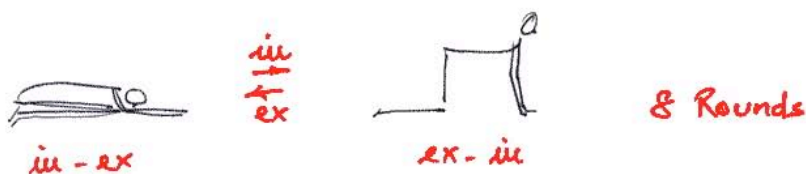
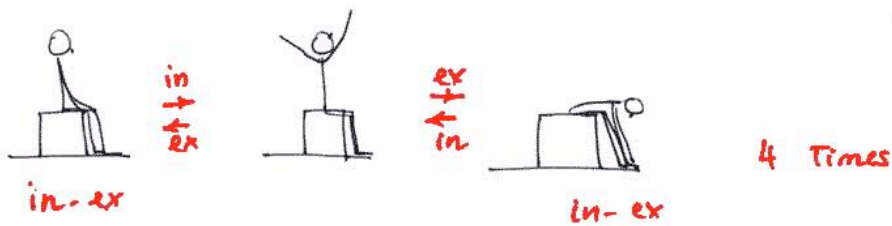
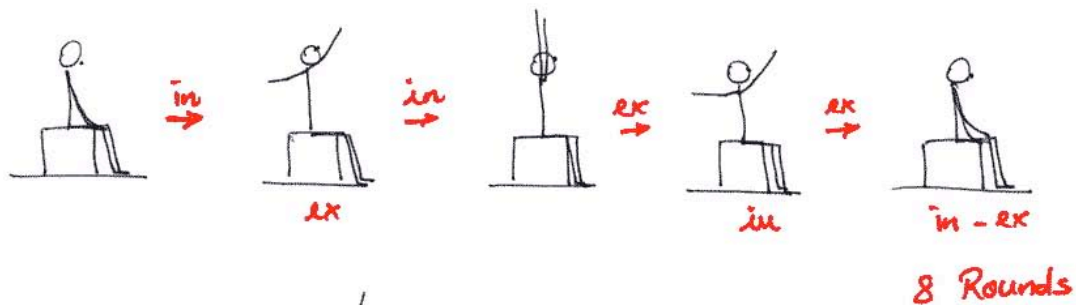


