

**LA698# 911119 Shunnya**



**31 minutes**

eyes at the tip of the nose, hands as cups like in the picture, breath long & deep; intensively relax and enjoy the joy of this exercise.

No action no reaction, Shunnya

Inhale and hold the breath ... mulabandha.. and exhale

3 times

**2 ½ minutes**

Repeat the mantra fast....increase the speed....go with the beat of the hands

HAR beats the hands on the legs, fast. Continue the cycle.



**HAR**  
beat the hands on the legs



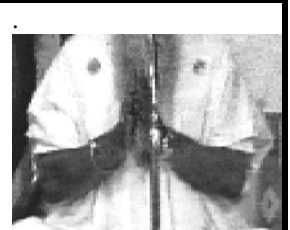
**HAR**  
beat the hands on the legs



**HAR**  
beat the hands on the legs



**HAR**  
Beat the hands on the legs



**HAR**  
clap the hands in the front at the chest



**11 minutes ANG SANG WAHE GURU**

With the eyes closed, put the hands as in the picture and sing the mantra .

At the end ..Inhale, hold...mulabandha...and exhale. Repeat three times.

**SAT NAM**