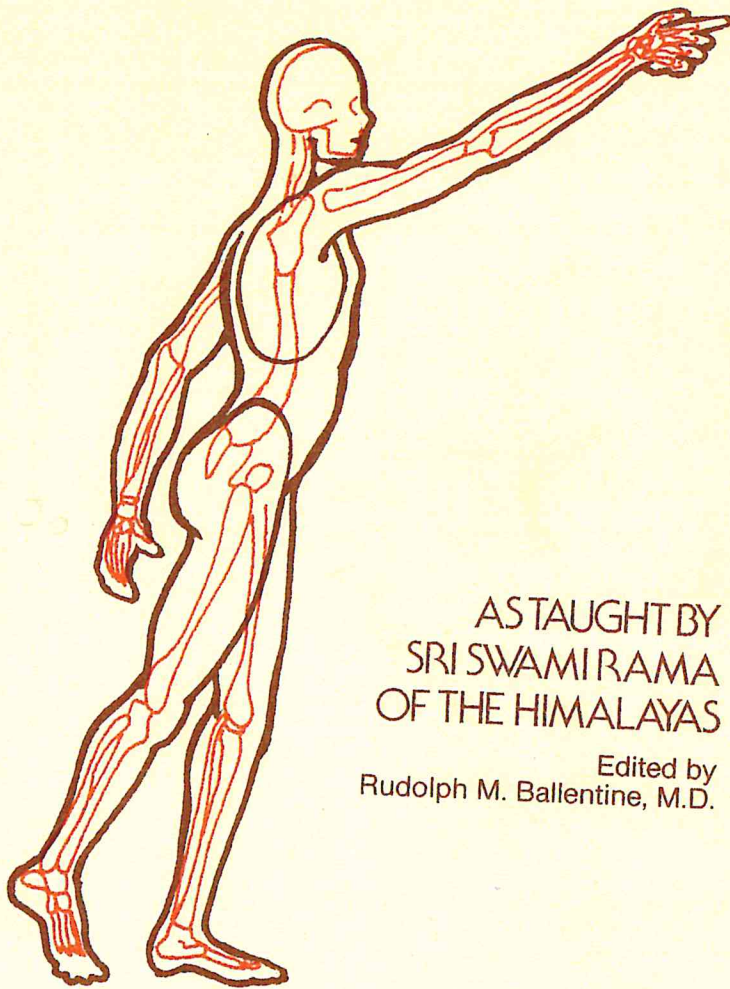


# JOINTS AND GLANDS EXERCISES



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## ABDOMEN & TORSO

### OVERHEAD STRETCH

Stand erect, feet firmly on the floor. Inhaling, stretch the arms straight above the head and place the palms together as in prayer form. Without lifting the heels stretch up towards the ceiling as high as you can, stretching the whole body. Press the palms together and the upper arms against the ears. Feel as though you are lifting the trunk off the pelvis. (Figure 34) Exhaling, relax the arms completely and let them drop to the sides.

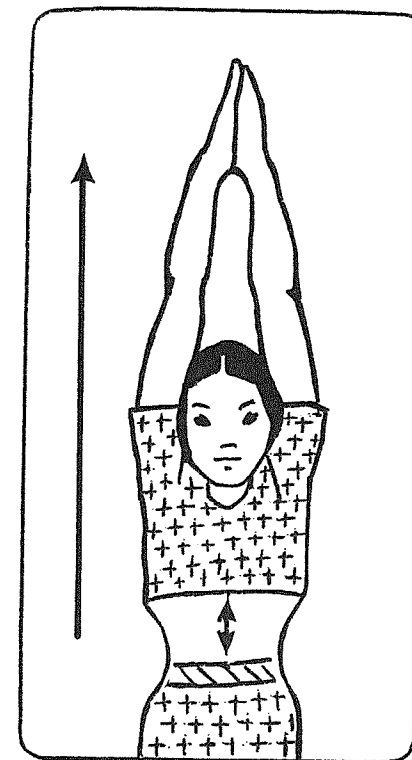


Figure 34

### SIDEWAYS STRETCH

Stand firm and bring the arms straight up to the sides, level with the shoulders. Inhale, stretch as though trying to touch the two walls, stretching the arms out to the sides as far as possible. Feel as though you're stretching the elbows, wrists, and finally reach out with the fingers. With an exhalation, bring the arms back down to the sides and relax (Figure 35).