Sequence 1: A sample sequence for a person with heart ailments

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



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

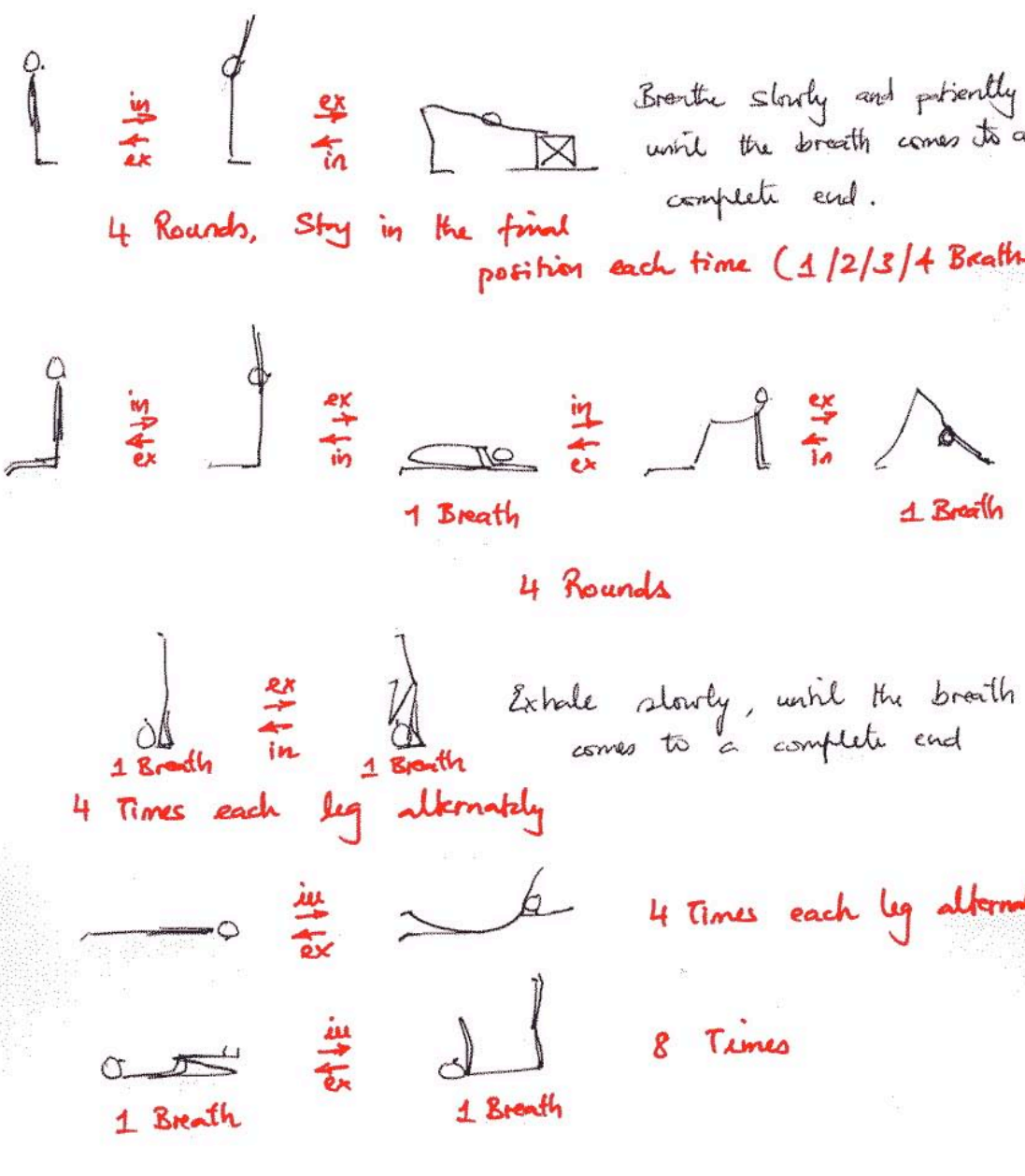


Sequence 2: A sample sequence to reduce stress and to calm the mind

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 corresponding breathing instructions:

- First Row:** Four stick figures in different standing and seated poses. Each has a vertical stack of three arrows indicating breath direction: 'in' (up), 'ex' (down), and 'in' (up). The text 'Keep the exhalations smooth and extended to 10 seconds' is written below. To the right, it says '8 Times'.
- Second Row:** Three stick figures in various poses. The first has 'in' (up), 'ex' (down), 'in' (up). The second has 'ex' (down), 'in' (up), 'ex' (down). The text '4 Times to each side, alternately' is written to the right.
- Third Row:** Five stick figures in various poses, including a seated one. Each has a vertical stack of three arrows indicating breath direction. The text '4 Rounds' is written below.
- Fourth Row:** A single stick figure in a seated pose with the text '8 Breaths each side' and 'Inhale 8 seconds; Hold 4 seconds; Exhale slowly' written below.
- Fifth Row:** Two stick figures in different poses. The first has 'ex' (down), 'in' (up), 'ex' (down). The text '8 Times' is written to the right.
- Sixth Row:** A stick figure in a seated pose with the text 'Remain seated and breathe quietly - 16 Breaths' and 'Inhale 8 seconds, Hold 4 seconds, Exhale 8 seconds, Hold 4 seconds.' written below.

A decorative flourish is drawn at the bottom of the page.

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 poses. Each has red arrows and text indicating breathing: 'in' (upward arrow) and 'ex' (downward arrow). The poses include a standing figure, a standing figure with arms raised, a seated figure, a reclining figure, and a seated figure with legs raised.
- Text:** "Try extending the exhalation to 8 seconds!"
- Text:** "Stay 1 Breath in each posture. - 4 Rounds"
- Row 2:** A sequence of seven diagrams. The second diagram has 'ex' and 'in' arrows. The third diagram is labeled "Jump with empty lungs" with arrows pointing up and down. The fourth diagram has 'in' and 'ex' arrows. The fifth diagram has 'ex' and 'in' arrows. The sixth diagram has 'in' and 'ex' arrows. The seventh diagram has 'ex' and 'in' arrows.
- Text:** "Try extending the exhalation to 8 seconds, each time!"
- Text:** "Stay 1 Breath in each posture - 4 Rounds"
- Row 3:** Two diagrams. The first is a seated figure with text "Stay 8 Breaths". The second is a seated figure with text "Stay 4 Breaths each side".
- Row 4:** Four diagrams. The first has 'in' and 'ex' arrows. The second has 'ex' and 'in' arrows. The third has 'in' and 'ex' arrows. The fourth is a reclining figure with text "4 Rounds".
- Row 5:** Two diagrams. The first has 'ex' and 'in' arrows. The second is a reclining figure with text "8 Times".
- Text:** "Inhale 8 seconds, Exhale 8 seconds and Hold 8 seconds after exhale"
- Row 6:** Two diagrams. The first has 'in' and 'ex' arrows. The second is a standing figure with text "8 Times".
- Text:** "Inhale, Hold, Exhale, Hold - all 8 seconds"