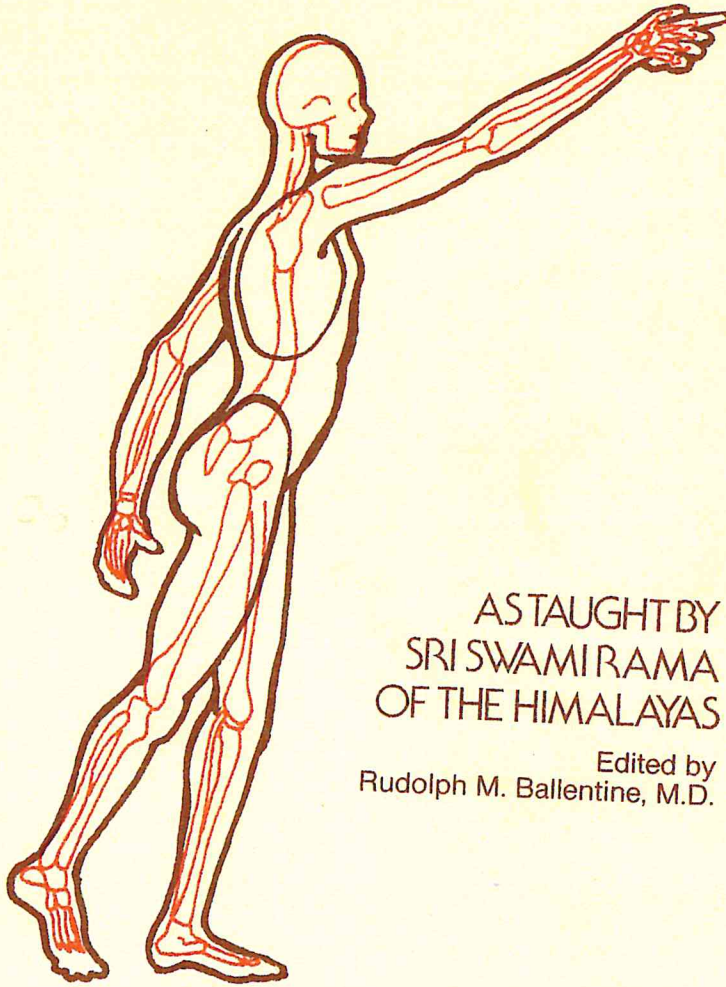


JOINTS AND GLANDS EXERCISES



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ARMS, HANDS & WRISTS

Stretch the arms out in front of you with the palms down and the arms level with the shoulders. Hold the arms straight without movement. Keep the fingers straight. Bending at the wrists, stretch the hands upward until the fingers point towards the ceiling and the back of the hands face you (Figure 32). Return to the center and repeat twice.

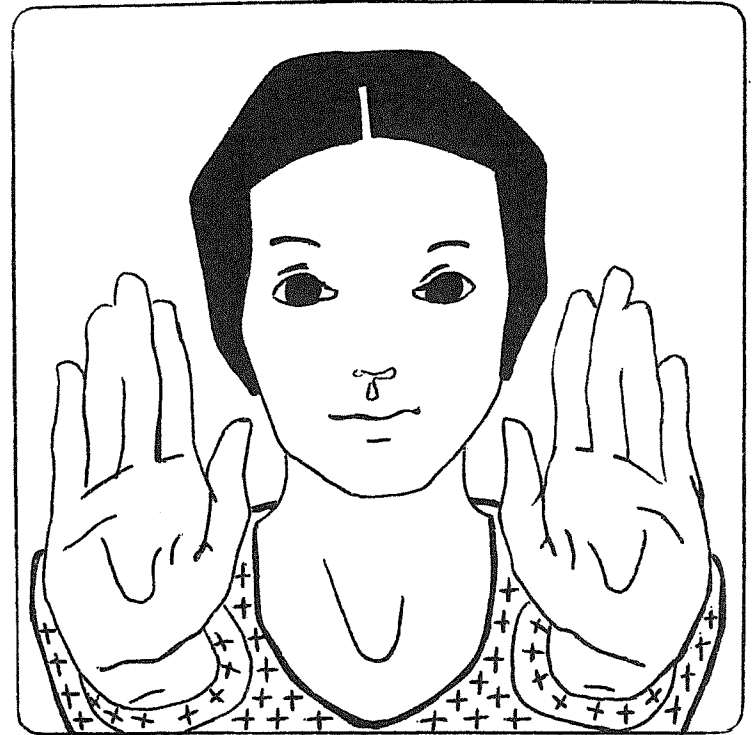


Figure 32

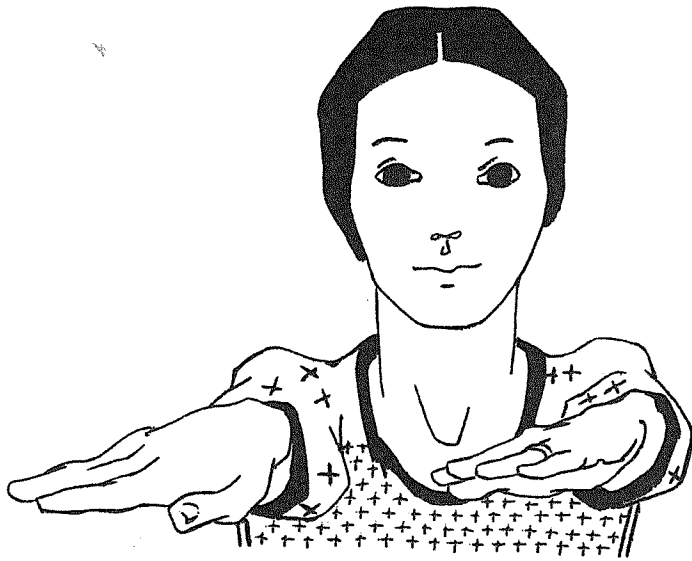
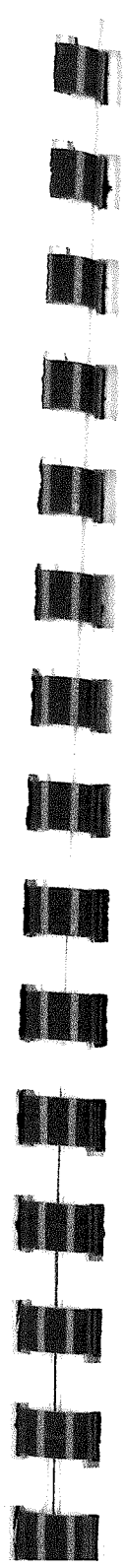


Figure 33

Keep the arms straight. Bend the wrists sideways, pointing the fingers to the left. Keep the fingers straight and the palms down (Figure 33). Relax and return to the center. Repeat to the right. Then relax and come back to the center. Do this three times in each direction.



Rotate the hands at the wrists, the left hand in a clockwise direction and the right hand in a counter-clockwise direction. Keep the arms straight and do not allow the forearms to move. Reverse and rotate the same number of times in the opposite direction.

Rotate both hands together in a clockwise direction, and then in a counter-clockwise direction. Rotate the hands three times in each direction.

Rotate the hands in the same way with spread fingers.

Rotate the hands with claw fingers.