

Become Strong as Steel

May 21, 1984

This yoga set is physically demanding, every exercise is to be done with maximum strength and speed.

1. Lie down flat on your back with your hands by your sides. Lift the left leg sixty degrees up from the floor while, at the same time, angling it out to the side at sixty degrees. Then lower it back to the floor. Continue raising and lowering the left leg to these angles. Don't bend your knees, keep both legs straight. Move quickly: up and down should be done in one second. Breathe heavily and push yourself. 3 Minutes.

"A master takes little and gives a lot."

YB

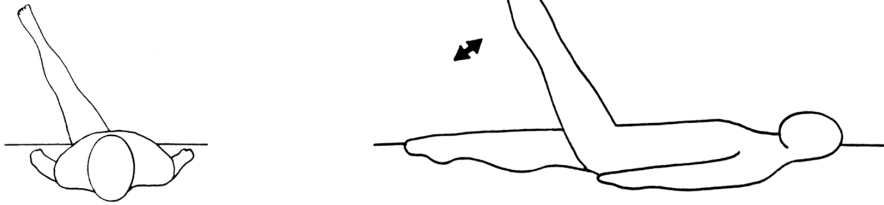
2. Change legs, raising the right leg up to sixty degrees and out to the side at a sixty-degree angle and then lowering it. Put yourself into the exercise heart and soul. The movement has to be strong, with total tension in the muscles. Keep your legs straight. Move fast with a heavy breath. 2 1/2 Minutes.

3. Still lying on your back with the legs stretched out straight and your heels together. Put your hands under your head. Inhale and lift both legs up to sixty degrees, while at the same time spreading the legs so that each leg is out to the side at sixty degrees. The heels start out together on the ground and the legs open apart as you lift them up and out to the sides. Exhale and lower your legs back down so that the heels come together as your legs touch the floor. Continue this up-as-you-open-your-legs, down-as-you-close-your-legs movement. Move with the breath. Start slowly, but quickly build up to a rapid pace. 2 Minutes.

In this exercise, the navel will move and the sciatica nerve will stretch.

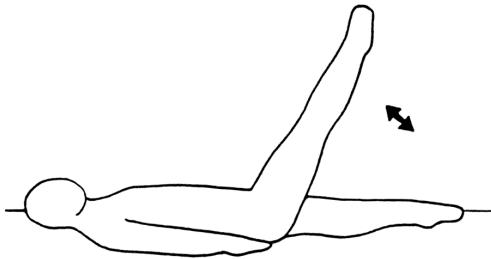
4. Relax 4 Minutes.

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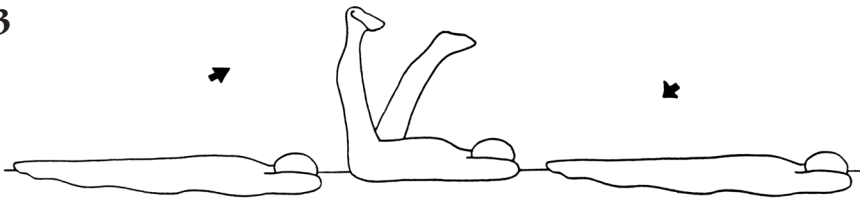


Raise left leg 60° out to the side while you simultaneously raise it 60° up

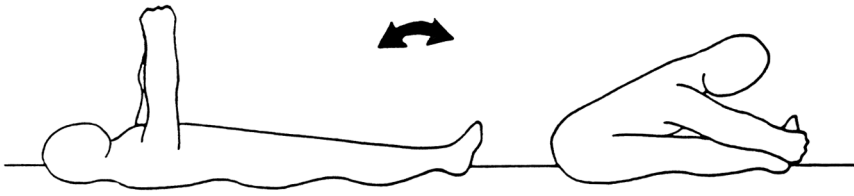
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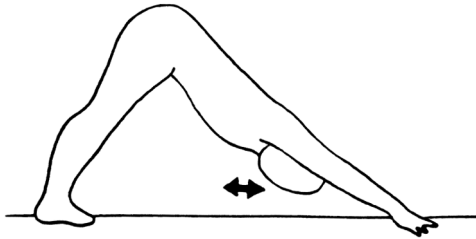


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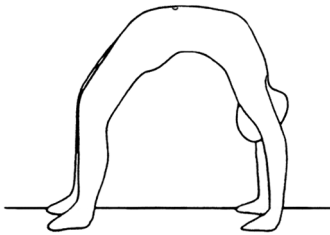
5. Lie on your back. Interlace your fingers and raise your arms up to ninety degrees. Inhale, come sitting up, and bend forward to touch the ground, looping your interlaced hands around your feet. Exhale and lie back down. Move quickly with a strong breath. 2 1/2 Minutes.

6



6. Balance on your hands and feet, angling your body into a triangle shape, so that your arms and legs are at a sixty-degree angle to the floor. Create a secure and balanced position. Move so that your upper body comes six inches forward and return to the starting position. Continue rocking forward and back. One forward and back movement takes two seconds. Feet remain stationary. 2 Minutes.

