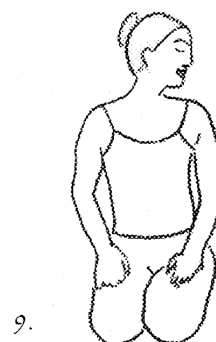
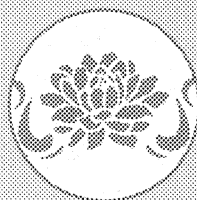
8. Sitting in Rock Pose on your heels, place hands in Bear Grip. One palm faces out from the chest with the thumb down. Place the palm of the other hand facing the chest. Bring the fingers together. Curl the fingers of both hands so the hands form a fist, where the fingers of one hand are hooked around the fingers of the other hand. The arms keep a steady pull at the heart. Spin your arms up and down like a propeller.
11 minutes.



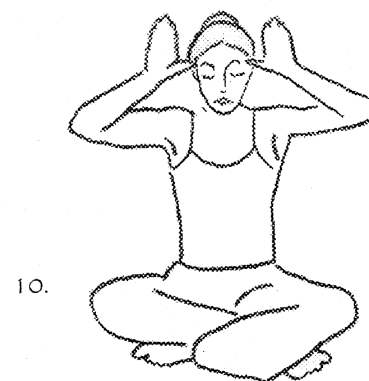
9. Remain sitting on your heels, place your palms on your thighs and begin inhaling and turning your head to the left and exhaling, turning your head to the right. 3 minutes.

10. Come sitting in Easy Pose and bring the hands up to the face with the thumbs pressing on the temples. The fingers will be about 2 inches from the face. Roll the eyes up (closed) strongly to the third eye point, creating a pressure. Now chant, "Har Wahe Guru, Har Sat Nam." *This mantra allows you to feel no pain at the time of death.* 5 minutes.

11. Relax into Fish Pose. Prepare to sit on your heels only your hips will rest between your heels, touching the ground. Relax back down on your back with your hands by your sides. Do this as long as possible. Do not do so long that any part of your body will fall asleep. Then relax on the back. 11 - 62 minutes.



9.



10.



11.

Notes from Yogi Bhajan

Not to stimulate your navel point once a day, is sick. It is sick. I don't want to say anything further on it. My expression is good enough. But if you do Breath of Fire, it will cleanse your lungs, make them strong, you will have deep breathing all day, you will have good oxygen in your bloodstream, and you will be young and healthy for a long time. If you do it five to fifteen minutes everyday, it is the best way to keep the blood purified, it doesn't matter what. It's a direct blood purification system.

Open Your Heart

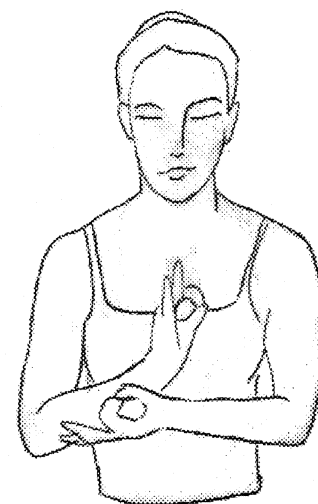
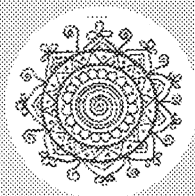
Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 11, 1984

Before doing this meditation you need to circulate your system. Do some exercises before hand to get things moving. Then it will accelerate the opening of the heart center.

1. Sit in Easy Pose with your hands in Gyan Mudra and bring the wrists of both hands together at the diaphragm. The hands are at a 90 degree angle to each other. The right hand is flexed upward with the palm facing left and the palm of the left hand is facing up with the fingers pointing out to the right. The mudra is resting against the diaphragm.

Inhale and hold the breath in - focus on the spot where the Mudra touches your body. Hold your breath in as long as you can but don't feel too much pressure. Continue and mentally chant 'Har'.
45 minutes.



Notes from Yogi Bhajan

Hands should be straight and flat. It will do its job, if you do your job.

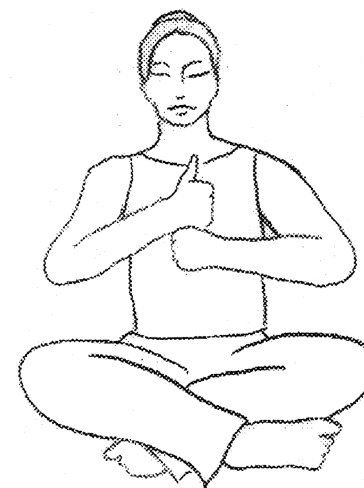
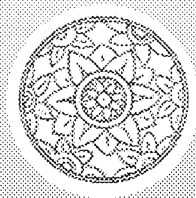
Shiv Kriya

Yogi Bhajan's Kundalini Meditation Class - Women's Camp

July 10, 1986

Sit in Easy Pose with the spine straight. With palms facing toward the chest, hold left hand in a fist with thumb extended up. Place right fist on top of left, holding left thumb inside fingers of right hand. Extend right thumb straight up. Press hands at heart center. Breathe through the nose. Meditate silently to Rakhay Rakhanaaar music.