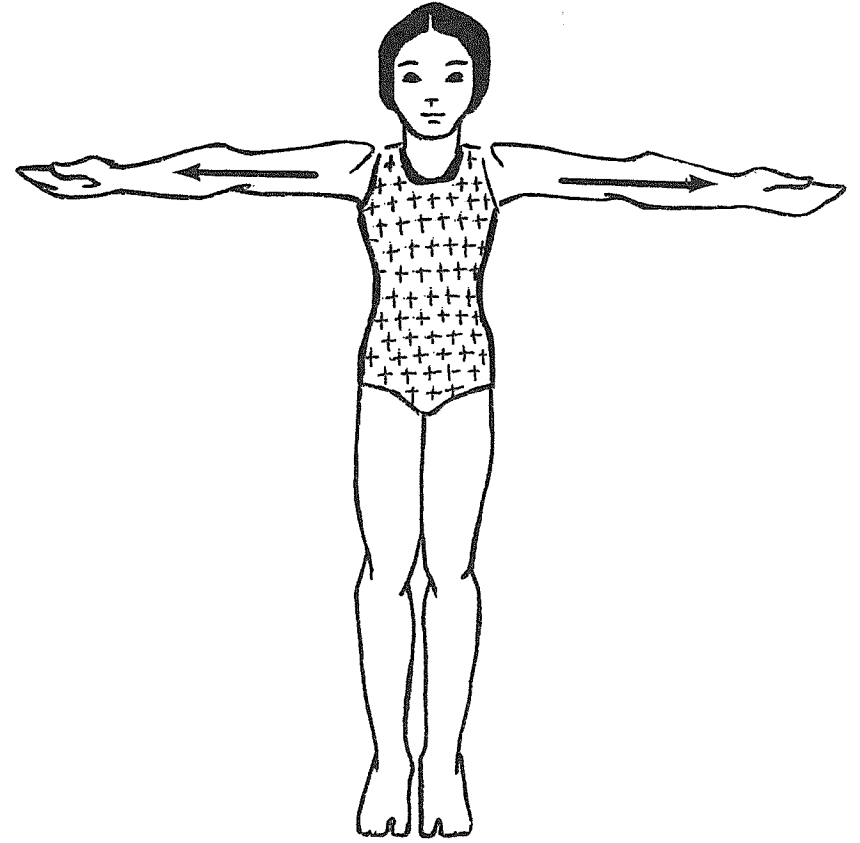


Figure 35

## SIDE BENDS

Stand firm with the feet slightly apart. The legs should remain straight and the body in an even plane as though you are standing against a wall. Inhale, raise the left arm out to the side, palm down. When it reaches shoulder level, turn the palm up and continue the movement until the arm is extended above the head and the upper arm presses against the left ear. Exhale, bend at the waist to the right, sliding the right hand down the right leg. Feel the muscle contraction at the right side of the waist and the stretch all along the left side of the torso. Inhale, keeping the left arm next to the head, straighten the body and exhale and lower the arm away from the ear to the side. Repeat on opposite side and relax.

