

## "YOGA EXERCISES"

1. Stand like twin Arjuna trees.
2. Stand like Ananta Sesa.
3. Stand like Hiranyakasipu.
4. Stand like Bharata Maharaja when he was a deer.
5. Stand like Krsna holding His flute.
6. Stand like Dhruva Maharaja when he was shooting the Yaksas with his bow and arrows.
7. Stand like a perfect guru-kula student.
8. Lie down in yoga nidra like Lord Visnu.
9. Lie like Lord Krsna when He was sucking His toe on the banyan leaf.
10. Stand like Lord Vamana when He was ready to put His 2nd step through the covering of the universe.
11. Sit like Narada Muni instructing King Prachinibarhat.
12. Move your arms as if you were Sudarsana cakra running after Durvasa Muni.
13. Lie down and open your arms like Aghasura.
14. Stand like Prahalad Maharaja praying to Lord Nrsinghadava.
15. Fly your arms like Garuda.
16. Stand like Lord Caitanya.
17. Stand like Krsna holding Govardhana Hill.
18. Stand like Gajendra.
19. Sit like Lord Nrsinghadeva with Hiranyakasipu on His lap.
20. Stand like Lord Balarama and Lord Jagannath.
21. Stand like Lady Subhadra.
22. Aim your bow and arrow like Arjuna at Draupadi's svayamvara.
23. Stand like Lord Siva.
24. Offer obeisances like Akrura when he saw Krsna's footprints.
25. Stand like Supersoul (take 2 people).
26. Stand like Hanuman when he offered respects to Lord Ramacandra.
27. Be like Krsna blowing His conchshell.
28. Stand like Lord Brahma (takes 4 people).
29. Krsna dancing on Kaliya's hoods.
30. Stand like Paundraka imitating Lord Visnu.
31. Be Krsna driving Arjuna's chariot.
32. Milk Krsna's cows.
33. Be Lord Caitanya pulling the Rath cart.
34. Imitate the cowherd boys playing like a frog, peacock
35. Fly like Lord Brahma's swan carrier.
36. Churn ~~the~~ butter like the gopis.
37. Be Narada Muni playing his vina.
38. Be Krsna sitting with His mouth open showing M. Yasoda His universal form.
39. Be Trnavarta.
40. Be Matsya swimming.
41. Stand like Bhima holding his big club.
42. Sit like a yogi meditating on Krsna in the heart.
43. Stand like Ravana w/ 10 heads.