7



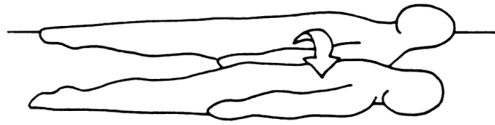
7. Come up into Half Wheel Pose. Begin Breath of Fire. Pump your navel; pump it like it's a dancing bird. 1 1/2 Minutes.

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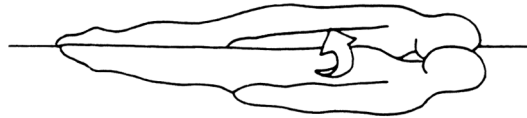


8. Lie flat on your back, with your legs out straight and your heels together. Shake your legs, moving hips, thighs, calves, and feet. Move vigorously and powerfully to refresh the blood supply to your legs. 2 Minutes.

9



Bundle roll one turn to the left

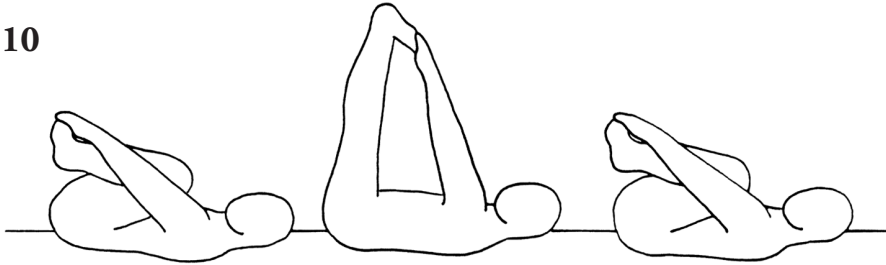


Bundle roll one turn to the right

9. Lie on your back with your spine straight, legs together, arms pressing into your sides. Bundle roll from side to side: from the starting position, roll to the left side over onto your stomach. Then roll back to the starting position. Then roll to the right side from your back onto your stomach. Move quickly. Continue 1 1/2 Minutes. This exercise tunes up the whole nervous system.

10. Lie on your back. Bring your knees to your chest and hold onto your toes. Straighten your legs up to ninety degrees and lower them back to your chest. Move like a steam engine up and down. 2 Minutes.

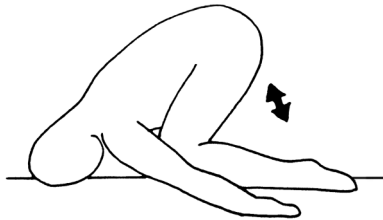
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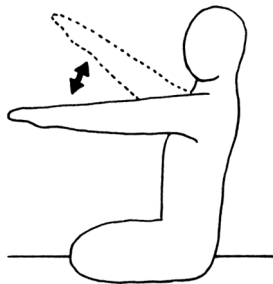
11. Lie down in Baby Pose with your arms by your sides palms up. Lift your buttocks up and down in a fast, hammering motion. This exercise builds your lungs. 3 Minutes.

12. Sit in Easy Pose with your arms stretched out in front parallel to the floor. Keep the chin in and chest out, holding the spine and neck straight. Move the arms up and down in unison. Beat the air with all the strength you have. Keep your arms straight from shoulder to fingertips. You are pumping blood to the brain so the movement must be fast and strong. 3 1/2 Minutes.

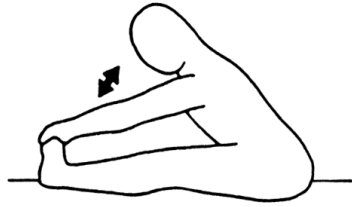
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12



13



13. Sit up with your legs stretched out straight. Hold your toes, keeping your spine straight. Bend forward, bringing your chest toward your thighs, and then rise back up, moving quickly. One up and down should take only one second. Get mad and move fast, using your anger to fuel the movement.
1 1/2 Minutes.

14



14. Sit up with your legs still stretched out straight, heels together and feet flexed. Hold your toes and stretch backward as far as you can. Pump your navel as fast as a rattlesnake can shake its tail. 1 Minute.

15



15. Sit up straight “like a yogi” with your hands in your lap, palms up, right hand resting in the left hand with the thumbs touching. Rapidly chant “Har, Har, Haree” in a monotone using the tip of the tongue. (One repetition of the mantra takes 1 second.) 2 1/2 Minutes.

Then inhale and hold the breath for 15 seconds and use the tip of the tongue to repeat the mantra *without making any sound*. Inhale again, hold the breath 10 seconds, and relax.

16. Lie down flat on your back with your hands by your sides palms up. Totally relax your body. Concentrate at your third eye point. 8 Minutes. (In class, Yogi Bhajan played a gong meditation to “fly your soul.” By listening to this gong meditation while concentrating at the third eye, Yogi Bhajan said that you could become fearless. It is worth acquiring the tape to experience this gong meditation.)

17. Wake yourself up. Move your feet round and round. Move your legs round and round, Move your hips round and round. Move your chest up and down and back and forth. Move your arms round and round. Move your neck round and round and then get up.