



Rite 1

Stand erect with arms outstretched, horizontal to the floor. Spin around *clockwise*, until you become slightly dizzy.

Gradually increase (in increments of 2) practicing from 3 up to 21 repetitions per day, for each rite.

Rite 2

First, lie flat on the floor, face up. Fully extended your arms along your sides, and place the palms of your hands against the floor, keeping the fingers close together. Then, raise your head off the floor, tucking the chin against the chest.

As you do this, lift your legs, knees straight, into a vertical position. If possible, let the legs extend back over the body, toward the head; but do not let the knees bend. Then slowly lower both the head and the legs, knees straight, to the floor. Allow all the muscles to relax, continue breathing in the same rhythm.

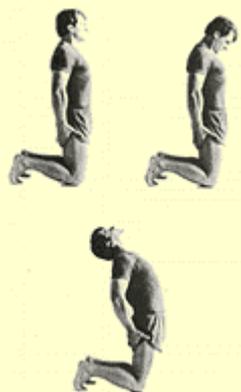
Breathe in deeply as you lift your legs and breathe out, as you lower your legs.



Rite 3

Kneel on the floor, with the body erect. The hands should be placed against the thigh muscles. Incline the head and neck forward, tucking the chin against the chest. Then, throw the head and neck backward, arching the spine.

As you arch, you will brace your arms and hands against the thighs for support. After the arching, return to the original position, and start the rite all over again. **Breathe in deeply as you arch the spine, breathe out as you return to an erect position.**



Rite 4

Sit down on the floor with your legs straight out in front of you and your feet about 12 inches apart. With the trunk of the body erect, place the palms of your hands on the floor alongside the buttocks. Then, tuck the chin forward against the chest. Now, drop the head backward as far as it will go. At the same time, raise your body so that the knees bend while the arms remain straight.

The trunk of the body will be in a straight line with the upper legs, horizontal to the floor. Then, tense every muscle in the body. Finally, relax your muscles as you return to the original sitting position, and rest before repeating the procedure. **Breathe in as you raise up, hold your breath as you tense the muscles, breathe out completely as you come down. Continue breathing in the same rhythm as long as you rest between repetitions.**



Rite 5

When you perform the fifth rite, your body will be face-down to the floor. It will be supported by the hands, palms down against the floor, and the toes in a flexed position. Throughout this rite, the hands and feet should be kept straight. Start with your arms perpendicular to the floor, and the spine arched, so that the body is in a sagging position.

Now, throw the head back as far as possible. Then, bending at the hips, bring the body up into an inverted 'V'. At the same time, bring the chin forward, tucking it against the chest.

Breathe in deeply as you raise the body, breathe out fully as you lower it.