11 minutes.



Notes from Yogi Bhajan

Historically, this meditation has been denied to women. Feel you are a divine unit. This is to bring all acknowledgement inside, out and outside, in.

Reach Your Essence

Yogi Bhajan's Kundalini Meditation Class - Women's Camp

July 4, 1986

1. Sit straight. Raise right hand, three fingers up, touching tip of little finger with thumb. Raise left hand, touching sun finger (ring finger) with thumb. Repeat to yourself:

"I feel better, I am better, and that is my base."

11 minutes.

2. This exercise involves 2 parts both done while in Easy Pose.

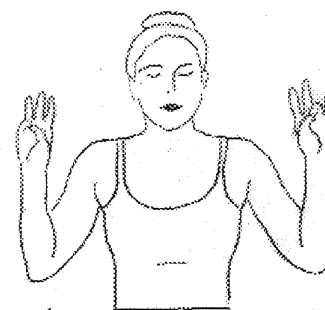
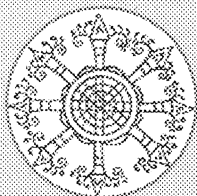
a. Bring palms together with thumbs crossed. Extend arms out straight, pointing off toward left at shoulder level (right arm comes across body). Close your eyes and sing from the navel point to Rakhay Rakhanahaar.

b. On the last line of the mantra, bring right arm up, out and around, stretching arms in big circle with palms forward, then bring palms back together extended to left.

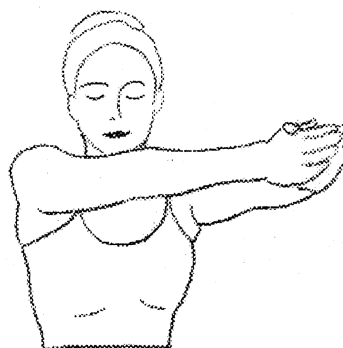
Repeat entire sequence.

31 minutes.

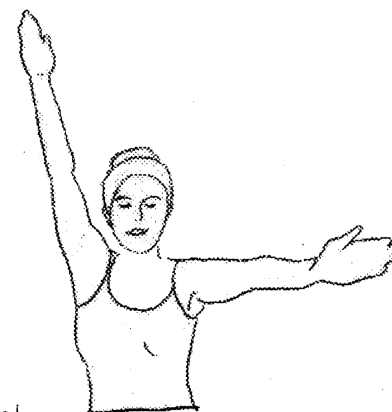
- a. Rakhay rakhanahaar aap ubaaria-an
- a. Gur kee pairee paa-i kaaj savaari-an
- a. Hoaa aap da-iaal manaho na visaari-an
- a. Sadh janaa kai sang bhavajal taari-an
- a. Saakat nindak dusht khin maa-eh bidaari-an
- a. Tis sahib kee tayk Naanak manai maa-eh
- b. Jis simrat sukh ho-i sagalay dukh jaa-eh
- b. Jis simrat sukh ho-i sagalay dukh jaa-eh



1.



2a.



2b.

Notes from Yogi Bhajan

This stimulates all the elements of the self.

Mind Over Matter

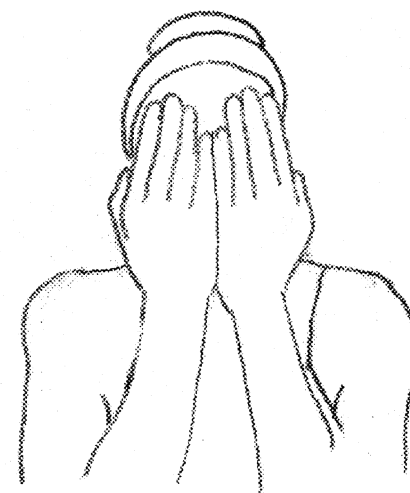
Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 9, 1986

Sit in Easy Pose with the spine straight. Raise hands to face level with the sides of the hands touching and palms open toward the face. The tips of the fingers will be about level with the hairline. Palms should be at a comfortable distance for focusing on the hands. Look into your hands. Breathe from the navel. Sit silently and listen to Rakhay Rakhanaaar.

Look not right or left...Read your hands like a palmist.

62 minutes.



Notes from Yogi Bhajan

Life is not totally complete, calm understanding. Life is the huge powerful movement of an individual. Huge! You are so big that the Universe is too small for you!

In that one thought, "I am God," what is there left to be? That uniqueness, that power, that projection is yours. It can't belong to anybody else except you. But if you live in smallness, you are just the burnt-out ashes of a fallen star. That is how life goes.

