

Excerpt of the Yoga book: The Best is Yet to Come – Aging Gracefully with Yoga50plus

Immunity Set

Source:

Transitions to a Heart Centered World (Gururattan Kaur, 1988)



1 VAYU MANTHNA KRIYA

INTRO Sit upright on the front edge of the chair. Interlace your fingers behind your back and keep your elbows straight.

BREATH / MOVEMENT Exhaling twist your whole upper body to the right, inhaling twist to the left. Breathe powerfully. Build a good momentum. Keep your arms raised and your sternum up throughout the exercise.

FOCUS Let the twist extend from the depths of your lower spine.

TO END Go directly into the next exercise.

NOTE This exercise is regenerative. Yogic literature says the Vayu Manthna Kriya makes you young and beautiful, takes care of your complexion, and banishes negativity.

- Sit sideways on the chair if the backrest disturbs your movement.
- Keep your sitting bones on the seat throughout the movement and your back straight.

EASIER VARIATION You might want to try holding a short strap between your hands rather than interlacing your fingers behind your back (see photo).

1-3 min



2 LITTLE DUCKLING

INTRO Immediately place the backs of your hands inside your armpits with your elbows out to the sides.

BREATH / MOVEMENT Inhale and raise your elbows, then exhale, bringing them down to the sides. Do it quickly, feel pressure in your armpits.

FOCUS Breathe like a steam engine.

TO END Inhale deeply, stretch your elbows out to the sides, and hold.

Exhale, relax in Easy Chair Pose, and feel within.

EASIER VARIATION Hold your hands in front of your clavicles. Press the tips of your thumbs into your armpits.

NOTE Move your shoulders and also your back muscles.

- Last phase it's fun to cackle like chicken do.

1-3 min



3 BIG BIRD

INTRO Extend your arms straight out to the sides with your palms facing down. Keep your fingers together.

BREATH / MOVEMENT Begin flapping your arms, up and down within 60°, like wings, without bending your elbows. Inhale up and exhale down through an open mouth. Breathe powerfully.

FOCUS Breathe and movement are one.

TO END Go faster and faster, then inhale deeply, exhale, and go right into the next exercise.

NOTE Move the arms 60° as precisely as possible.

1-2 min



4 LEG LIFTS A

INTRO Sit upright on the front edge of your seat, knees and heels hip-width apart. Let your arms hang down at your sides, then rotate your arms forward and up. Lean back slightly. Keep your upper body straight and rotate your arms back. Grip the back of the seat or the backrest. Your arms are extended while your back is reclined slightly.

BREATH / MOVEMENT Inhaling, alternately raise each extended leg, lowering it as you exhale. While stretching your knee, focus on reemaining upright as much as possible. Keep your back straight. This will intensify the effect on your lumbar spine.

FOCUS Be energetic!

TO END Inhale deeply and hold both legs in the air for a few seconds, pull your toes towards you. Exhale and lower your legs. Then relax in Easy Chair Pose and feel yourself sitting upright from the base of your spine.

NOTE Keep your back stretched and your sternum up throughout the exercise.

- Draw the toes to the nose

2-4 min



5 LEG LIFTS B

INTRO Remain on the front edge of the seat. Extend your legs out in front. Interlace your fingers and touch your head. See how far back you can bring your hands along your head without bending your head forward.

BREATH / MOVEMENT Raise both legs as you inhale. Pull the muscles between your buttocks in, the navel in and up. Keep your lower back straight. Exhale and relax. Continue as you inhale.

FOCUS Gather the strength you need from your center.

TO END Inhale deeply and hold both legs in the air for a few seconds, pull your toes toward you. Exhale and lower your legs.

Without break, proceed to the next exercise.

NOTE Hands do not apply pressure on the neck, head should not disappear between the shoulders.

- If you have difficulties keeping your back straight during this exercise, continue with Exercise 4 instead.

1-3 min



6 JACKKNIFE (VARIATION)

INTRO Remain on the front edge of the seat with your legs extended. Touch your head or keep your fingers interlaced behind your head.

BREATH / MOVEMENT Inhale as you move one leg up, bending your upper body forward at the same time (only as far as you can keep your back straight). Exhale as you lower your legs back down to the ground, stretching back slightly while remaining upright.

FOCUS Be energetic.

