

# Contents

Preface	vii
On the Meridian Exercises and Hints for Practice	viii
I. Precautions and Points to Be Noted	1
II. Asanas for Promoting Prana Circulation (Pawanmuktasana, the “wind-releasing” exercises)	2
(1) Toe bending	3
(2) Ankle bending	3
(3) Ankle rotation	3
(4) Ankle cranking	4
(5) Knee bending	4
(6) Half butterfly	4
(7) Hip joint rotation	4
(8) Full butterfly	5
(9) Hand clenching	5
(10) Wrist bending	5
(11) Wrist rotation	6
(12) Elbow bending	6
(13) Shoulder rotation	6
(14) Neck rotation	6
III. Asanas for Regulating the Sushumna	7
A. Exercises to Align the Hip Joint and the Sacro-Iliac Joint	7
1. Standing Exercises	8
(A) Exercises for the Hip Joint	8
(1) Forward movement	8
(2) Diagonal forward movement	8
(3) Diagonal backward movement	9
(4) Backward movement	9
(5) Side to side movement	9
(6) Half-squatting	10
(7) Full-squatting	10
(B) Exercises for the Sacro-Iliac Joint	10
(C) Stretching and Bending	11
2. Exercises Done Lying Down	11
(A) Exercises for the Sacro-Iliac Joint	11
(1) Vertical rotation	11
(2) Up-down motion	12
(3) Horizontal rotation	12

(B) Exercises for the Hip Joint	12
(C) Twisting Pose	13
(D) Shaking Motion	13
B. Stretching Asanas	14
(1) Tadasana (heavenly stretch pose)	14
(2) Hasta uttanasana (backward stretching) and Pada hastasana (forward stretching)	14
(3) Chakra asana (wheel pose)	15
C. Forward and Backward Bending Asanas	16
(1) Paschimottanasana (back-stretching pose)	16
(2) Forward bending in full butterfly position	18
(3) Pada prasarita paschimottanasana (leg-spread back-stretching pose)	18
(4) Supta vajrasana (sleeping thunderbolt pose) variation	19
(5) Bhujangasana (cobra pose)	20
(6) Dhanurasana (bow pose)	20
(7) Shalabhasana (locust pose)	21
(8) Leg raising	21
(9) Variation of paschimottanasana with legs slightly spread	22
D. Twisting Asana	22
(1) Ardha matsyendrasana (half spinal twist pose)	22
E. Inverted Asana and Neck Exercises	23
(1) Inverted pose	23
(2) Neck exercises	24
IV. Weight Exercises to Correct Spinal Misalignments and Exercises to Stabilize the Gravity Center	26
(A) Weight Exercises to Correct Spinal Misalignments	26
(1) To the sides	26
(2) To the front	26
(B) Exercises to Stabilize the Gravity Center	26
(1) To the front	27
(2) To the back	27
(3) To the side	27
V. Shavasana (corpse pose)	28
VI. Asanas for Meditation	28
(1) Padmasana	28
(2) Siddhasana (male accomplished pose)	29
(3) Siddha yoni asana (female accomplished pose)	29

Appendix: Meridians and Acupoints ————— 30

- (1) Well points ————— 30
- (2) Alarm and associated points ————— 30
- (3) Lung meridian ————— 31
- (4) Large intestine meridian ————— 31
- (5) Stomach meridian ————— 32
- (6) Spleen meridian ————— 32
- (7) Heart meridian ————— 33
- (8) Small intestine meridian ————— 33
- (9) Urinary bladder meridian ————— 34
- (10) Kidney meridian ————— 34
- (11) Heart constrictor meridian ————— 35
- (12) Triple heater meridian ————— 35
- (13) Gall bladder meridian ————— 36
- (14) Liver meridian ————— 36
- (15) Governor vessel meridian ————— 37
- (16) Conception vessel meridian ————— 37

References ————— 38