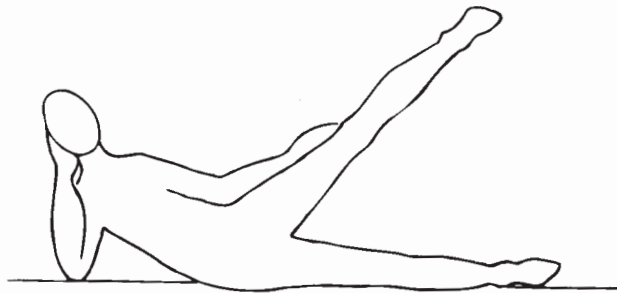


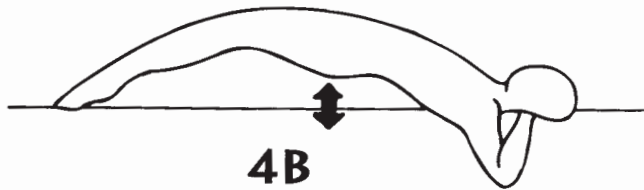
# MORE TECHNIQUES TO FIGHT FATIGUE

JULY 1992

# 48



4A



4B



4C

The following is not a set of yoga. They are individual techniques that may be practiced on their own.

## 1. To Stay Young:

From a standing position, bend over and touch your wrists to your toes. Hold for 1-3 minutes.

## 2. To Renew Your Energy and Stimulate Circulation:

Sit comfortably in easy pose: Do each exercise for 30 seconds to 1 minute

- With open hands, rapidly hit the sides of your head.
- With open hands, rapidly hit the back of your head.
- With open hands, rapidly hit your thighs.
- With both hands at the same time, rub your cheeks in a circular motion.
- With one hand on your forehead and one hand on your chin, massage in a circular motion.
- Massage all around your neck.

## 3. Long Cross-Short Cross, to Remove Fatigue After Walking and Marching Long Distances:

LONG CROSS: Sitting with the legs stretched out in front with the ankles crossed. SHORT CROSS: Sitting in easy pose.

Begin by sitting in Long Cross, then pull your legs into short cross. Next lie back so your back is on the ground and your legs are still in Short Cross. Sit up in Short Cross, stand up without using your hands, and then sit down again in Short Cross. Repeat the whole sequence again beginning with Long Cross.

## 4. Exercise Set to Relieve Fatigue After Exertion:

- Lie on your right side with your right hand supporting your head. Put your left arm on your left leg and raise your left leg up to 60 degrees. Hold 1-3 minutes.
- Lie on your back with your hands under your head and rapidly jump your buttocks up and down. 1-3 minutes.
- Lie on your stomach with your fingers interlaced at the small of your back. Lift your head and legs and rock back and forth on your stomach. 1-3 minutes.

*Never believe that the most neurotic, most ugly, most terrible situation is not testing you. It is testing your vastness, your wit, your capability, your flexibility, your adjustment, and your character.*

YB