

Aerobic Har

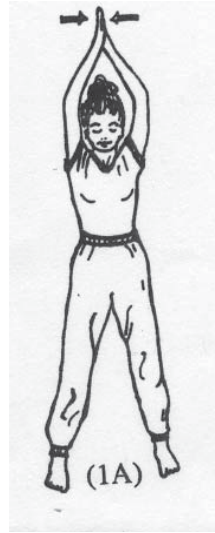
If you want a set which works all the major systems of the body and balances you completely, Aerobic Har is it!

The benefits are many: stimulates the glandular system, invigorates the inner organs, strengthens the immune system, increases stamina and balances the minerals in the body.

Best of all - it's easy to learn, can be done with or without music and it's fun! Try doing it every morning to energize yourself.

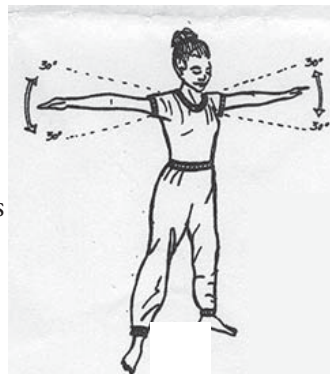
Remember to chant HAR once per count. Every posture is done in 8 counts.

1A Clap the hands over the head 8 times- entire surface of palms touch.

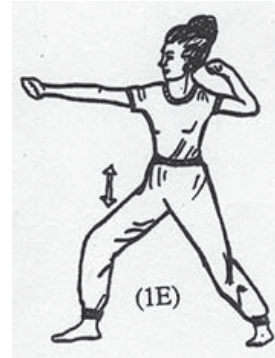
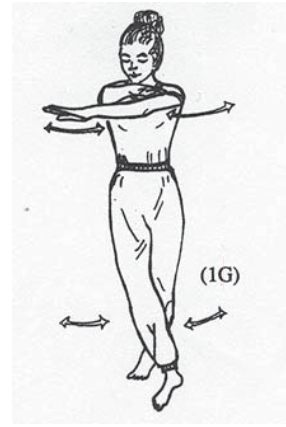


1B Bend forward (legs straight or bent) and strike ground with palm 8 times.

1C Stand and pump arms up and down about 30 degrees- arms should be straight out to side, palms down.



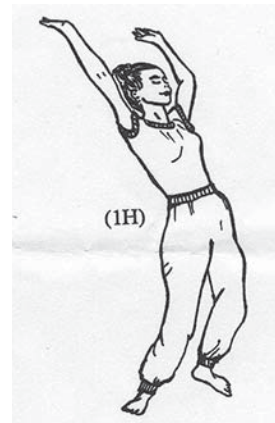
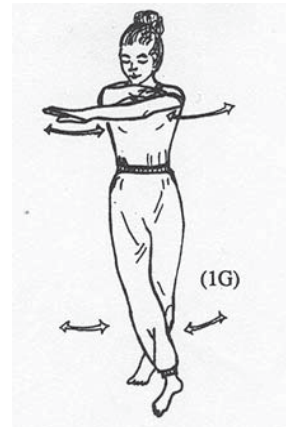
1D Crisscross arms and legs, alternating top arm and front leg with bottom arm and back leg.



1E Come into Archer pose on one side- using the strength of the thighs, bend the front knee deeply over the toes.

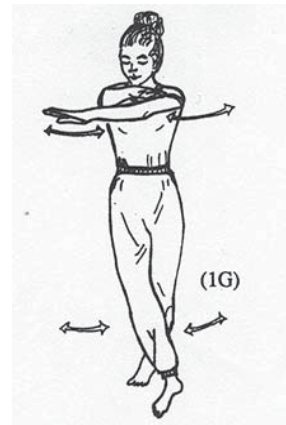
1F Turn to the opposite side and repeat Archer with the other leg forward.

1G Repeat the crisscross jumps.



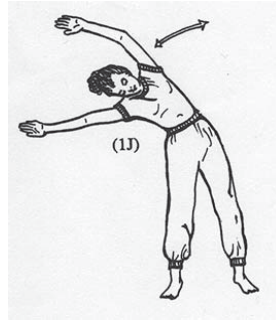
1H Feet shoulder width apart, extend the arms overhead and stretch backwards.

1J Repeat the crisscross jumps.



Aerobic Har (continued)

1K Feet shoulder width apart, arms above head, bend 4 times to the left, 4 times to the right.



Try to build up to 15 or 20 minutes a day - this will balance the entire body. We will practice Aerobic Har in class in April.

Mary