Compassion

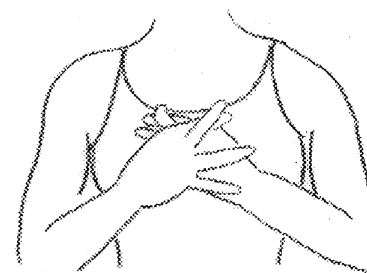
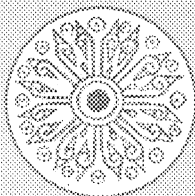
Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 11, 1986

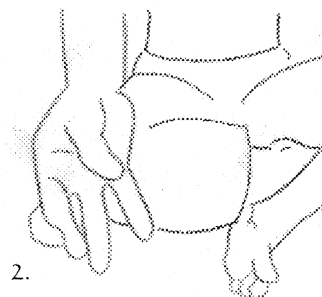
This is a meditation with two movements. Sit in Easy Pose with your spine straight. Cross the Saturn fingers (middle fingers) over the Jupiter fingers (index fingers) of each hand. Place thumbs on mounds of Mercury which is just at the base of the pinky. Eyes are closed. Sing with Rakhay Rakhanahaar music and move the arms in the following pattern.

1. On first line of the mantra, bring hands up and press them into the chest, one palm over the other.
 2. On second line of the mantra, lower arms so wrists rest on knees. Continue alternating in this way, but hold hands up for last line that repeats twice, then briefly lower and raise again for first line.
- 31 minutes.

1. Rakhay rakhanahaar aap ubaaria-an
2. Gur kee pairee paa-i kaaj savaari-an
1. Hoaa aap da-iaal manaho na visaari-an
2. Sadh janaa kai sang bhavajal taari-an
1. Saakat nindak dusht khin maa-eh bidaari-an
2. Tis sahib kee tayk Naanak manai maa-eh
1. Jis simrat sukh ho-i sagalay dukh jaa-eh
1. Jis simrat sukh ho-i sagalay dukh jaa-eh



1.



2.

Notes from Yogi Bhajan

The only beautiful thing which makes you human is compassion. Think about vengeance, lies, truth, God, greatness, think of anything, if you take compassion out of it, everything becomes bitter. Compassion is a value of life; It is power; It is God and meditation; It is truth. Compassion gives you the strength to go through suffering and yet, feel no pain. There is absolutely no grace without compassion.

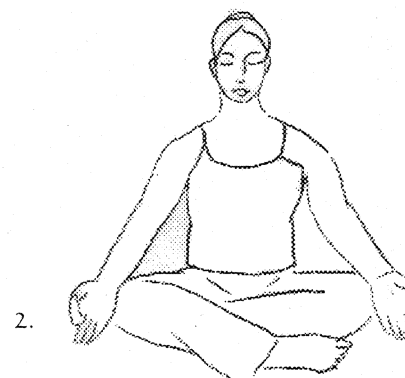
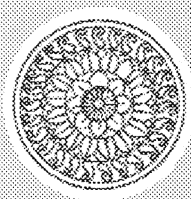
Guidance

Yogi Bhajan's Meditation Class - Women's Camp

July 11, 1986

Sit in Easy Pose with the spine straight. Eyes are closed. Meditate to the music of Rakhay Rakhanahaar with the following movements:

1. Bring arms up and hold opposite forearms near the elbows. Inhale in 8 parts, gently swinging the arms from side to side in rhythm with breath and to the beat of the music (as if rocking a baby).
2. Exhale, lowering arms to Gyan Mudra on knees. Continue inhaling and exhaling to the music at your own pace.
31 minutes.



Notes from Yogi Bhajan

This will serve to bring yourself into your self-center.

Power Of Prayer

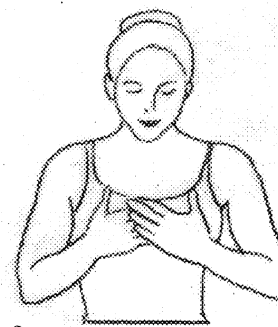
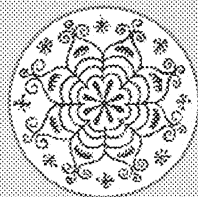
Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 8, 1986

Sit in Easy Pose with the spine straight. Eyes are closed. Meditate to the sound of the mantra, Rakhay Rakhanahaar. Pray silently. Hold each of the following positions for one line of the mantra and repeat the cycle:

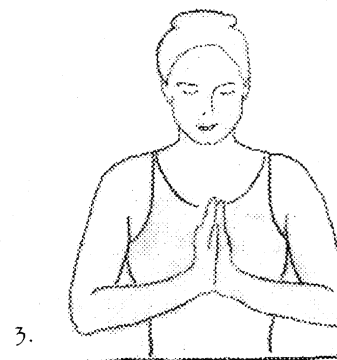
1. Prayer Pose - Bring your palms together at your heart center applying a slight pressure to your sternum.
2. Rest your hands, at the heart center. The finger tips of both hands are touching.
3. Bring your hands back to Prayer Pose.
4. Rest your hands on your knees.
40 minutes.

