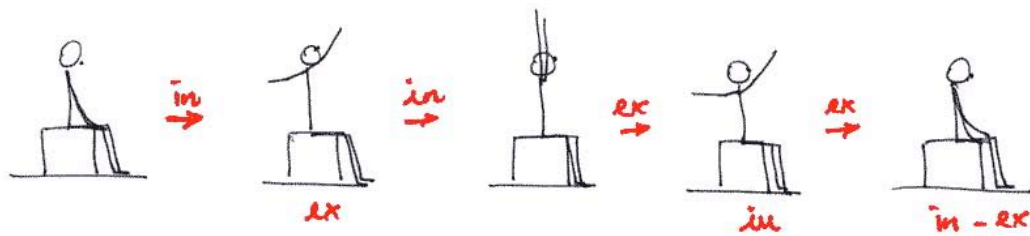


Sequence 1: A sample sequence for a person with heart ailments

This is merely an example of a sequence. It has to be adapted to the specific needs of the person who is ailing.

Practice under the guidance of a qualified teacher, who alone can teach you the appropriate breathing and the correct movement.

In this sequence one has to exhale slowly. One has to let the inhalation flow naturally and should not suppress or regulate it



8 Rounds



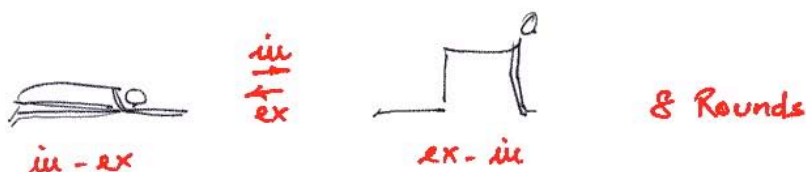
4 Times



4 Times, then change legs and repeat



8 Times



8 Rounds



Recline on your back, hands on the stomach.

Remain passive and quiet as you let the air flow in, then breathe out very slowly till the exhalation ends completely.

- 16 Breaths

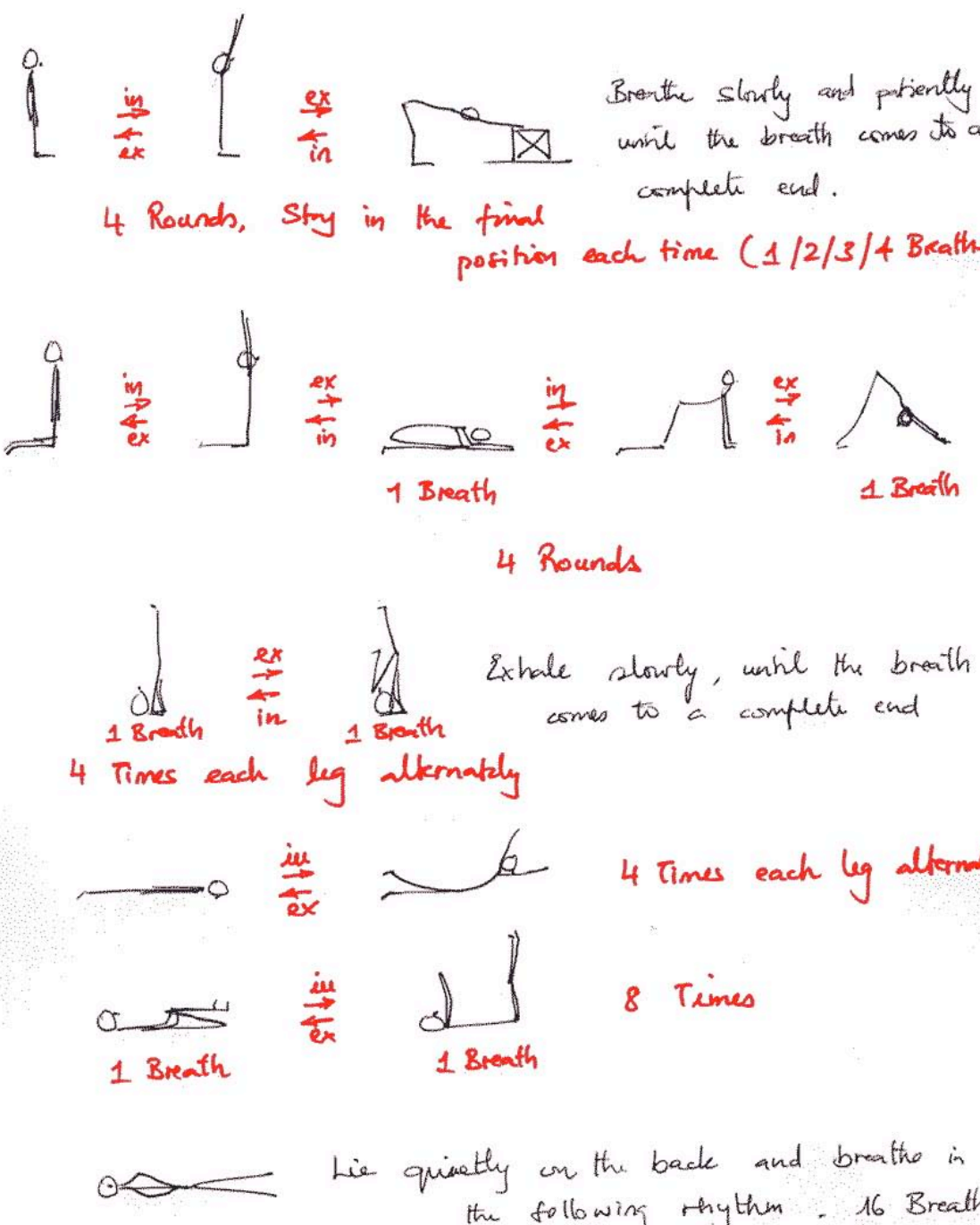


Sequence 2: A sample sequence to reduce stress and to calm the mind

This is merely an example of a sequence. It has to be adapted to the specific needs of the person who is ailing.