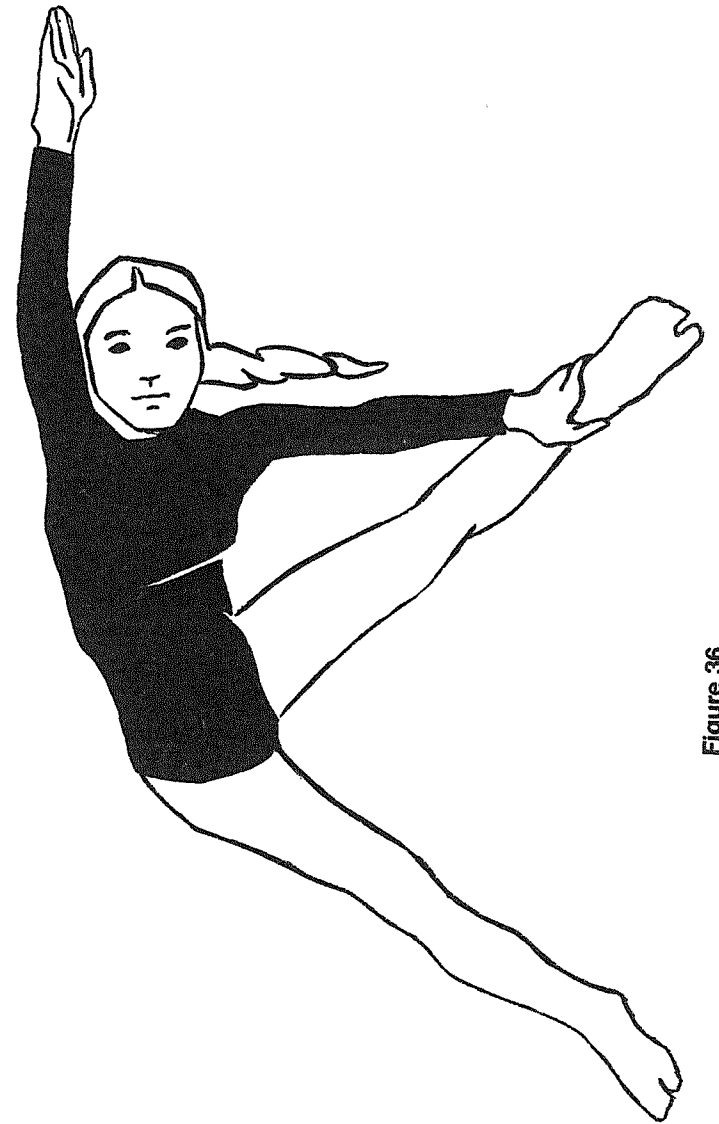
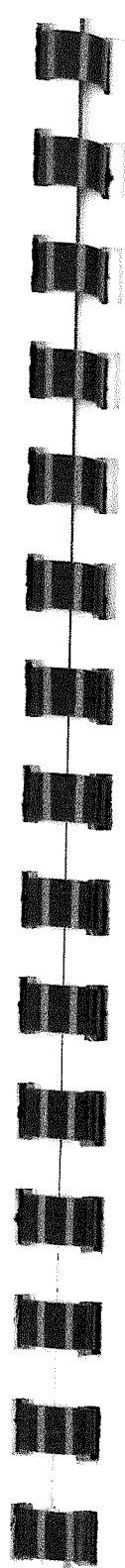


Figure 36

## TORSO TWIST

Stand erect with the feet two to three feet apart. Place the hands on the hips. Exhale and lean forward from the waist. According to your capacity, begin to rotate and twist making a complete circle, bending in all directions as far as you can. Rotate three times in each direction. Breathe evenly. It may be natural to exhale as you go forward and down and inhale as you raise up and bend back.

Stand erect with the feet two to three feet apart. Stretch the arms up and clasp the hands above the head. Exhale, and keeping the head between the arms, lean forward from the waist. Rotate and twist making a complete circle, three times in each direction as above.

Place hands on the hips. Exhale and lean forward from the hips. Then rotate as in the previous exercises.

Stretch the arms up and clasp the hands above the head. Exhale, keeping the head between the arms, lean forward from the hips. Rotate and twist as in the other exercises.