1. Rakhay rakhanahaar aap ubaaria-an
2. Gur kee pairee paa-i kaaj savaari-an
3. Hoaa aap da-iaal manaho na visaari-an
4. Sadh janaa kai sang bhavajal taari-an
1. Saakat nindak dusht khin maa-eh bidaari-an
2. Tis sahib kee tayk Naanak manai maa-eh
3. Jis simrat sukh ho-i sagalay dukh jaa-eh
4. Jis simrat sukh ho-i sagalay dukh jaa-eh



2.

1.



3.

4.



Notes from Yogi Bhajan

Do a prayer with your head and your heart, like Jesus on the cross. No power on earth can save you but your personal prayer. Pray that all misfortune and negativity shall depart. Always pray for light, bright, victory. You can do this meditation for as long or as little as you like.

High Tech Yoga

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 7, 1986

Sit straight. Eyes closed. Chant along with Rakhay Rakhanahaar music and repeat this series of exercises. This is a series of 8 mudras relating to the eight chakras. Change at each line of the mantra.
127 minutes.

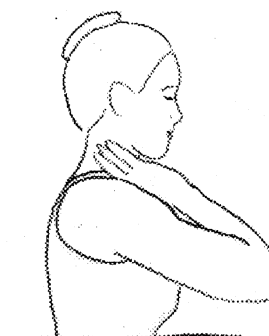
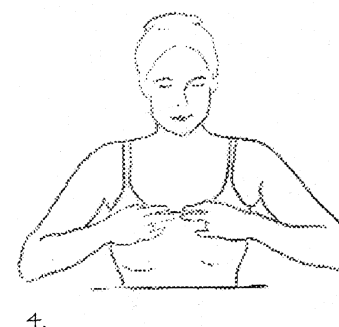
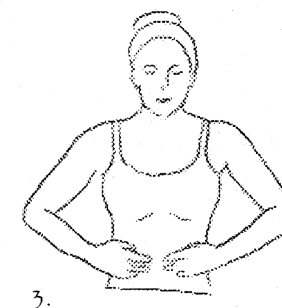
1. Gyan Mudra (thumb to index finger), wrists resting on knees with palms facing outward.

2. Gyan Mudra, hands resting in the lap with palms up.

3. Shuni Mudra (thumb to middle finger), press fingers at the navel area.

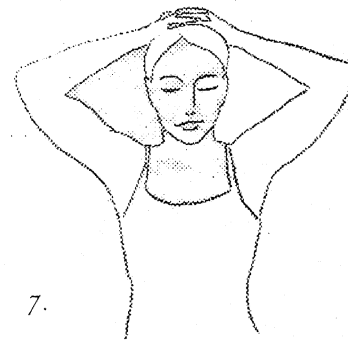
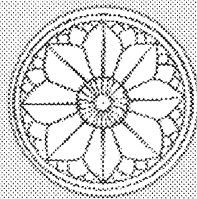
4. Surya Mudra (thumb to ring finger), press fingers at heart center.

5. Buddhi Mudra (thumb to little finger), press the fingers of hands below ears with fingers towards the back of the neck.

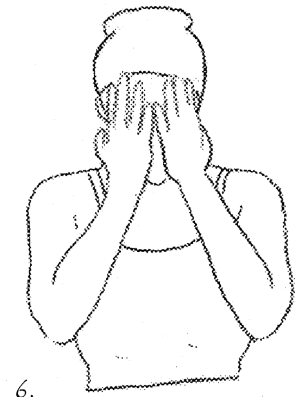


6. Both hands over face with fingertips along hairline ("Don't be surprised at what you see").
7. Interlock fingers on top of your head.
8. Extend arms out straight at 45 degrees with palms up.

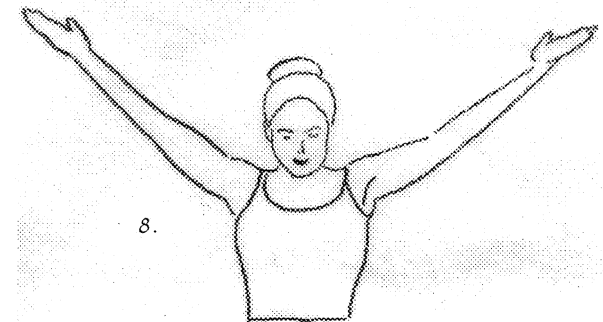
1. Rakhay rakhanahaar aap ubaaria-an
2. Gur kee pairee paa-i kaaj savaari-an
3. Hoaa aap da-iaal manaho na visaari-an
4. Sadh janaa kai sang bhavajal taari-an
5. Saakat nindak dusht khin maa-eh bidaari-an
6. Tis sahib kee tayk Naanak manai maa-eh
7. Jis simrat sukh ho-i sagalay dukh jaa-eh
8. Jis simrat sukh ho-i sagalay dukh jaa-eh



7.



6.



8.

Notes from Yogi Bhajan

Let anything go that comes.