Practice under the guidance of a qualified teacher, who alone can teach you the appropriate breathing and the correct movement.

In this sequence one has to exhale slowly and completely. Between the exercises one has to make sure that the abdominal breath is flowing smoothly



Breathe slowly and patiently until the breath comes to a complete end.

4 Rounds, Stay in the final position each time (1/2/3/4 Breaths)

1 Breath

1 Breath

4 Rounds

1 Breath

1 Breath

4 Times each leg alternately

4 Times each leg alternately


1 Breath

1 Breath

8 Times

Lie quietly on the back and breathe in the following rhythm - 16 Breaths

Inhale 4 seconds, Exhale 16 seconds



Sequence 3: A sample sequence to explore the nature of yoga - physical strength and mental quietness

This is merely an example of a sequence. It has to be adapted to the specific needs of the person who is ailing.

Practice under the guidance of a qualified teacher, who alone can teach you the appropriate breathing and the correct movement.

Here one has to exhale and inhale slowly; the movement of the body ought to follow the movement of the breath

The diagram illustrates a sequence of yoga asanas with breathing instructions and repetition counts:

- Asana 1:** Standing upright. Breathing: in (up arrow), ex (down arrow). **8 Times**
- Asana 2:** Standing with arms raised. Breathing: ex (up arrow), in (down arrow). **8 Times**
- Asana 3:** Standing with arms raised and bent at the elbow. Breathing: in (up arrow), ex (down arrow). **8 Times**
- Asana 4:** Standing with arms raised and bent at the elbow, leaning forward. Breathing: in (up arrow), ex (down arrow). **8 Times**

Keep the exhalations smooth and extended to 10 seconds

- Asana 5:** Seated with legs crossed. Breathing: in (up arrow), ex (down arrow).
- Asana 6:** Seated with arms raised. Breathing: ex (up arrow), in (down arrow).
- Asana 7:** Seated with arms raised and bent at the elbow. Breathing: in (up arrow), ex (down arrow).

4 Times to each side, alternately

- Asana 8:** Seated with legs crossed. Breathing: in (up arrow), ex (down arrow).
- Asana 9:** Seated with arms raised. Breathing: in (up arrow), ex (down arrow).
- Asana 10:** Seated with arms raised and bent at the elbow. Breathing: in (up arrow), ex (down arrow).
- Asana 11:** Seated with arms raised and bent at the elbow, leaning forward. Breathing: in (up arrow), ex (down arrow).
- Asana 12:** Seated with arms raised and bent at the elbow, leaning forward, head tilted back. Breathing: in (up arrow), ex (down arrow).

4 Rounds

- Asana 13:** Seated with arms raised and bent at the elbow, leaning forward. Breathing: in (up arrow), ex (down arrow). **8 Breaths each side**

Inhale 8 seconds; Hold 4 seconds; Exhale slowly

- Asana 14:** Seated with arms raised. Breathing: ex (up arrow), in (down arrow). **8 Times**
- Asana 15:** Seated with arms raised and bent at the elbow. Breathing: in (up arrow), ex (down arrow). **8 Times**

Remain seated and breathe quietly - 16 Breaths

Inhale 8 seconds, Hold 4 seconds, Exhale 8 seconds, Hold 4 seconds.

Sequence 4: A sample sequence for physically fit persons to improve strength and vitality

This is merely an example of a sequence. It has to be adapted to the specific needs of the person who is ailing.

Practice under the guidance of a qualified teacher, who alone can teach you the appropriate breathing and the correct movement.

Here one has to breathe slowly; at the end of each exhale and inhale hold for a few seconds, so as to begin the breathing each time in a conscious way

The image contains several rows of hand-drawn diagrams illustrating yoga asanas and their associated breathing techniques:

- Row 1:** Five diagrams showing different standing and seated postures. Each diagram has red arrows and text indicating the breathing cycle: 'in' (upward arrow) and 'ex' (downward arrow). The instructions are: 'Try extending the exhalation to 8 seconds!' and 'Stay 1 Breath in each posture. - 4 Rounds'.
- Row 2:** A sequence of seven diagrams including a standing posture, a seated posture, a jumping posture labeled 'Jump with empty lungs', and a reclining posture. Breathing instructions are provided for each. The instruction is: 'Try extending the exhalation to 8 seconds, each time!' and 'Stay 1 Breath in each posture - 4 Rounds'.
- Row 3:** Two diagrams of seated postures. The first is labeled 'Stay 8 Breaths' and the second is labeled 'Stay 4 Breaths each side'.
- Row 4:** Four diagrams of reclining postures. The first is labeled '4 Rounds'.
- Row 5:** Two diagrams of reclining postures. The first is labeled '8 Times'.
- Row 6:** A diagram of a seated posture with the instruction: 'Inhale 8 seconds, Exhale 8 seconds and Hold 8 seconds after exhale'.
- Row 7:** Two diagrams of seated postures. The first is labeled '8 Times'.
- Row 8:** A diagram of a seated posture with the instruction: 'Inhale, Hold, Exhale, Hold - all 8 seconds'.

At the bottom of the page, there is a red double-headed arrow pointing left and right.