



This set should be done very quickly and in a fluid motion, moving from exercise to exercise with no stopping. When done properly it is a great aerobic workout. Repeat the sequence 5 times.

- 1) Standing with feet comfortably apart, clap your hands over your head 8 times. Each time you clap, chant Har with the tip of your tongue.
- 2) Bend over from the hips. Slap the ground hard with the hands 8 times. With each pat, chant Har with the tip of your tongue.
- 3) Stand up straight up with arms out to the sides parallel to the ground. Raise and lower the arms, patting the air, one foot up and one foot below the shoulder height, as you chant Har with the tip of the tongue. 8 times.
- 4) Still standing, jump and criss-cross the arms and legs chanting Har, both as the arms and legs cross and when they are out at the sides for a total of 8 chants of Har.





5) Come into Archer Pose with the right leg forward, left leg back. Bend the right knee, extending in and out of the full stretch of the position, chanting Har each time you bend forward. 8 times. Switch sides, with the left leg extended forward chanting Har each time you bend forward. 8 times.



6) Repeat criss-cross jumping as in exercise #4.

7) Stretch the arms over the head. Arch the back as you bend backwards, chanting Har each time you bend back. 8 times.



8) Repeat criss-cross jumping as in exercise #4.

9) With the arms straight up over the head, bend to the left 4 times and bend to the right 4 times, chanting Har each time you bend. Keep the arms close to the head.

