



This entire set is repeated, done a total of two times in one sitting.

1) This is a 4-part exercise done in Easy Pose, to the beat and sound of SAA TAA NAA MAA.

- a. SAA, arms will extend straight out, level with the heart, and hands clap in front.
- b. TAA, arms open straight out to the side with palms facing up.
- c. NAA, arms are still out to the side but palms turn over, facing down.
- d. MAA, hands will clap straight over the head. 1 minute.

2) Reverse the sequence of exercise #1, still chanting SAA TAA NAA MAA.

- a. SAA. Clap your hands over your head.
- b. TAA. Extend the arms straight out to the sides with palms facing down.
- c. NAA. Arms still out to the sides, flip the palms facing up.
- d. MAA. Clap hands straight out in front of you. 2 minutes.

3) Sitting on your heels, hands are clasped behind the back in Yoga Mudra (interlacing 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.
- 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. 2 minutes. This is a great waist reduction exercise.





4) Another 4-part exercise done to the mantra SAA TAA NAA MAA. In a standing position 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 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, occasionally mixing up order. Listen and follow as exactly called. 4 minutes.

