



# The Magnificent Nine

9 exercises 23 min - 25 min *I am a Woman - Creative, Sacred, Invincible*

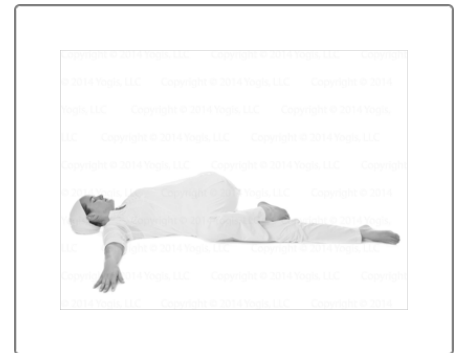
These nine exercises were recommended by Yogi Bhajan in 1988 as a daily practice for every woman to maintain her youth and beauty.

Some may remember this as originally called "The Magnificent Seven", which was the name of a popular movie from 1960. Some of the postures had been coupled together to appear as 7 instead of 9.

## 1. Cat Stretch

### Cat Stretch (to)

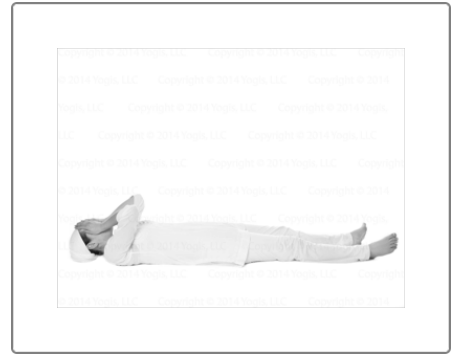
1. Lying on the back, stretch the arms above the head on the ground.
2. Keeping the shoulders on the ground, bend one knee over onto the ground of the opposite side of the body.
3. Do the same with the other leg.



## 2. Eye Opener

### Eye Opener (to 1 min)

1. Lying flat, place the palms tightly over closed eyes.
2. Open the eyes, and look directly into the palms.
3. Holding the gaze, slowly lift the hands to 18 inches above the face.
4. Bring the fingertips down to the center of the forehead, and massage with a circular motion, out to the temples and down both sides of the face to the tip of the chin.
5. Massage your nose and ears, squeeze the nostrils and ear lobes.

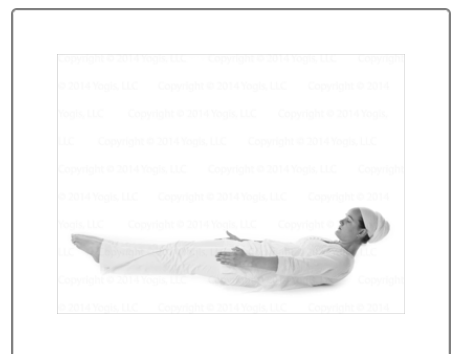


## 3. Stretch Pose

### Stretch Pose (to)

1. Lie on the back with the feet together, toes pointed.
2. Flatten the lower back.
3. Place hands palms down over the thighs, pointing towards the toes.
4. Lift the head up, apply Neck Lock and look at the toes.
5. Lift the feet up 6 inches and begin Breath of Fire.

### Breath Breath of Fire



## 4. Cobra Pose

### Cobra Pose (1 min)

1. Lying on the stomach, place hands under the shoulders with palms flat.
2. Elongate the spine, lift the chest and heart up, drop the shoulders, and stretch the head back.
3. Straighten the arms.
4. Do Long Deep Breathing or Breath of Fire.

**Breath** Breath of Fire, Long Deep Breathing



## 5. Cat-Cow

**Comments:** *Speed can be increased as flexibility is gained.*

### Cat-Cow (3 min)

1. On the hands and knees, hands are shoulder-width apart, fingers facing forward, knees directly under the hips.
2. Inhale and tilt the pelvis forward, arching the spine down, head and neck stretched up.
3. Exhale and tilt the pelvis the opposite way, arching the spine up, pressing chin to chest. Breathe powerfully.

**Breath** Powerful



## 6. Front Stretch

**Comments:** *Yogi Bhajan said: "Anytime you feel tense, your energy is off, you need to balance it, and you want to face the world for hours, do this exercise. Do it every four hours. For a female, this is a must! Make it your 'Mental Standard'". Do this three times a day, to check your mental strength.*

### Front Stretch (3 min)

1. Sitting down, stretch the legs out in front.
2. Grab the big toes in finger-lock. Inhale, lengthen the spine.
3. Exhale, bend forward bringing chest to thighs, and nose to knees. Avoid leading with the head.



## 7. Rock Pose

### Rock Pose (5 min)

1. Sit on the heels with palms flat on the thighs.
2. Do Breath of Fire or Long Deep Breathing.

**Breath** Breath of Fire, Long Deep Breathing



## 8. Fish Pose

**Comments:** *If it is possible for you in the evening in the twilight zone when the sun is setting, lie down like this flat on your back. If a woman can do this, she will seldom get sick. Do this for 5 to 7 minutes. Whenever you eat, you must sit on your heels for 5 to 7 minutes.*

### Fish Pose (5 min to 7 min)

1. From Rock Pose, keeping knees bent, and the feet outside the hips, extend the torso back until the head and shoulders rest on the ground.



## 9. Shoulder Stand

**Comments:** *Shoulder Stand is especially good for the female. It releases pressure on all the organs and stimulates the thyroid gland.*

### Shoulder Stand (5 min)

1. From lying on the back, place the hands on the hips, just below the waist, and bring the hips and legs up to a vertical position, spine and legs perpendicular to the ground.
2. Support the weight of the body on the elbows and shoulders using the hands to support the lower spine.
3. The chin is pressed into the chest.