Mental Exercises

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 4, 1986

Sit in Easy Pose with a straight spine. Chanting to Rakhay Rakhanahaar music you will move through a series of eight postures, changing in rhythm to the music, one to each line of the mantra.

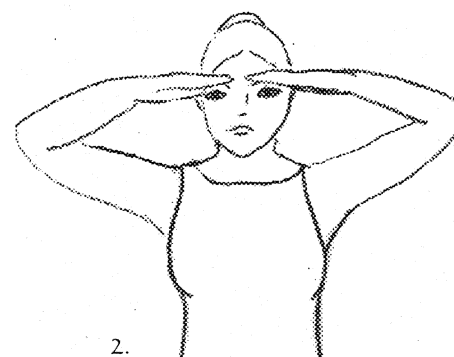
1 hour 45 minutes.

1. Bending your elbow, raise the right hand with palm inward at face level, midway between side and front. Keeping the head forward, look into hand as if hand is a mirror, shifting eyes to right so you are looking out of the corner of the eyes. *Works on the optical nerve.*

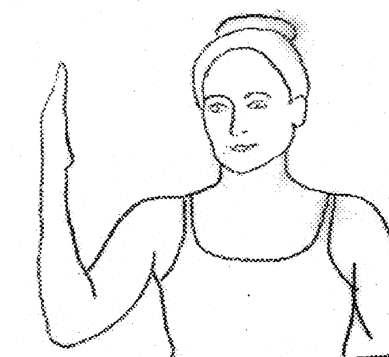
2. Bring both hands to the brow line with palms down, as if shading eyes. Gaze far away. *Brings the distance down and takes away blindness. Lets you see into the future.*

3. Rest your right elbow on your thigh and let the forehead rest on the right hand. *This is confirmation.*

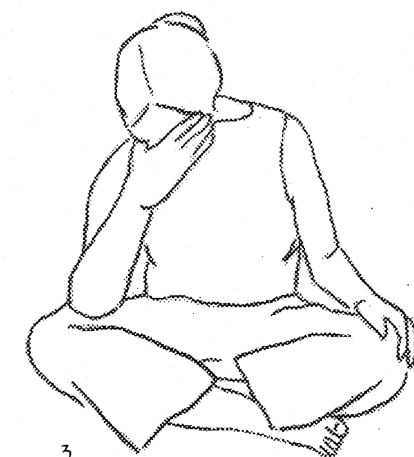
4. Bring hands to either side of the head at face level and make your hands into claws with palms forward. Lock the back teeth and squint the eyes. *Gives you grit. It is the Inner wake-up.*



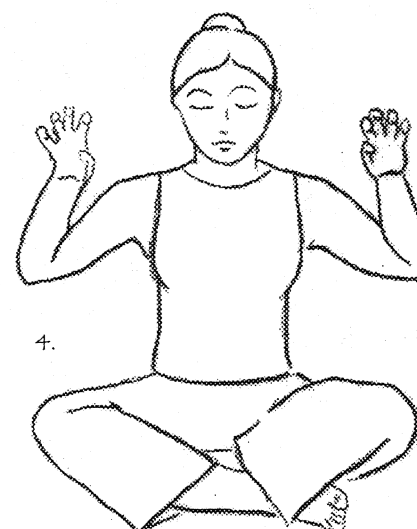
2.



1.



3.



4.

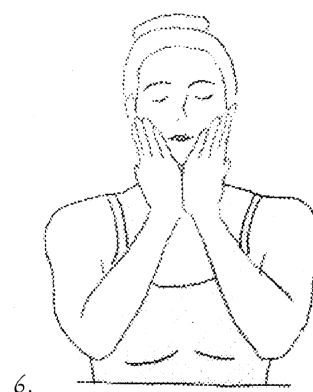
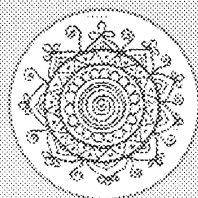
5. Turn to the left, rest the left elbow on the thigh. Rest your chin in your fingers of the left hand, with the thumb pressing underneath the chin and side of the index finger pressing below mouth. Raise and lower eyes twice, gazing off. *This is the Philosopher.*

6. Slap the cheeks with both hands simultaneously, eyes closed. Without fear. *Works on parasympathetic nervous system. This is Absolution.*

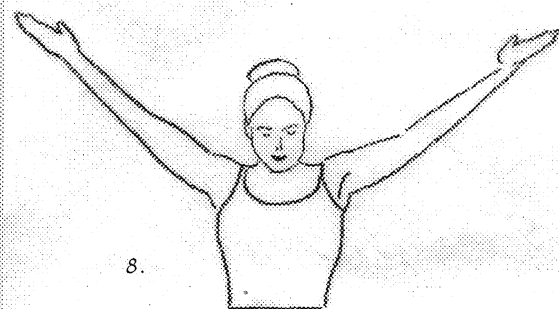
7. Cross arms on your chest, arch spine, cock head back and tilt to the right. Smile. *Will give feeling of reality and adversity. This is "Macho."*

8. Arms open wide to 45 degrees. *This is, "Welcoming God."*

1. Rakhay rakhanahaar aap ubaaria-an
2. Gur kee pairee paa-i kaaj savaari-an
3. Hoaa aap da-iaal manaho na visaari-an
4. Sadh janaa kai sang bhavajal taari-an
5. Saakat nindak dusht khin maa-eh bidaari-an
6. Tis sahib kee tayk Naanak manai maa-eh
7. Jis simrat sukh ho-i sagalay dukh jaa-eh
8. Jis simrat sukh ho-i sagalay dukh jaa-eh



5.



