

Yogic Suxsma vyayama

(Yogic subtle exercise)

And

Yogic Sthula vyayama

(Yogic gross exercise)

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Sukshma Vyayama

Sukshma vyayama is the most ancient component of yoga, which is known to most yoga schools of the world. This was developed, designed and propagated originally by his His Holiness Maharishi Karthikeyaji Maharaj of the Himalaya. He had great kindness and compassion for humanity and taught Swami Dharendra Brahmachari, who in turn propagated it to the modern world, including the Nehru family. Dharendra Brahmachari also produced books and established institutions in Delhi and traveled throughout the country to teach a large number of people.

Yogic Sukshma Vyayama was developed by Maharishi Kartikeya Ji Maharaj on the basis of some of the most essential but normally not understood, mysterious aspects of Hatha Yoga relating to the Mudras and Bandhas. Though the Hatha Yoga literature is filled with references to the profound importance attached to the Bandhas and Mudras, many of the modern yoga schools both in India and abroad have comfortably ignored this aspect perhaps due to their own ignorance of this subject. It is also true that the Bandhas and Mudras are very complex can be practiced by advanced yogis in the original form as prescribed in the yogic texts namely HathayogaPradeepika, Siva Samhita and so on.

The science of yoga itself was restricted to the yogis who have renounced the world and who have given up all attachments and gone into the forest or the Himalaya. Yoga was taught and practiced only for them, by them and amongst them. But in the recent times some of the smaller, simpler and easier components of the yoga system were brought out from the mystery and secrecy that shrouded them, for the benefit of the modern society by Shri Dharendra Brahmachari and various other yoga experts. So, in conformity with the approach of bringing to the common people and normal society, some of the simplified and easier aspects of Hatha Yoga, this system of Sukshma Vyayama was developed, designed and propagated by His Holiness Maharishi Karthikeyaji Maharaj.

As mentioned earlier Yogic Sukshma Vyayama is a unique system of exercises not available anywhere in the world, in any other form either in the yogic domain or in the non-yogic, physical or cultural domain. It is so sensitive, so powerful, and so scientific so deep and yet so simple that even a child after crossing the age of ten can easily practice it and derive benefit. The benefits claimed are very great and there are also experiences collaborated by lakhs of disciples of Shri Dharendra Brahmachari. The benefits of Yogic Sukshma Vyayama are so great that even without practicing the rest of the aspects of Hatha Yoga such as Asanas it is possible to derive extremely tangible benefits in a very quick manner.

The other beautiful and more important aspect of Yogic Sukshma Vyayama is, that it is the only system of exercises in the world where each and every part of the body including Each organ, each joint and each muscle is taken into consideration, and a particular exercise or set of exercises associated with a specific type of breathing in a specific type of position with a specific point of mental concentration is prescribed.

So, starting with the top that is the head, we cover:

Various parts of the brain,

The eyes, nose, ears, and neck,

The shoulders, arms and arm joints, finger joints and even fingertips

The upper chest, middle chest and abdomen and trunk in different aspects

The thighs and buttocks, even organs like rectum/anus and the bladder (for which exercises are very rarely prescribed)

The knees, ankles, foot, foot muscle and joints, toes and finally the big toe.

So, literally "from top to toe" is the coverage in the above-mentioned sequence, which is something very unique in the entire world, in the past, present and possibly the future too.

So the Yogic Sukshma Vyayama as is implied by the name, is meant for the subtle body or Sukshma Sarira. It is not meant for the gross body or Sthula Sarira. There is a separate set of exercises for the gross body - Sthula Vyayama that succeeds Sukshma Vyayama but it is just about half a dozen exercises of gross nature similar to other gross exercises such as swimming and running or various physical and cultural exercises. Yogic Sukshma Vyayama, however, is on a different footing. It is meant for the subtle body of the human being, as per Indian traditional philosophy. As per the yogic philosophical tradition there are five bodies for every individual - the physical and the subtle: the anemias sarira, pranamaya sareera, manomaya sareera, vighyanamaya sareera and anandamaya sareera. So, Sukshma Vyayama deals with the second level, that is the subtle body or the pranamaya sareera.

main features or components of Sukshma Vyayama are (1) breathing (2) concentration point (3) actual exercise - which involves motion most of the times though not always. Breathing of different types: very light or very fast or very deep, sometimes through the mouth although mostly through the nose. This is a brief about Sukshma Vyayama.

The benefits once again are immense and are direct and immediate. Within a month of regular practice,
Preferably twice a day, morning and evening, or once a day in the morning,
Before bath if warm water, or after bath if cold water,
Before any kind of food,
With a tight underwear and shorts,
On a mattress,
Either open air or indoors,
Without any cold or heat or rain,
Will lead to development of extraordinary levels of capabilities and faculties of various aspects of the personalities both mental and physical.

For those who have maladies and problems of different kind, Sukshma Vyayama alone is capable of curing and preventing without taking the help of Asanas or other aspects of pranayama or kriyas. Though we do not prohibit the other aspects, Sukshma Vyayama is solely capable of handling all problems, both curing and preventing, and increasing the strength and vigor of different organs and systems in the body.

Sukshma Vyayama, though it looks very simplistic, is also going to awaken the Kundalini if performed correctly for a long period of time on a regular basis. The other aspects of classical Hatha Yoga, which have been incorporated into package of Sukshma Vyayama, by his Holiness Maharishi Kartikeyaji, are the Sambhavi Mudra, Shanmukhi Mudra and also Tratak. The eye exercises are from Tratak, and the ear exercise is Shanmukhi Mudra which was used in the classical yoga to get into the trance state of deep meditation though in Sukshma Vyayama it is only used for calming and questioning the mind for a common man.

