

IMMUNE STRENGTHENING WORKOUT

Many sophisticated systems have evolved out of the martial traditions to strengthen the human being in his full range of expression. In the times of Guru Gobind Singh (the tenth Sikh Master who was a great Sikh warrior, yogi, healer and poet) there was a great need for warriors to stay healthy and strong in the face of chaotic conditions. A very few had to defend the weak from multitudes of attackers so Guru Gobind Singh conditioned them with exercises such as the ones that follow.

This kriya adjusts the mineral concentration and balance, stimulates digestion, increases metabolism and strengthens the entire immune system.

1. This is an energetic 4-part exercise linked together by the mantra *Sa-Ta-Na-Ma* and a continuous, rhythmical bending of the knee (once per syllable). Each part is done for four counts. Begin by standing in Archer Pose with the right leg in front.

A. Keep the upper body straight, bend the right knee deeply (1A) then return to the original position. Bend **4 times** as you chant the mantra.

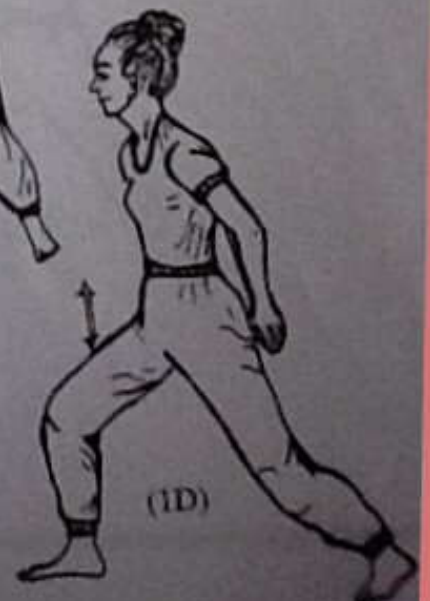
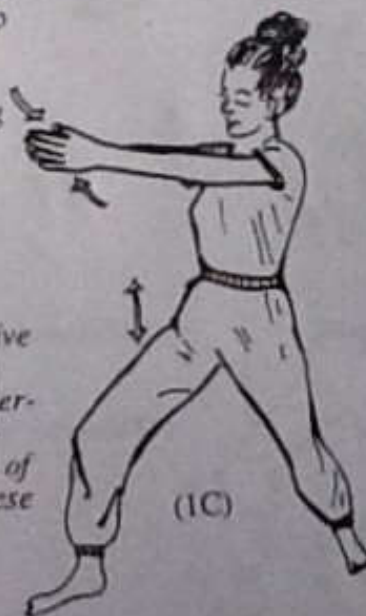
B. Clap the hands over the head once each time the knee bends (1B). Bend the knee **4 times** and keep the arms straight.

C. Clap the hands in front once each time the knee bends. Bend the knee **4 times** and keep the arms straight, parallel to the ground.

D. Bend the knee **4 times** while clapping the hands behind the back (1D).

Repeat Exercises 1A-1D continuously for **5 minutes**.

Archer Pose is a very powerful posture for strengthening the nerves, improving the digestive system and cleansing the body of toxins. When done properly Archer Pose affects the 108 minerals of the body, especially the calcium, magnesium and potassium balance. Regular practice of this exercise can help prevent a shortage of these minerals.



2. Remain in Archer Pose with the right leg in front and chant the mantra *Sa-Ta-Na-Ma* once with each variation as in Exercise 1.

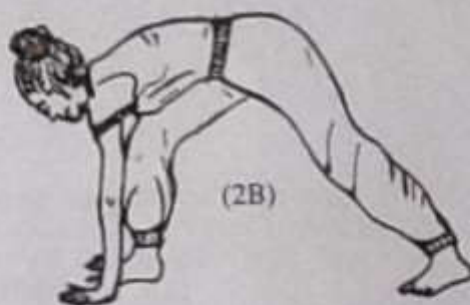
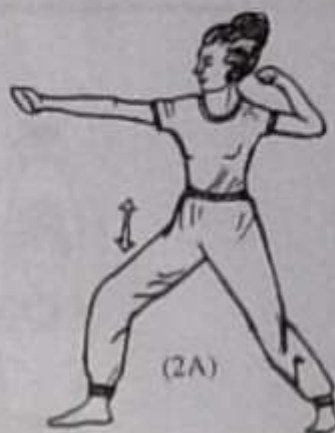
A. Repeat as in Exercise 1A (2A).

B. Place the hands on either side of the right foot (2B) and bend the knee on each syllable. The back leg rests on the ball of the foot.

C. Stretch the arms up and back over the head with the palms facing up (2C) and bend the knee 4 times.

D. With every bend of the knee clap the hands over the head, arms straight (2D).

Repeat 2A-2D continuously for 5 minutes.



3. Repeat 1A-1D with the left leg forward for 3 minutes.

4. Repeat 2A-2D with the left leg forward for 3 minutes.



5. Stand up straight with the arms stretched above the head and interlock the fingers:

A. Shake the legs vigorously (5A) for 1 minute.

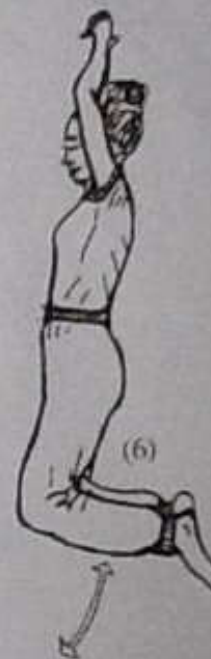
B. Shake the entire body vigorously for 1 minute.

C. Continue shaking the whole body and chant *Har* touching the palate with the tip of the tongue as quickly as possible for 1 minute.

"If you shake vigorously like this for 30 minutes on a regular basis you will never be fat."



(5)



(6)

6. Remain standing. Interlock the fingers and stretch the arms above the head. Jump up, kicking the heels into the air as you chant *Har* (6). Continue for 3 minutes.

7. Sit in Easy Pose with the arms extended to the sides parallel to the ground, palms facing down (7A). Keeping the arms straight begin a see-saw motion with the arms: as the right arm rises 30° above parallel, the left arm descends 30° below parallel (7B). Move at a moderate, steady pace maintaining a meditative inner posture for 2 minutes. (Musical Variation: *Aap Sahaare Houa* by Singh Kaur.)



(7A)



(7B)