

### **EXERCISE 1**

1. Stand Erect With Hands At Sides.
2. Inhale Complete Breath.
3. Raise The Arms Slowly, Keeping Them Rigid Until The Hands Touch Over Head.
4. Retain The Breath A Few Minutes With Hands Over Head.
5. Lower Hands Slowly To Sides, Exhaling Slowly At Same Time.
7. Think Of Wind
8. Let It Blow Through You
9. Let Paa Nazdur: Shu Be A Part Of You

### **EXERCISE 2**

1. Stand Erect, With Arms Straight In Front Of You
2. Inhale Complete Breath And Retain.
3. Swing Arms Back As Far As They Will Go; Then Back To First Position; Then Repeat Several Times, Retaining The Breath All The While.
4. Exhale Vigorously Through Mouth.
5. Practice Cleansing Breath.
6. Think Of A Baby Breath
7. See It's Chest Raise And Fall And Raise Again
8. Note In Your Mind The Importance Of Wind And Breath
9. Thank Paa Nazdur: Shu Out Loud

### **EXERCISE 3**

1. Stand Erect With Arms Straight In Front Of You.
2. Inhale Complete Breath.
3. Swing Arms Around In A Circle, Backward, A Few Times. Then Reverse A Few Times, Retaining The Breath All The While. You May Vary This By Rotating Them Alternately Like The Sails Of A Windmill.
4. Exhale The Breath Vigorously Through The Mouth.
5. Practice Cleansing Breath.
6. Move As The Wind Moves
7. See The Trees Blowing In The Breeze
8. Hear The Wind On The Leaves
9. Smell The Freshness Of Nature

### **EXERCISE 4**

- (1) Lie On The Earth (Floor) With Your Face Downward And Palms Of Hands Flat Upon The Earth (Floor) By Your Sides.
- (2) Inhale Complete Breath And Retain.
- (3) Stiffen The Body And Raise Yourself Up By The Strength Of Your Arms Until You Rest On Your Hands And Toes.

- (4) Then Lower Yourself To Original Position. Repeat Several Times.
- (5) Exhale Vigorously Through Your Mouth.
- (6) Practice Cleansing Breath.
- (7) Think Of The Earth As A Bed
- (8) You Lay In The Arm Of Pa Neteraat: Geb
- (9) See Your Whole Self Relaxed In Peace

#### **EXERCISE 5**

- (1) Stand Erect With Your Palms Against The Wall.
- (2) Inhale Complete Breath And Retain.
- (3) Lower The Chest To The Wall, Resting Your Weight On Your Hands.
- (4) Then Raise Yourself Back With The Arm Muscles Alone, Keeping The Body Stiff.
- (5) Exhale Vigorously Through The Mouth.
- (6) Practice Cleansing Breath.
- (7) Think Of The Earth As A Support
- (8) You Can Lean On It And Trust It
- (9) Pa Neter Geb Is There To Hold You Up

#### **EXERCISE 6**

- (1) Stand Erect With Arms And With Hands Resting Around The Waist And Elbows Standing Out.
- (2) Inhale Complete Breath And Retain.
- (3) Keep Legs And Hips Stiff And Bend Well Forward, As If Bowing, At The Same Time Exhaling Slowly.
- (4) Return To First Position And Take Another Complete Breath.
- (5) Then Bend Backward, Exhaling Slowly.
- (6) Return To First Position And Take A Complete Breath.
- (7) Then Bend Sideways, Exhaling Slowly. (Vary By Bending To Right And Then To Left.)
- (8) Practice Cleansing Breath.
- (9) Feel At Peace With Geb Earth In All Direction.

#### **EXERCISE 7**

- (1) Stand Erect, Or Sit Erect, With Straight Spinal Column.
- (2) Inhale A Complete Breath, But Instead Of Inhaling A Continuous Steady Stream, Take A Series Of Short, Quick "Sniffs," As If You Were Smelling Aromatic Salts Or Ammonia And Did Not Wish To Get Too Strong A "Whiff." Do Not Exhale Any Of These Little Breaths, But Add One To The Other Until The Entire Lung Space Is Filled.
- (3) Retained For Few Seconds.
- (4) Exhale Through The Nostrils In A Long, Restful, Sighing Breath.
- (5) Practice Cleansing Breath.
- (6) Open Your Self Up To The Power Of Breath

- (7) Become Breath
- (8) Be Life Itself
- (9) And Your Nose Is The Port Hold To Your Inner Being

### **EXERCISE 8**

- (1). Stand In Front Of An Open Window With Both Hands At Your Side And Your Palms Beside You, The Morning Air Is Best.
- (2). With Your Face Towards The East (Sun Rise) Now You Raise Your Right Arm First
- (3). While Exhaling Through Your Mouth
- (4). Then With That Same Arm Now Raised In Front Of You, Inhale Through Your Nose While Raising It Straight Over You
- (5). Then With Your Left Arm Still At The Side, You Raise It In Front Of You As You Exhale Through Your Mouth
- (6). Then Bringing Your Left Arm From In front Of You, Breath In Throughout Your Nose Again, Now Both Hands Are Above Your Head.
- (7). Now Bring Both Hands Down Slow In front Of Your Palms Facing Each Other Exhaling Throughout The Mouth,
- (8). Then Bring The Right Hand Down To The Side Inhaling Throughout The Nose
- (9). Then Bring The Left Hand Down Inhaling Throughout The Nose, Hold It And Count To Nine And Let It Out Slow, Take Nine Exhales To Clear Your Lungs. If It Is Evening You Face The West, If It Is Noon Your Head Is Raised Upward Towards The Sky.

### **EXERCISE 9**

- (1.) You Stand In Any Direction Preferably Outside Over Where There Is Fresh Air
- (2.) Bring Your Left Hand Fist Closed Over To Your Right Shoulders; Take A Deep Breath
- (3.) Bring Your Right Hands Over To Your Left Shoulder; Take A Deep Breath
- (4.) Cross Your Right Foot Over Your Left Breath Out And Turn Your Body Towards The Right
- (5.) Breathing Inward, Go Back To Straight Standing Posture (6.) Cross Your Left Foot Over Your Right Breath Out And Turn Your Body Toward The Left
- (7.) Breathing Inward Go Back To Straight Standing Posture (8.) Bring Your Right Hand Back Down To Your Side, Breathing In Through Out Your Nostrils
- (9.) Bring Your Left Hand Back Down To Your Side Breathing In Through Your Nostrils You Should Repeat This Exercise Nine Times However, Doing This Exercise In A Congested City Is Not Healthy.