So, to conclude, the mudras and bandhas are utilized along with the modern motion of exercises, movement of the muscles and bones to the extent of each and every joint of the body, each and every bone and the muscle and organ, being given an exercise to improve its' vigour, to improve its' capabilities, faculties and the performance of the individual as a whole.

YOGA SUKSMA-VYAYAMA-UCCARANA-STHALA TATHA
VISUDDHA-CAKRA-SUDDHI. (VISHUDHI CAKRA)



POSTURE: With your feet together and body erect, tilt your head slightly backward while keeping your eyes wide open and your mouth closed. The chin must be 2 and 1/2 inch above the sternal notch (the cavity at the base of the throat) and held in to be in line with the eyes. (Picture No.1) EXERCISE: Let your arms hang normally by the side. Concentrating on your vocal chords (larynx) inhale and exhale deeply and rapidly through the nose with the bellows effect. The rapidity and force of the breathing result in clearing, drying and ventilating the air passages. It clears the pharynx of phlegm. Lipping can be overcome and the voice becomes stronger and more resonant. The exercise is particularly beneficial to singers.

YOGA SUKSMA-VYAYAMA-PRARTHANA (prayer)



POSTURE: With eyes closed, feet together, the body erect, fold your hands with the thumbs on the throat-cavity (sternalnotch) and the forearms pressed against the chest. EXERCISE: Concentrate your mind on the Supreme Being. As soon

as you have attained this mental state, relax the pressure of your forearms and palms. As long as you are unsuccessful in achieving this state of mental concentration, keep the forearms pressed against the chest. According to Yogi tradition, this exercise, by its effect on the Manovaha nerve, helps to sublimate the sexual instinct and to increase the powers of concentration. The exercise is an unerring means for bringing about communion with one's inner self. Acting on the advice of some unknown saint, Lord Buddha was able to attain the perfect peace with the help of this exercise, while sitting under the Bodhi tree. It was this exercise, which gave him the strength to triumph over worldly passions.

YOGA SUKSMA-VYAYAMA-BUDDHI TATHA DHRTI-SAKTI-
VIKASAKA (INTELLIGENCE)



POSTURE: With your feet together, the body erect and the mouth closed, tilt your head back as far as it will go and keep the eyes wide open. EXERCISE: Concentrating on **the crown of your head**, inhale and exhale rapidly and vigorously through the nose with the bellows method. 25 times will suffice to begin with.

YOGA SUKSMA-VYAYAMA-SMARANA SAKTI
VIKASAKA(MEMORY)



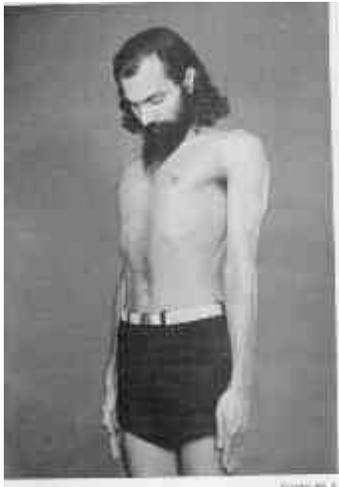
POSTURE: With your feet together, the body erect and the mouth in the normal

position and the eyes must focus on a spot of 5 ft. in front of the toes.

EXERCISE: **Concentrate on the Brahma-randhra**, which is the Yogic name for the

area just under the anterior fontenellae and through the nose inhale and exhale vigorously (bellows effect). 25 times to begin with. This is of special benefit to cases of mental fatigue. There is a marked improvement in memory. This exercise is useful for all those whose work causes mental strain and nervous exhaustion.

YOGA SUKSMA-VYAYAMA-MEDHA SAKTI-VIKASAKA
(INTELLECTUAL VIGOR)



POSTURE: Close your eyes, keeping your feet together and your back erect.

Your chin should be lowered to rest on the sternal notch. EXERCISE:

According

to Yogic science, the center of intellectual vigour is in the depression at the back of the neck. Concentrate on this with all the force you possess. Then start the bellows breathing exercise inhaling and exhaling with equal force. In the beginning 25 times.

YOGA SUKSMA-VYAYAMA-NETRA-SAKTHI-VIKASAKA (eye)



POSTURE: Stand with your feet close together, your back erect and your head tilted back as far as it will go. **EXERCISE:** Concentrate with all your will, while looking at the spot between your two brows without blinking. The eyes must squint in doing so. When your eyes feel tired or start watering, discontinue the exercise and resume it after a short rest. For five minutes in the beginning. This exercise produces stimulation of the nasociliary plexus of the autonomic nervous system, as well as on the fibers of the nerves moving the eyeball and internal structures of the eye. It improves the muscular power, balance and co-ordination of the various muscles that move the eye-ball. It also exercises the muscle of the iris which constitutes the muscular diaphragm surrounding the pupil of the eye and is instrumental in increasing or decreasing the amount of light entering the eyes and falling on the retina. Gazing at one point also helps in putting into action the muscles which are attached around the lens of the eye and whose contraction or relaxation result in changing the shape of the lens, required for accurate focusing of the light on the retina to form a sharp image of the observed object. Thus the entire neuro-muscular apparatus of the eyeball is toned up for a better performance and endurance. This exercise, apart from having an immediate utility for the eyes, has an even more important effect in training in the methods of concentration of the mind.