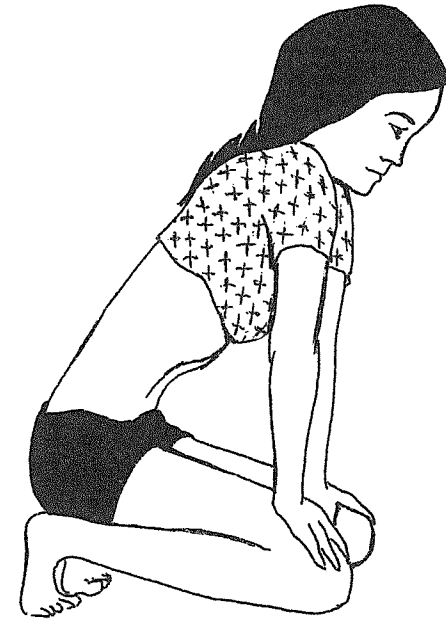


Figure 37

## TAKING IN AND OUT OF STOMACH (Akunchana Prasarana)

Sit on heels, bending forward with hands on the knees. With exhalation force the stomach up and in; with inhalation, let it fall passively. Repeat this as many times as is comfortable (Figure 37).

### ABDOMINAL LIFT (*Uddiyana Bandha*)

Stand with feet about two feet apart. Keeping the spine straight, bend the knees slightly and lean forward from the waist just far enough to place the palms of the hands squarely on the thighs just above the knees. Let the weight of the torso be down the arms. Exhale completely and suck the diaphragm in and up, keeping the air out. Pull the navel towards the spine and the diaphragm up behind the rib cage creating a cavity there (Figure 38). Hold for as long as you comfortably can, retaining the breath out. Slowly inhale and relax according to your capacity. (See Foreword, pp. v-vii, on the benefits of *asanas*.) This exercise should not be done if any of the following conditions are present: high blood pressure, ulcers, and heart disorders. Women should not perform this exercise during the menstrual cycle or during pregnancy.

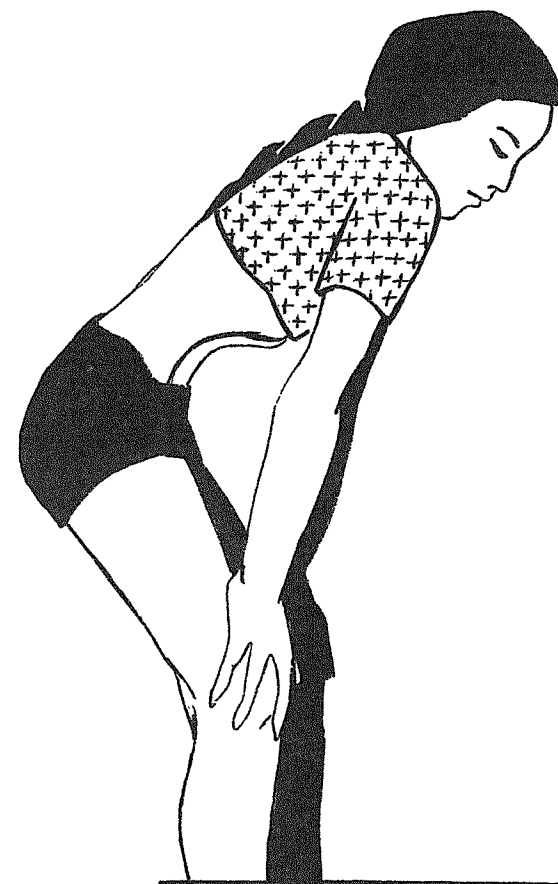
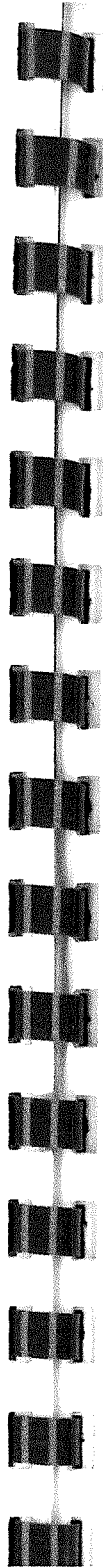


Figure 38