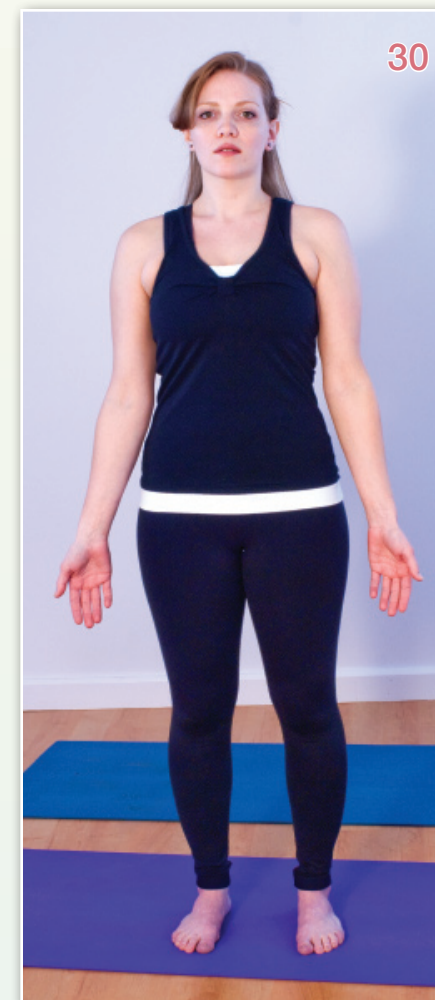




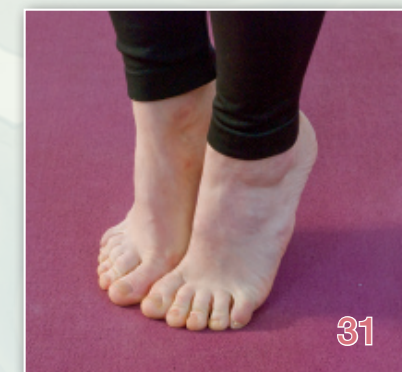
COMPLETE TEN-MINUTE YOGA WORKOUT

Now that you've gained a degree of comfort performing the Morning Ritual, it is beneficial and fun to learn more asana. The Workout is forty-eight postures organized in a flowing sequence. The arrangement allows for efficient movement so a lot can be done in a short time. Once it is familiar, the entire routine can be performed in ten minutes, not counting the time you choose to relax in Seated Meditation or in Corpse Posture at the finish. As with learning any posture, at first do the best you can, even if you feel you're just going through the motions. You will be surprised how quickly the body will learn the new movements. Even though the practice encourages you to relax, existence in the modern world makes many demands upon your time. Yoga is one of the most important activities in your schedule. The practice can be condensed so every part of the body is stretched and made limber while consuming a minimal amount of time.



To begin, stand with feet slightly apart and firmly planted on the floor. [Photo 30] Stand straight, but relaxed, with palms slightly revolved forward and shoulders at ease. Gently extend through the crown of the head and soften the focus of the eyes.

Let go of extraneous thoughts and be aware of your breath.



Rock forward on the feet and come up as high as possible on the toes. [Photo 31]