8.



7.

Notes from Yogi Bhajan

This will rid you of mental bankruptcy. This is a gift from heart to heart, from master to student. Act perfectly and act right. Let this act perfect your mind. The effects will be felt over the next five hours. Assess how light, happy and good you feel. People have worked one thousand years to figure this out.

Har Aerobic Kriya

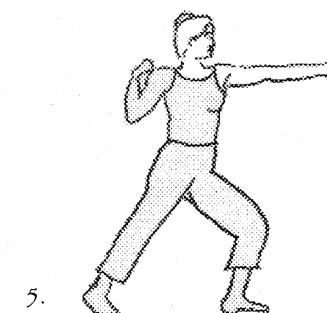
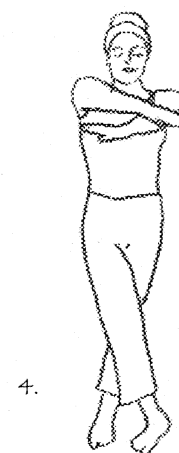
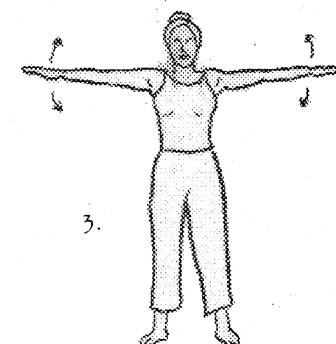
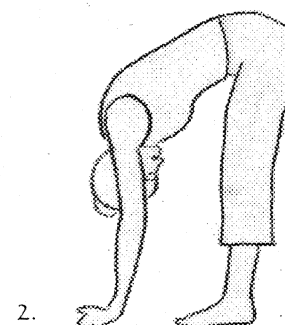
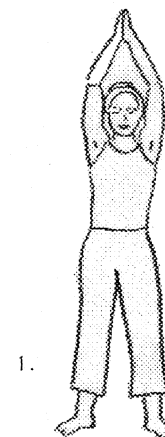
Yogi Bhajan's Kundalini Yoga Class - Women's Camp

1985

This set of exercises should be done very quickly and with a fluid motion moving from one exercise to the next without stopping. When done properly it is a great aerobic workout. Repeat this whole sequence. YB would have the women do 62 minutes every day.

Come standing up and spread your feet about hip width apart.

1. Bring your arms up straight over your head and clap your hands together eight times chanting Har with each clap.
2. Bend over from the hips slap the ground eight times chanting Har with each slap.
3. Bring your arms out to your sides parallel to the ground, palms facing down. The arm movement is about one foot above and below midline. Flap your arms up and down eight times chanting Har.
4. With your arms straight out to the sides you will jump and cross your arms in front of you and your legs at the same time - in a criss-cross jumping-jack motion. Chant Har as your limbs cross and Har as they open. Eight times chanting Har.
5. Now come into Archer Pose with your right leg forward and left leg back, pulsing forward and back, chanting Har each time you bend forward. Eight times.



6. Switch sides and do Archer Pose with your left leg forward and right leg back, pulsing and chanting Har eight times.

7. Again, same criss-cross jumping exercise as in #4. Eight beats of Har.

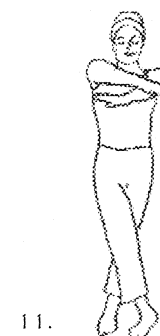
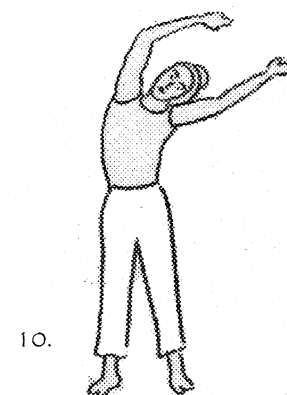
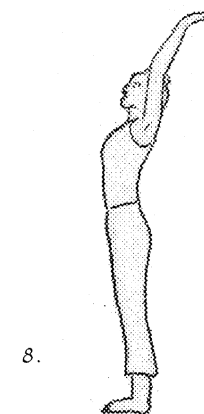
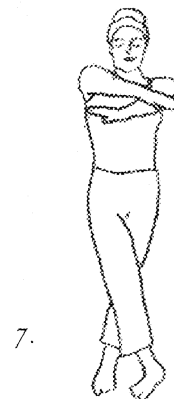
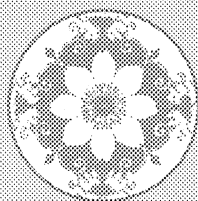
8. Stand straight with your arms straight up overhead. Then lean back arcing your back, and pulse backwards eight times chanting Har.

