

## Workout For the Elementary Being (Har Aerobic Kriya)

### 1. Stand! Clap! Har!



Standing with feet comfortably apart, clap the hands over the head. Each time you clap, chant "Har" with the tip of the tongue. 1- 3 Min.

### 2. Bend! Tap! Har!



Bend over from the hips. Slap the ground hard with the hands 8 times. With each pat, chant "Har" with the tip of the tongue. 1- 3 Min.

### 3. I Can Fly! Har!



Stand up straight up with arms out to the sides parallel to the ground. Raise and lower the arms, patting the air, 12 inches up and 12 inches below the shoulder height, as you chant "Har" with the tip of the tongue . 1- 3 Min.

### 4. Jump! Cross! Har!



Still standing, jump and crisscross 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". 1- 3 Min.

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### 5. Archer Pose



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. Switch sides, with the left leg extended forward, chanting "Har" each time you bend forward. 1- 3 Min

### 6. Jump! Cross! Har!



Repeat crisscross jumping as in the previous "Jump! Cross! Har!".

### 7. Har Bend



Stretch the arms over the head. Arch the back as you bend backwards, chanting "Har" each time you bend back. 1- 2 Min.

### 8. Side Bend



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.