TO END Inhale deeply and stretch yourself. Exhale, relax in Easy Chair Pose, and feel within.

NOTE Only go as far into the movement as you can keep your back straight / upper body extended.

- This exercise is very challenging!
- Your hands should not apply pressure on your head and neck.

EASIER VARIATION Problems? Just move one leg (pic).

1-3 min



7 MEDITATION

INTRO Sit in Easy Chair Pose and place your right hand on your left hand over your Heart Center. Free yourself with your breath.

BREATH / MOVEMENT Breathe long and deep or maybe listen to a mantra.

FOCUS Feel as you will feel, when your wish has been fulfilled.

TO END This exercise doesn't have a specific ending. 2 – 8 min



8 ARCHER POSE

INTRO Sit with your right buttock on the chair so that your left buttock is floating in the air beside the chair. Your right sole is under your right kneecap. Lean forward, extend your left leg back until your knee is straight, push your big toe into the mat. Bring your upper body upright, turn your pelvis and shoulders anticlockwise, bring your nose in line with your right thigh. Extend your right arm forward at shoulder level. Curl the fingers of your right hand in and point your thumbs up.

BREATH / MOVEMENT Bring your left hand forward to your right, then draw your arm back as if pulling an arrow. Stay in the position and hold the tension in your pelvis, abdomen, and shoulders muscles. Look at the thumbnail of your right fist. Breathe long and deep into the stretch. It is recommended to chant or listen to the mantra "*Gobinde Mukande*".

FOCUS Feel your strength and your sense of purpose.

TO END Inhale deeply, stretch yourself in the position, and hold. Exhale and relax. In the second half of the exercise, changes sides. Then sit in Easy Chair Pose and feel the revitalization.

NOTE Build a straight line from your right fist across your shoulders to your left elbow.

- Also keep your pelvis in this alignment.
- Look determined!



VARIATION Lift your pelvis in this position and stretch yourself as in the original pose. You can safely return to the starting position anytime by lowering your pelvis. If you find this too strenuous, just try lifting your pelvis for a few seconds only

EASIER VARIATION Bend your left leg out to the side a quarter of a circle. Point your toes out to the side. In this way you release the archer energy in your upper body but you protect your knee and your shortened rear thigh muscles (2).

2- 8 min



9 CONNECTING WITH THE BIG PICTURE

INTRO Stand up. Or stay seated. Extend both arms forward and form a cup with each palm.

BREATH / MOVEMENT Breathe long and deep or listen to or chant a mantra of your choice.

FOCUS Trust in your chosen path and surround yourself with a protective light.

TO END This exercise doesn't have a specific ending.

NOTE Keep the focus.

EASIER VARIATION You can also do this exercise sitting down.

2-4 min

Go into Long Deep Relaxation after finishing this set. Finish the class with a meditation. You might want to place your palms on the center of your chest again, maybe visualize being enwrapped and nourished by a colored light. The position of the hands helps you to feel safe and secure.



About the exercises

- 1 has a deeply cleansing effect
- 2 stimulates the endocrine glands
- 3 works via your breath
- 1 – 6 stimulate the lower glands and digestion
- 7 gives your body time for the benefits to work
- 8 brings you into your power
- 9 showers you with new energy

The set has 3 main aims.

□ **A good digestion**

A working digestion is the foundation for a well functioning immune system. Anything which is excreted too late or not at all slows down our body-processes. When our body cleanses properly, we can be sure that our body processes such defense and renewal run effectively and smoothly. If we do not overload and weaken ourselves, strength is our normal state.

• **General stimulation of the lymphatic and glandular systems**

To be healthy we need balanced hormone levels. Our glands are the guardians of our body. If they malfunction, our health gets shaky.

• **General fitness**

And what counts most of all? Move yourself! Find sense of life and joy. Remember the old saints, they sang as they walked amidst pest-victims. Let us start small -

Love and Chairs Willem Wittstamm, Mangala Singh

Excerpt of the Yoga book: The Best is Yet to Come – Aging Gracefully with Yoga50plus with over 400 illustrations in the text

21 sets inspired from Kundalini Yoga (YB)

with many senior-friendly modified yoga postures

with senior-specific warm-up sequences

with suitable partner yoga exercises and Venus Kriyas

with a variety of additional exercises for specific body parts



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