9. Again, same criss-cross jumping exercise as in #4. Eight beats of Har.

10. Stand straight with your arms straight overhead. Then bend to your right side pulsing up and down four times chanting Har. Switch sides and bend to your left side and pulse four times chanting Har.

11. Again, same criss-cross jumping exercise as in #4. Eight jumps chanting Har on each.

Repeat entire sequence over and over again.



Mudra Medley

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 10, 1984

This is a special class where Yogi Bhajan does a dance of mudras. He flows from one mudra to the next and instructs the students to follow along as best they can. Actions are very quick and smart and must be done right. This is a very fast sequence.

After going through 16 mudras, pick the one that felt right for you and get into the position. Close your eyes and focus on the third eye and do not make a move. *Any Mudra you pick will give you a tremendous experience. Breathe from the navel and stay steady. Just be there and let it happen. Do not move. Breathe in with Har and breathe out with Har mentally.*

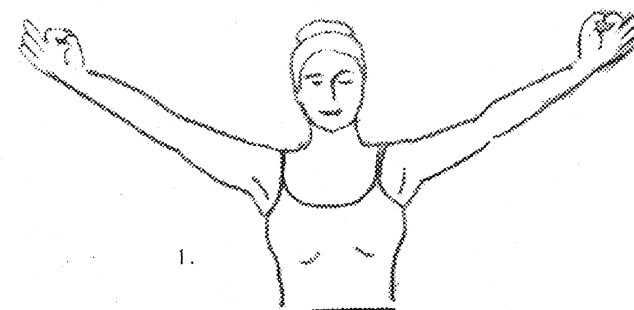
1 hour and 15 minutes.

1. Extend arms out to the sides and forward about 20 degrees. Hands are in Gyan Mudra.

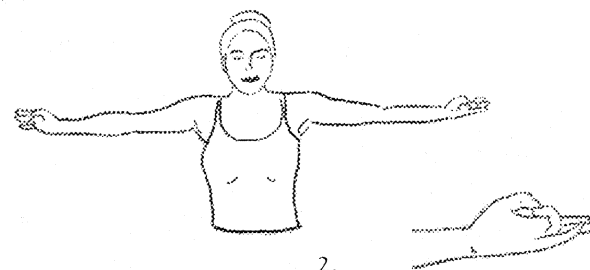
2. Move the fingers so that the thumb is touching the ring finger and bring your arms directly out to the sides. Arms are parallel to the ground.

3. Touch your thumb and Saturn finger of both hands together and arc them over your forehead so that the index fingers of both hands touch each other. This mudra is suspended over your head.

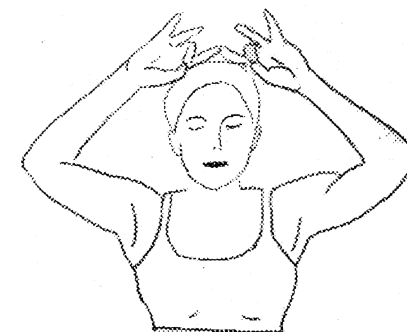
4. Bring your elbows down to your sides with the fingers are at either side of the face. Roll the hands into fists but leave the thumb and index fingers extended.



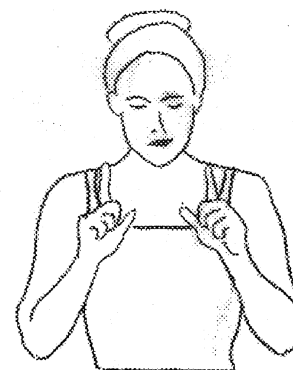
1.



2.



3.



4.

5. Place the right hand over the left hand and then close it into a fist with the thumbs pointing up and out. Hold your hands up at eye level

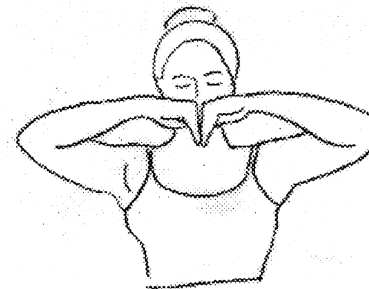
6. Touch the backs of the fingers together at the mouth level - fingers pointing down and elbows are raised up. Hands form a v in front of the face.

7. Align the right hand in front of the nose with the palm facing to the left. Rest the left palm on the inside of the forearm of the right arm.

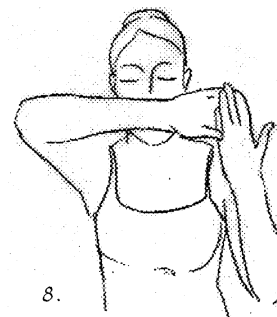
8. Keeping the hands at nose level and the palms flat, bring the fingers of the right hand and touch the fingers of the left hand at a 90 degree angle. The right wrist will be closest to the face.