YOGA SUKSMA-VYAYAMA-KAPOLA-SAKTHI-VARDHAKA(cheek)



POSTURE: With feet close together and standing erect, join the tips of the fingers and close the nostrils with the two thumbs. **EXERCISE:** Keeping the eyes open and pouting your lips (in the shape of crow's beak), suck in the air vigorously through the mouth with a sibilant sound and blow out your cheeks. Now close your eyes and with your chin resting against the cavity of your throat (sternal notch), hold your breath as long as you can. Let the neck return to the normal posture, open your eyes, and exhale through the nose slowly

and effortlessly. In the beginning five times. The Kakimudra depends on airtightness and oxygenation of the oral cavity. Since in normal breathing the mouth remains closed and fresh air does not enter it, germs multiply unhindered. If however, a frequent forceful jet of air falls on the teeth, gums etc., it must have a beneficial effect and many oral infections would be prevented and cured. Pouting and holding the mouth in that shape for some time as also puffing out the cheeks would exercise most of the muscles of the face which ordinarily are inactive except for the mild action involved in speaking or eating. The habitual inaction of these muscles makes them flabby. It gives your cheeks a fresh bloom. The teeth become stronger. Pyorrhea, caries and halitosis are cured. Sunken cheeks fill up gradually and once again look normal. Pimple, boils etc. disappear.

YOGA SUKSMA-VYAYAMA-KARNA-SAKTHI VARDHAKA (ear)



POSTURE: With the feet close together, stand erect. EXERCISE: Close your mouth, plug your ears with the thumbs and place your index fingers on your eyes

, which should be kept shut. Your middle and third fingers should encircle the mouth, which should pout so as to resemble the beak of a crow. Now suck in the

air, blowing out your cheeks and lower your chin to rest on the cavity of your throat. Hold the breath as long as possible. Then let your neck go back to the normal posture and while doing so open your eyes gradually and at the same time exhale through the nose. Note that while holding the breath the cheeks should be kept fully puffed out. The creation of pressure inside the mouth forces air through the pharyngo-tympanic tube (Eustachian tube), which connects

the mouth cavity with the middle ear. The healthy functioning of this tube is essential for equalization of pressure inside and outside the ear. Without this the free vibrations of the eardrum cannot take place, which will result in defective hearing. The Jalandharabandha (bent neck) which forms part of the whole process ensures stimulation of the endocrine glands as well as nervous components, both somatic and autonomous, situated in this region. "By closing your ear-holes, nostrils, eyes and mouth you purify the passage of sound and then you hear the pure (inner) sound".

YOGA SUKSMA-VYAYAMA-GRIVA-SAKTHI-VIKASAKA-1 (neck)



POSTURE: Keeping your feet together, stand erect. EXERCISE `A': Relaxing your neck, turn your head with a jerk first towards your right shoulders, then towards your left shoulders. In the beginning 10 times. EXERCISE `B': Standing erect, jerk your head first forward, then backward. When it goes back it should touch the nape of your neck. When it is forward your chin should touch the sternal notch. Keep breathing normally. 10 times to begin with.

YOGA SUKSMA-VYAYAMA-GRIVA-SAKTHI-VIKASAKA-2 (neck)



POSTURE: Keep your feet close together, your back straight, your mouth closed and your eyes wide open. EXERCISE: Keep your chin in and rotate the head from left to right and then right to left alternately. Breathe normally. Try to

make your ear touch your shoulder, taking particular care to avoid raising the shoulder. Five times to begin with.

YOGA SUKSMA-VYAYAMA-GRIVA-SAKTHI-VIKASAKA-3 (neck)



POSTURE: Keeping your feet close together, stand straight. EXERCISE:

Inhale

and exhale through the nose ("Bellows effect") making the veins of your neck stand out. Blow out your stomach while inhaling, draw it in while exhaling. 25 times to begin with. This triple exercise strengthens the neck and beautifies it. Diseases peculiar to the throat, such as tonsillitis, laryngitis, pharyngitis etc. can be checked. The voice becomes resonant and speech defects such as lisping and stammering are completely removed. With perseverance, this exer-

cise, in conjunction with a couple of others, yields marvelous results in cases of dumbness. Singers will derive great benefit from it.

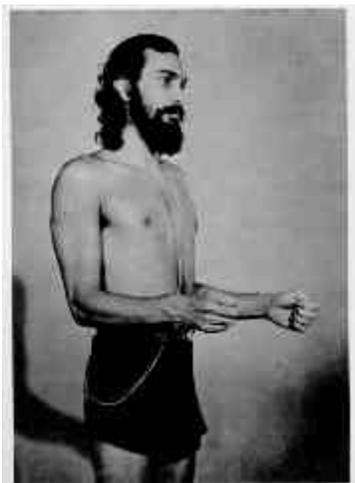
YOGA SUKSMA-VYAYAMA-SKANDHA TATHA BAHU MULA SAKTHI VIKASAKA (shoulder)



POSTURE: Feet close together, you're back straight, your fingers clenched into fists with the thumbs tucked in.

EXERCISE: With your mouth pouting and forming the shape of a crow's beak, suck in air, blowing out your cheeks and hold your breath with your chin resting on the sternal notch. While holding your back straight move the shoulders vigorously and stiffly up and down, in a pump-ing motion. The arms should be kept rigidly straight at the side. Assume the normal posture and straightening your neck open your eyes and exhale gradually through the nose. Repeat the process five times to begin with. The bones, blood vessels, the muscles and the nerves in the shoulder are toned up.

YOGA SUKSMA-VYAYAMA-BHUJA BANDHA SAKTHI VIKASAKA(upper of arm)



POSTURE: Keep your feet close together, your hands formed into fists with

the thumbs tucked in. Bend the elbows and raise the forearms at the angles of 90 degrees.

