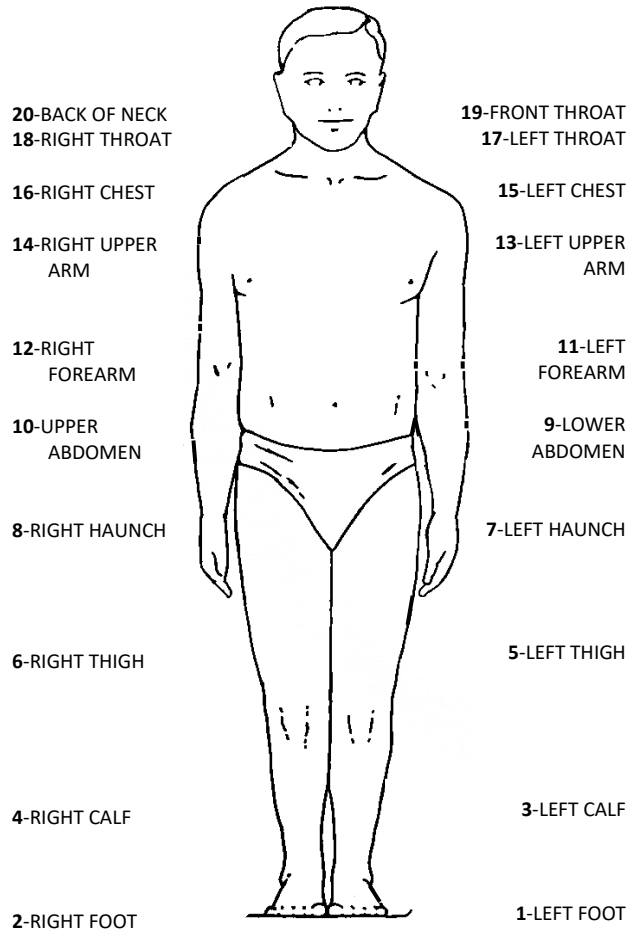


The whole purpose of true exercise is to awaken the inner source of energy.

—Paramahansa Yogananda

“O Eternal Energy, awaken within me

Conscious will, conscious vitality, conscious health
 Good will to all, vitality to all, good health to all.”



“TENSE WITH WILL; RELAX AND FEEL.”

Tense all body parts simultaneously; RELAX GRADUALLY
 TENSE AND RELAX, sequentially body parts #1—#20
 TENSE AND HOLD body parts #1—#20; hold breath (1-6 counts)
 Exhale, slowly RELAX parts #20—#1