9. Extend the right arm straight out in front of the body first with palm flat and facing down. The left hand is cupped upward at the navel. Then flex the right wrist up and place the fingers in Gyan Mudra with the palm facing forward.

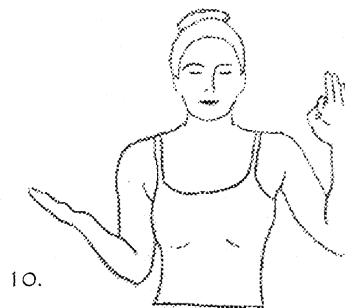
10. Flip the right hand over so that the palm is flat and facing up and rest the arm down against the ribs so that the hand is extended out diagonally to the side at the waist level. Bring the left hand up next to your shoulder in Gyan Mudra with the palm facing out.



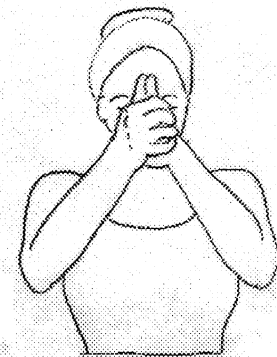
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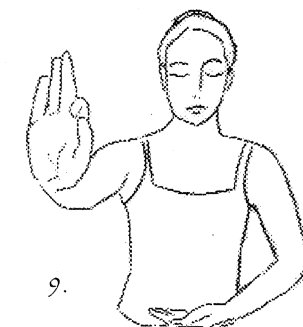
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5.



7.

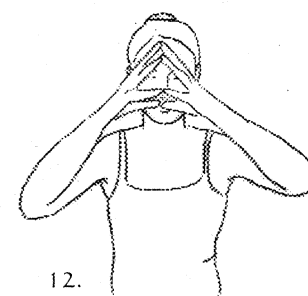


9.

11. Bring both hands with palms below your ears on either side of your face. The palms are facing up and hands run parallel to the jaw line, the tips of your fingers pointing behind you.



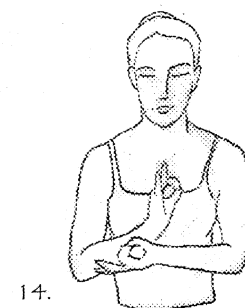
12. Bring the tips of the fingers of both hands together at the face level with the fingers spread apart. Like a pyramid.



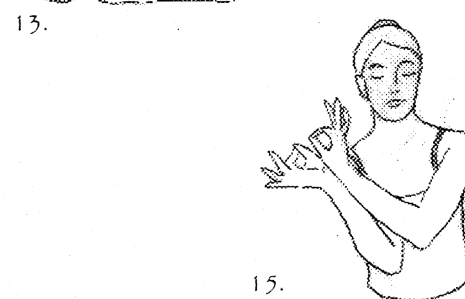
13. Rest the left hand on the knee in Gyan Mudra and raise the right arm up over your head so that it forms an arc with the hand in Gyan Mudra, the palm facing down.



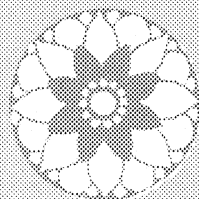
14. Then the right elbow is brought down to your side with the right palm facing in and still in Gyan Mudra. The left hand, also in Gyan Mudra, is brought to the wrist of the right hand at a 90 degree angle. The wrists of both hands meet.



15. With the fingers still in Gyan Mudra, bring the base of the palms of both hands together so that they are touching and face the tips of the fingers away from the body at the left shoulder.



16. Keeping the fingers in Gyan Mudra, bring the elbows down to the rib cage and position the palms so that they face one another. The tips of the fingers will be at cheek level.



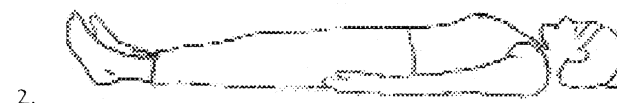
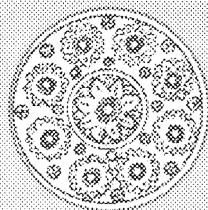
Capacity Of Totality

Yogi Bhajan's Kundalini Yoga Class - Women's Camp

July 2, 1986

1. Sit in Easy Pose with the spine straight. Hands are at the heart center, finger tips touching with a light pressure. Inhale through puckered lips and exhale through the nose. Breathe to Rakhay Rakhanahaar. *Breathe simply, like a honey breath. Keep politely, lovingly and affectionately breathing.* 31 minutes.

2. Sleep on your back to Rakhay Rakhanahaar. 40 minutes.



Notes from Yogi Bhajan

This is doing 3 things: Catching up to the rhythm is your mental exercise, breathing in this definite way is your physical and answering yourself to a certain rhythmic sense is your spiritual help. This is a yogic technique and your metabolism will react to it. This is an anti - hypertension exercise.