EXERCISE: Throw your arms vigorously forwards and backwards at shoulder level. The elbows must not go further back than the starting position. When pushed, the arms should be parallel to the ground. Breathe normally. In the beginning 25 times. Arms, which are under-developed with weak biceps, will develop good muscles. Heavy arms will become slender. The elbows-joints will receive unexpected strength; deformities of the arms and the shoulders will be cured. Constant practice of this exercise will make the arms look like an elephant's trunk, and will be just as strong.

YOGA SUKSMA-VYAYAMA-KAPHONI SAKTHI VIKASAKA (elbow)



POSTURE: Keeping the feet close together and standing straight, clench your fists with your thumbs tucked in. EXERCISE `A`: Raise your clenched fists forward to the level of the shoulders with a jerk, holding the upper arm stiff. Then bring them down, reverting to the original position. In the beginning 25 times. POSTURE `B`: Keep your feet together, your body straight and your palms open and turned front with the fingers close together. EXERCISE `B`': Repeat the exercise `A` jerking your arms from the elbow up and down as before. When doing this exercise, the palms must come up to the level of the shoulders and then down straight. The elbows should remain stationary. The palms must not touch the shoulder when going up, nor touch the thighs when coming down. This exercise cures malformation of the elbows and strengthens the joints. The cir-

culuation of blood in the arteries is accelerated bringing fresh strength to the entire length of the forearm beginning from the elbow. Constant practice gives women rounded forearms while those of men acquire strength and symmetry

YOGA SUKSMA-VYAYAMA-BHUJA-VALLI-SAKTHI-VIKASAKA
(lower of arm)



POSTURE: Feet together, the body straight, the arms by the sides.

EXERCISE `A`: Begin with your right arms. Let it hang relaxed; then raise it sideways above your head with the palm outward. Bring it down in the same manner. The arm must not touch the head when going up, or the thigh when coming down. Palms must be open, with the fingers together.

EXERCISE `B`: Repeat the exercise with your left arm.

EXERCISE `C`: Now bring both arms into action. Both should go up and come down together but the arms should not touch the head nor the hands touch each other.

YOGA SUKSMA-VYAYAMA-PURNA-BHUJA-SAKTHI-VIKASAKA
(whole arm)



POSTURE: Keep the feet together, body erect, the hands clenched into fists with the thumbs tucked in. EXERCISE `A`: Inhaling through the nose and hold-
ing your breath, swing your right arm forward and backward in a circle as many
times as you can. When you cannot hold your breath any longer stop with your
arm bent at the elbow and breathe out forcefully while thrusting your arm for-
ward at shoulder level. EXERCISE `B`: Repeat the exercise `A` in reverse,swin-
ging the arm backward and then forward. EXERCISE `C` : Now repeat the
exercise
`A` with the left arm. EXERCISE `D` : Repeat the exercise `B`, with the left
arm. EXERCISE `E` : With both hands clenched into fists, let both your arms
describe a full upward circle, and exhale with a hissing sound. EXERCISE `F` :
The same as exercise `E` in reverse. This set of exercises tones up the nerves.
The arms and hands become more shapely. The entire length of the arm
becomes
stronger.

YOGA SUKSMA-VYAYAMA-MANI-BANDHA-SAKTHI-VIKASAKA
(wrist)



POSTURE : Stand with feet close together, with the body straight. Stretch out your two arms straight in front of you at shoulder level, keeping them parallel to the ground. **EXERCISE `A` :** With loosely clenched fists, let your wrists move the fists up and down with force. While bringing your fist up and down, try to touch the forearm. The arms should be kept as stiff as possible. Five times to begin with. **EXERCISE `B` :** Raise the arms, bent at the elbow, sideways to shoulder level. The wrists should be moved up and down as in exercise `A`. While doing so, the fists should try to touch the forearm. Five times to begin with.

YOGA SUKSMA-VYAYAMA-KARA-PRSTHA-SAKTHI-VIKASAKA
(upper of the hand)



POSTURE : Keep feet together, the body straight, the arms stretch out in front parallel to the ground, at shoulder level. Palms open and the fingers close together. **EXERCISE `A` :** Move your wrists up and down with force while bringing your first up and down, try to touch the forearm. The arms should be kept as stiff as possible. **EXERCISE `B` :** Raise the arms, bent at the elbow. Sideways to shoulder level. The wrists should be moved up and down arms folded at the elbows with palms open, fingers together.

YOGA SUKSMA-VYAYAMA-KARA-TALA-SAKTI-VIKASAKA (palm)



POSTURE : Keep your feet close together, the body straight. Stretch your arms forward, with the fingers spread out as far as possible. The arms should be kept parallel to the ground, at shoulder level. **EXERCISE `A`:** From the wrists let your hands move up and down vigorously. While bringing the palms up and down the fingers must try to touch the arm. **EXERCISE `B` :** With the same posture, raise your arms sideways, bent at the elbows, keeping the fingers far apart from each other, and move the hands up and down as if the fingers were to touch the arm.

YOGA SUKSMA-VYAYAMA-ANGULA-MULA-SAKTHI-VIKASAKA (root of fingers)



POSTURE : With the feet together and the body relaxed, raise the arms forward, parallel to the ground, at shoulder level. The hands beyond the wrists should be relaxed and drooping. **EXERCISE `A` :** While stiffening the entire arm, the hand alone must be relaxed. Hold for five minutes to begin with. **EXERCISE**

`B':

As at `A' but with the arms bent at the elbows. Two minutes to begin with.

