



## Beauty Series

January 10, 1970



Sitting in Easy Pose, inhale through left nostril and hold it, with chin lock for 1 minutes. Visualize the breath exhaled through the top of the skull.

Inhale through left nostril, hold for as long as possible with Mulbhand and then exhale through the ears. (We know someone who claims to be able to do it, but we visualize it.)

Inhale through left nostril, hold and apply pressure on the eyes. Then exhale through the eyes.

Inhale through the left nostril, hold, 'close all the gates' (pull all the locks: Mulbhand, Diaphragm Lock and Neck Lock) and exhale through the top of the skull.

On back, raise legs up to 12" and hold, mentally vibrating, I am beautiful!



In Frog Pose, lift buttocks and lower head, very slowly, 26 times.



Spinal Flexes with hands on shins, inhaling as back arches forward, and exhaling as it contracts back 108 times



Legs out in front, catch heels and inhale as head goes down and elbows touch the floor, then exhale as you come up, several times. (To open capillaries.)



Spread legs 1½ feet apart. Inhale with beak mouth, exhale and pull down, 2-3 times. (For gall bladder.)



Relax