



AWAKEN YOUR TEN BODIES

YOGI BHAJAN

The Ten Bodies are:

Soul Body

Negative Mind

Positive Mind

Neutral Mind

Physical Body

Arc Line

Auric Body

Pranic Body

Subtle Body

Radiant Body



1. Stretch Pose. Lie on the back with the arms at your sides. Raise the head to look at your toes. Raise legs and arms 10 cm. from the floor with the palms facing down and build energy

across the Navel Point. Point the toes, keep your eyes focused on the tips of the toes and do Breath of Fire. **1-3 minutes.**

2. Apanasana - Nose to Knees. Bring the knees to the chest, with the arms wrapped around the knees. Tuck the nose between the knees and begin Breath of Fire. **1-3 minutes.**

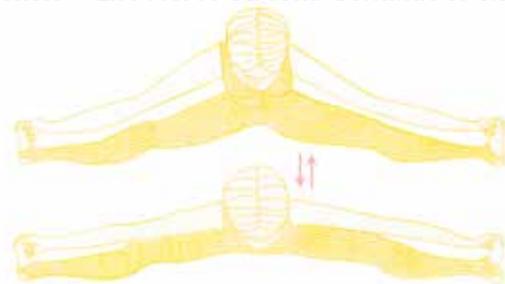


3. Ego Erradicator. Sit in Celibate Pose or Easy Pose. Raise the arms to a 60° angle. Curl the fingertips onto the pads of the palms. Thumbs aim at each other above the head. With eyes closed, concentrate above the head and do Breath of Fire. **1-3 minutes.** To end, touch the thumbs together above the head, and open the fingers.



4. Dinamic Upavistha Konasana - Life Nerve Stretch. Sit with the legs stretched wide apart. With arms overhead, inhale. Then exhale, stretch down and grab the toes of the left foot. Inhale. come straight up; then exhale and stretch down over the right leg and grab the toes. **Continue 1-3 minutes.**

5. Dinamic Upavistha Konasana to the center - Life Nerve Stretch. Continue to sit with the legs stretched wide apart. Hold onto the toes of both feet, exhale as you stretch down bringing the forehead to the floor, then inhale as you come sitting up. **1-3 minutes.**



6. Spinal Flex in Sukhasana - Easy Pose.

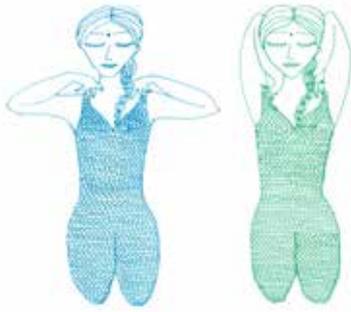
Sit in Easy Pose. Grab the shins in front with both hands. Inhale. Flex the spine forward and rock forward on buttocks. Then exhale, flex the spine backwards and roll back on buttocks. Keep the head level and arms fairly straight and relaxed. **1-3 minutes.**



7. Spinal Flex in Vajrasana - Rock Pose. Sit on the heels. Place the hands flat on the thighs. Flex the spine forward on the inhale, backward on the exhale. Focus at the Third Eye Point. **1-3 minutes.**



8. Spinal Twist in Vajrasana - Rock Pose. Still on the heels, grasp the shoulders with the fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Keep the elbows high, and parallel to the floor. **1-3 minutes.**



9. Elbows movement in Vajrasana - Rock Pose. Grasp the shoulders as in the previous exercise. Inhale and raise the elbows up so that the backs of the wrists touch behind the neck. **1-3 minutes.**

10. Arm Pumps in Vajrasana - Rock Pose. Interlace the fingers in Venus lock. Inhale and stretch the arms up over the head, then exhale and bring the hands back to the lap. **1-3 minutes.**



11. Alternate Shoulder Shrugs in Sukhasana - Easy Pose. Sit in Sukhasana with the hands resting on the knees. Inhale and shrug the left shoulder up. Exhale and raise the right shoulder up as you lower the left shoulder. **Continue for 1 minute.** Then, reverse the breath so that you inhale as you shrug the right shoulder up, exhale as you shrug the left shoulder and lower the right shoulder. **Continue for 1 minute.**

12. Shoulder Shrugs in Sukhasana - Easy Pose. Inhale and shrug both shoulders up, exhale down. **1 minute.**



13. Neck Turns in Sukhasana - Easy Pose. Remain sitting in Easy Pose, hands on the knees. Inhale, and twist your head to the left, and exhale and twist it to the right. **Continue for 1 minute.** Then reverse your breath, so that you inhale and twist to the right; exhale and twist to the left. **Continue for 1 minute.** Inhale deeply, concentrate at the Third Eye, and slowly exhale.



14. Frog Pose. Squat down so the buttocks are on the heels. The heels are touching and off the ground. Put the fingertips on the ground between the knees. Keep the head up. Inhale, straighten legs up, keeping the fingers on the ground. Exhale and come back squatting down, face forward. The inhale and exhale should be strong. **Continue this cycle 54 times.**

15. Savasana. Deeply relax on the back.