YOGA SUKSMA-VYAYAMA-ANGULI-SAKTI-VIKASAKA (fingers)



POSTURE : Stand with the feet close together and the body erect. Throw out your arms in front, keeping them parallel to the ground at shoulder level.

EXER-CISE `A' : Let your fingers form the shape of the hood of a cobra, taking par-ticular care to stiffen the entire length of the arms from the shoulder-jointsto finger-tips. The exercise will not be effective if enough force is not put into it to make the arms tremble. Five minutes to begin with. EXERCISE `B' : Posture the same as for `A'. Repeat the exercise `A', with the arms bent at the elbows. The fingers should be spread in the shape of a cobra's hood. Five minutes to begin with.

YOGA SUKSMA-VYAYAMA-VAKSHA-STHALA-SAKTI-VIKASAKA-1 (chest)



POSTURE : Stand with the feet together, body erect. Arms by your side, palms

turned backwards with the fingers together. EXERCISE : Swing back your arms, describing a semi-circle. While doing this, inhale through the nose and lean back as far as possible and remain in that position as long as you can. Exhale slowly while reverting to the original position. Five times to begin with. This exercise is helpful in many chest diseases. The chest expands and becomes strong. Tuberculosis, asthma and chronic bronchitis can be effectively tackled with the help of this exercise. Persons suffering from weakness of the heart will benefit by its tonic effect if they do this exercise for five minutes every morning.

YOGA SUKSMA-VYAYAMA-VAKSA-STHALA-SAKTI-VIKASAKA-2 (chest)



POSTURE : Stand with the feet together, body erect, arms by your side with palms of the hands turned inwards. EXERCISE : While inhaling through the nose, bend backward from the waist as far as you can go. At the same time raise your arms behind you as high as you can. Maintaining this posture as long as you can, exhale slowly while resuming your original position. Five times to begin with.

The advantages derived from this exercise are the same as from vakshasthala saktivikasaka asana with the addition that this one gives vitality and strength to the chest and back. The arms are also strengthened. Thin persons will find their protruding bones covered with healthy flesh. Regular practice of this exercise will keep the back straight throughout a man's life.

YOGA SUKSMA-VYAYAMA-UDARA-SAKTHI-VIKASAKA-1 (ABDOMEN)



POSTURE : With the feet together, stand erect.

EXERCISE : Inhale through the nose slowly. While doing so, distend your abdomen as much as you can. After holding the breath in this posture, release it slowly and gradually, while drawing in the abdomen as much as you can, till it becomes hollow. This exercise is also known as 'Uddiyana Bandha'. Practise this exercise repeatedly. Five times to begin with. The 'Yogacudamanupanisad' says about this particular exercise: "Just as the bird who flies in the sky, in the Uddiyana posture, so does man score a victory over death, like a lion over an elephant, thanks to the vitality he receives from the Uddiyana Bandha."

YOGA SUKSMA-VYAYAMA-UDARA-SAKTHI-VIKASAKA-2 (ABDOMEN)



POSTURE : Stand erect with your feet together and your neck raised an inch above the normal. **EXERCISE :** Breathing quickly and deeply through the nose (Bellows effect) distend your abdomen, and while exhaling, contract it. 25

times to begin with. Particular care must be taken to distend and contract the abdomen to the fullest extent; the inhaling and exhaling should be rhythmic.

**YOGA SUKSMA-VYAYAMA-UDARA-SAKTHI-VIKASAKA-3
(ABDOMEN)**



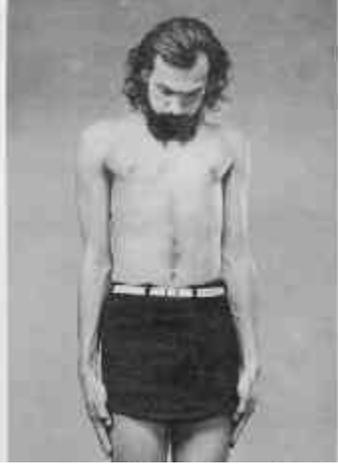
POSTURE : With your feet together, stand erect and bend your head as far as it can go. **EXERCISE :** Breathe in and out quickly (Bellows effect) while distending and contracting the stomach. 25 times to begin with.

**YOGA SUKSMA-VYAYAMA-UDARA-SAKTHI-VIKASAKA-4
(ABDOMEN)**



POSTURE : Stand erect with your feet together. Look at a spot four to five feet forward your toes. **EXERCISE :** Inhale and exhale sharply (bellow effect) distending and contracting your abdomen. 25 times to begin with.

YOGA SUKSMA-VYAYAMA-UDARA-SAKTHI-VIKASAKA-5
(ABDOMEN)



POSTURE : Stand with your feet together and the body erect. EXERCISE :
Pouting

your lips suck in the air, and at the same time lower your chin to touch the sternal notch. This exercise is also called Jalandharabandha. While holding the breath, close your eyes and puff out the cheeks. Exhale so gradually through the nose that there is no sound at all in doing so. If you have held your breath for a considerable time, take particular care not to blow it out violently. That would be harmful. Five times to begin with.

YOGA SUKSMA-VYAYAMA-UDARA-SAKTHI-VIKASAKA-6
(ABDOMEN)



POSTURE : With your feet close together, stand erect. Bend the upper part of

your body forward at an angle of 60 degrees and place your hands on your hips with the fingers at the back, thumbs front. EXERCISE: Inhale and exhale sharply through the nose (Bellows effect) taking care at the same time to distend and contract your abdomen. 25 times to begin with.

**YOGA SUKSMA-VYAYAMA-UDARA-SAKTI-VIKASAKA-7
(ABDOMEN)**



POSTURE : With your feet together, stand erect and hands on hips as in udara satkivikasaka asana-6. Then bend forward to an angle of 90 degree.

EXERCISE :

Inhale and exhale sharply (Bellows effect). While inhaling, the abdomen must distend; while exhaling it must contract. 25 times to begin with.

**YOGA SUKSMA-VYAYAMA-UDARA-SAKTI-VIKASAKA-8
(ABDOMEN)**



POSTURE : As in udara shaktivikasaka - 6. EXERCISE : Breathe out through the nose and without breathing in distend and contract your abdomen in rapid succession. After you have held your breath to the fullest limit of your endurance, breathe in slowly. Then breathe out and distend and contract your abdomen again. Care should be taken to see that while you are busy exercising your abdomen, your breathing remains suspended. Five times to begin with.

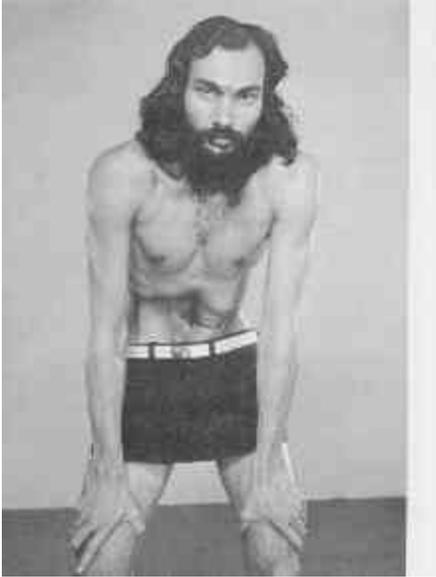
YOGA SUKSMA-VYAYAMA-UDARA-SAKTI-VIKASAKA-9
(ABDOMEN)



POSTURE : Udara shakti vikasaka - 7. EXERCISE : As in Udara saktivikasaka - 8

For the purpose of this exercise, the entire operation of rapidly distending and contracting the abdomen with suspended breathing is to be treated as a single exercise. Therefore, five times means that the whole operation is reputed five times over.

YOGA SUKSMA-VYAYAMA-UDARA-SAKTI-VIKASAKA-10
(ABDOMEN)



POSTURE : With feet two feet apart, place your hands on your knees and bend from the waist to form an angle of 90 degrees. **EXERCISE :** Exhale completely.

Then contract your abdomen to the fullest extent. This is called the complete Uddiyana. This done, stiffen the arms and allow the Nauli to stand out. Try to rotate it right and left, describing a circle. Five to begin with. The Nauli is the recto abdominis, which form the front linear wall of the abdominal cavity. The exercises for the abdomen depend for their efficacy on three processes: 1. Muscular contraction of parietal abdominal muscles specially the rectus abdominis; 2. Stimulation of celiac and plexuses of the autonomic nervous system; and 3. Abdominal respiration.

YOGA SUKSMA-VYAYAMA-KATI-SAKTI-VIKASAKA-1 (back-bone)



POSTURE `A` : With your feet together, back straight, clench your right hand to form a fist with the thumb tucked in. Holding it behind your back place your left hand on the right wrist, both in contact with the back. EXERCISE `A` Breathe deeply through the nose while bending backward as far as you can. Maintain this posture for a few moments. Then, while exhaling, bend forward and try to touch your knees with your head. Repeat this operation several times. Five times to begin with. POSTURE `B` : As above except that the left hand should be formed into a fist with the right hand on the left wrist. EXERCISE `B` : As in Exercise `A`.

YOGA SUKSMA-VYAYAMA-KATI-SAKTI-VIKASAKA-2 (back-bone)



POSTURE : With your legs stretched apart as far as possible. Arms on hips, keeping the fingers to the rear, and the thumbs in front. EXERCISE: Inhaling, bend back from the waist as far as you can go. Maintain this posture for some time. Then, while bending forward to touch the ground with your head, exhale gradually. Five times to begin with.

YOGA SUKSMA-VYAYAMA-KATI-SAKTI-VIKASAKA-3 (back-bone)



POSTURE : With your feet together, stand erect. EXERCISE : Inhaling, bend back with a jerk as far as you can. Exhaling, bend forward with a jerk trying to touch your knees with your head. Take care that during this exercise your hand do not touch your thighs or your knees.

YOGA SUKSMA-VYAYAMA-KATI-SAKTI-VIKASAKA-4 (back-bone)



POSTURE : With your feet together, stand erect with your arms stretched out sideways. EXERCISE : With your arms spread out, bend the trunk to your left, as far as you can and return slowly to the normal position. Then bend towards your right. Five times to begin with. While doing this exercise, particular care should be taken to see that your arms do not move up or down and that the trunk does not bend forward or backward. At the same time while bending to right or left you must stretch so that the hand touches the calf. Repeat the exercise with your feet two feet apart. Five times to begin with.

YOGA SUKSMA-VYAYAMA-KATI-SAKTI-VIKASAKA-5 (back-bone)



POSTURE : Stand with your feet two feet apart. EXERCISE : While inhaling quickly, swing the trunk and the outstretched arms to describe a semi-circle to the right and exhale. Repeat the process, this time exhaling with the trunk turned to the left. Repeat this operation ten times to begin with. The five exercises for the back make it supple and symmetrical. Regular practice removes all minor deformities of the back. Men and women under twenty-five can add

to their height, while those between twenty-five and thirty will also find themselves taller than when they started. It is a boon for short persons. These exercises are especially good for strengthening the back. Artists, actors and actresses will find them of great help. A short course of this exercise will add several inches to the chest and take away many more from a flabby, back, while regular practice will make the body symmetrical and strong.

YOGA SUKSMA-VYAYAMA-(MULADHARA-CAKRA-SUDDHI)



POSTURE : Stand erect with feet together, the thighs pressed together and the neck relaxed. EXERCISE : With the buttocks pressed rigidly together contract themselves of the rectum as if drawing in air through it. The breathing can be normal though, in fact, this exercise generally results in the suspension of breathing and the very violence of the effort makes the body tremble. Five minutes to begin with. Since this exercise is for the internal organs no illustration is possible. Repeat the exercise with the feet separated by about 2-3 inches. Five minutes to begin with. The Upanisads say of this particular exercise : "The drawing up of air through the rectum, Apana, results in the elimination of the products of the kidneys and the bowels, and slenderness replaces flabbiness."

YOGA SUKSMA-VYAYAMA-UPASTHA TATHA (SVADHISTHANA-CAKRA-SUDDHI)



POSTURE : Stand erect, keeping your feet at a distance of 1 1/2 feet from each other. EXERCISE : With buttocks rigid, contract and draw upward the muscles of the rectum and of the genital organs. Breathing would automatically be suspended and your feet, knees and thighs will begin to tremble. As this particular exercise draws upon your energy very heavily, special care should be taken in doing it correctly. This exercise helps to stimulate the pelvic center and results in stimulation of the hypogastria plexus of nerves. From both these centers, the nerve supply goes to the lower part of the intestinal tract as well as to the pelvic viscera and the sphincters of the genito urinary system as well as the anus.

YOGA SUKSMA-VYAYAMA-(KUNDALINI-SAKTI)-VIKASAKA

POSTURE : Keeping a distance of two inches between your feet, stand erect.

EXERCISE : Hit your heels on your buttocks one after the other, with force.

Care

should be taken to bring the foot down on the original spot from which it was raised. 25 times to begin with. This operation kindles the forces of the "mystic-coil". Our literature contains many references to this particular exercise. The Upanisads have the following to say. "In the upper region of the knot resides the coil endowed with immense power. This powerful coil is the cause of the bondage of the ignorant and the emancipation of the Yogi". "The best of the gods, called Kundalini, slumbers in the base in the shape of a serpent entwined into three and a half spirals. So long as this powerful coil remains dormant, man remains ignorant like an animal and any number of Yogic

exercise will lead to enlightenment." "Just as the base of the mountain-studded, forest-clad earth is the hydra-headed serpent, so is the Kundalini the base of all the Yogic formulae.

YOGA SUKSMA-VYAYAMA-JANGHA-SAKTI-VIKASAKA-1 (thigh)



POSTURE : Stand erect with your feet together. EXERCISE `A' : Inhale through

the nose and at the same time throw up your arms while jumping up with your feet together and coming down on your toes with feet apart. While exhaling, lower your arms, while jumping up and coming down on your toes with your feet

together. Care should be taken to see that when coming down your arms do not

touch thighs, nor should your legs bend at the knees. EXERCISE `B' : The same as at `A' but the entire operation being in reverse. In the earlier exercise you inhaled when the arms were thrown up; in this one you should inhale when bringing them down, and exhale when throwing them up. 25 times to begin with.

YOGA SUKSMA-VYAYAMA-JANGHA-SAKTI-VIKASAKA-2 (thigh)

POSTURE `A' With the feet together, stand erect. EXERCISE `A' : Inhaling through the nose bend your knees gradually, with your arms held out before you parallel to the ground. Stop when your thighs are parallel to the ground and try to maintain this position as long as you can. Take care to prevent the heels or the toes from rising from the ground. The knees must be together. Then begin to rise gradually, while exhaling. If in the beginning you find it difficult to hold your breath while doing this exercise, you can breathe normally, until, with sufficient practice, you can hold your breath. POSTURE `B': With your feet together, heels raised, body erect, spread your arms sideways, throwing your entire weight on the toes. EXERCISE `B' : Breathing in and spreading your knees apart bend your knees but without sitting on your heels. While in this position, hold your breath as long as you can. While rising exhale slowly, Breathe normally to begin with, if it is difficult to hold your breath. five times to begin with. These exercise develop the thighs and make them shapely. You can cover long distances without tiring. Thin limbs acquire healthy flesh, while flabby ones get rid of the superfluous flesh. Within a very short time benefits of a lasting nature are noticed.

YOGA SUKSMA-VYAYAMA-JANU-SAKTHI-VIKASAKA (knee)



POSTURE : With the feet together stand erect. EXERCISE : Raise your foot forward with a jerk of the knee and then raise it backward and repeat while keeping the upper part of your body in the same erect position. After doing this exercise with one leg, repeat it with the other. When taking your leg back, the heel must touch the buttock. Ten times to begin with. This exercise is good for rheumatic condition of the knees as it improves the circulation of blood in the region. It is particularly efficacious for football players.

YOGA SUKSMA-VYAYAMA-PINDALI-SAKTI-VIKASAKA (calf)



POSTURE : With your feet together, stand erect, your hands clenched into fists your neck relaxed. EXERCISE : While inhaling through the nose, squat with your arms held out in front of you, keeping them parallel to the ground. Your feet should remain on the ground, with your knees closed. Go down as far as you can Holding your breath, stand up while your arms describe one full circle as in udarasakti vikasakasana and, on completing the circle, they should be held

before your chest, arms bent at elbows, fists touching each other. Then exhale sharply while expanding the chest and pulling the arms slightly backward.

YOGA SUKSMA-VYAYAMA-PADA-MULA-SAKTI-VIKASAKA (ankle)



POSTURE : Stand on your toes, body erect and relaxed.

EXERCISE `A' : Throwing the weight of your body on the toes, raise and lower you body in a spring like motion. The heels and toes should be together throughout. 25 times to begin

with. EXERCISE `B' : Balancing on the toes, jump up as high as you can, coming

down on the toes. During this operation the toes should be used to maximum effect. Care should also be taken to maintain the original position of contact between the heels and the toes, and to bring them down on the spot from which you jumped. 25 times to begin with. These exercises give the calves strength and symmetry, rheumatic conditions are cured. The calves become firm

and the soles of the feet strong.

YOGA SUKSMA-VYAYAMA-GULPHA-PADA-PRSTHA-PADA-TALA-SAKTI-VIKASAKA (foot)

POSTURE : With the feet together, stand erect. EXERCISE : Stretching forward

one foot and holding it about 9 inches off the ground, describe a circle first from right to left, then from left to right, with the ankle. Repeat with the other foot. Ten times to begin with. The exercise relieves rheumatism of the

ankles and strengthens the toes and the feet.

YOGA SUKSMA-VYAYAMA-PADANGULI-SAKTI-VIKASAKA (fingers)



POSTURE : Stand with the feet together, body erect and relaxed, and your arms spread out. **EXERCISE :** With the toes held together, throw the entire weight

of the body on your tips. Try to maintain your balance in this position as long as you can. Three minutes to begin with. This exercise strengthens the feet and the toes and their joints. Deformed toes improve in appearance. Those interested in running will derive much benefit from this exercise. Specially recommended to inhabitants of hilly area. This exercise makes the toes elastic. After completing all the 48 exercises, you must assume the `corpse pose'(Savasana). This is nothing but giving your body complete rest while lying down. It makes the blood flow through the body in an even course, and the fatigued limbs

are refreshed. Maintain this posture till your breathing and your heart-beat are normal once again.

YOGA STHULA-VYAYAMA-REKHA-GATI (line walking)



POSTURE : With the left foot on the ground, place your right foot in front of it so that the right heel touches the toes of the left foot. **EXERCISE :** Now walk fifty steps ahead with the heel of one foot touching the toes of the other, taking care to see that the entire distance is covered in a straight line. Then walk backward, in the same manner and in a straight line. The eyes must look front and not at the feet. This exercise increases the power of concentration and improves the balance of the body. It is of special benefit to acrobats and to persons in the army or the police force. Regular practice of this exercise makes it possible to walk on a thin rope.

YOGA STHULA-VYAYAMA-HRD-GATI (yogic jogging)



This exercise has been named the Locomotive Exercise because the movement resembles that of a locomotive. **POSTURE :** With the feet together and the body, rect, bend arms at the elbows as in Bhujja-Bandha Sakti Vikasakasana. **EXERCISE**

Running fifty small steps ahead of you on your toes, push your arms, forward and backward alternately in a piston movement. The feet, while running, must be

thrown back from the knee so as to hit the buttocks. When the right leg is moving forward, the right arm must be thrust out and vice versa. Breathing in and out sharply and deeply through the nose will produce the hissing sound of an engine. Having gone forward 50 steps, move backward the same distance with

the same movement. Care must be taken to see that the elbows in the rear action of the arms, do not go further back than the body. This is one of the most wonderful physical exercises, which re-vitalizes the entire body. The chest

expands, the muscles of thighs and the calves are developed. A miraculous cure for the obese who will find themselves of normal size in a very short time. On the other hand thin persons will find their limbs acquire flesh. One has to do this exercise for five minutes to obtain the energy needed to cover 25 mls. It is particularly recommended to those in the army or in the police force, or those interested in athletics, particularly running.

YOGA STHULA-VYAYAMA-UTKURDANA (yogic jumping)



POSTURE : With the feet together stand erect with clenched fists, thumbs tucked

in and arms bent at the elbows as in Bhujangasana. EXERCISE

Inhaling deeply through the nose let, your arms describe a full circle and return to their original position. When the arms are back, jump up as high as you can and bend your knees so that the heels strike hard against the buttocks. Exhale, throwing out your arms in front of you, while your feet touch the

ground. All these three operations are a matter of a few seconds. Five times to begin with. This exercise adds inches to the height, broadens the chest, and strengthens the thighs, which become shapely. The powers of the mystic coil (Kundalini) are awakened.

YOGA STHULA-VYAYAMA-URDHVA-GATI (move up)



POSTURE : With feet one foot apart hold one arm bent at the elbow at an angle of 90 degrees while the other is stretched straight upwards. The palms of both the hands must remain open, facing outward with the fingers together.

EXERCISE

Bend your left knee and stretch your right arm upward. Repeat this process with the right foot and left arm raised. Breathe in and out to synchronise with the movement of your limbs. 25 times to begin with. This exercise is good for the limbs and for circulation.

YOGA STHULA-VYAYAMA-SARVANGA-PUSTI (whole body development)



POSTURE : With your feet as wide apart as possible, form fists with the

thumbs

tucked in. Then with one wrist upon the other, bend towards the ankle of the right leg. EXERCISE : Inhaling through the nose, raise the arms backward and forward describing a circle with the trunk and bring them down towards the left ankle. Inhale when coming down and exhale while rising. This exercise is to be done very slowly. The body becomes supple and strong; stiff backs are cured. The tuberculoses can derive great benefit from this exercise.