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YOGA OR EXERCISE

Exercise

V. By RECREATION, Diversion, Pastime, Sport, Exercise,* are meant those several kinds of Actions which are used for divertisement or Exercise: to which may be annexed the word GAME, Play, Prize, signifying such kind of Exercises, wherein there is an endeavour for Mastery. These are either of the

Mind; depending upon

- Chance onely; according to || the more general name: or that particular kind which is most frequent by marked Cubes.
 - LOT, Sortition, Cuts, Ballot, cast or draw Lots.
 - DICE, a Dy, cock-all, rifle.
- Chance and Skill.
 - CHARTS.
 - TABLES.
- Skill onely.
 - CHESS.
 - DRAUGHTS.

Body; in respect of

The whole; requiring

- Strength and Skill.
 - BOWLING.
 - BALLING, Tennis, Foot ball, Stool-ball, Sto-Ball. Pel-mel.
- Agility and Skill.
 - DANCING, Masking, Revels, a Ball, Morice, Mumming.
 - VAULTING.
- Strength Agility and Skill.
 - WRESTLING, grappling, struggling, striving, handy gripes, strike up ones heels.
 - FENCING, Gladiator, Tilting, Tournament, justling, play at weapon or foils.

The Eye, or the Ear.

- SIGHTS, Shews, Theatre, Amphitheatre, Pageants, Spectacle.
- MUSIC, Serenade, strein, aer, tune, prelude, Waits, Crowd, Fiddle-er, Minstrel, play on an Instrument.

HEAD EXERCISE

- **Eye** excercise
 - Repeatedly blinking for 10 to 20 times
 - Staring at **an object** for some 3 to 4 minutes
 - Closing eyes for 5 to 10 minutes
- **Nose** excercise or breathing excercise
 - Breathing with single **nose** both inspiration and expiration
 - Holding the breath
- **Mouth** excercise
 - Repeating a mantra or mental word 30 to 40 times
 - Counting numbers of alphabets in reverse or alphabetical or numerical order
- **Ear** Excercise
 - Closing one **ear** for some **time**
 - Closing both ears and humming
 - Closing One **ear** and humming
- Silent Meditation (Samadhi)
 - Closed ears
 - Closed **Mouth**
 - Closed Eyes
 - Closed **Nose**

NECK EXERCISE

rotating neck along with head Looking to sides

CHEST EXERCISES

ABDOMEN EXERCISE

PELVIC EXERCISE

Perineum

- Contracting and relaxing perineum according to our will
- Mentally contracting and relaxing perineum

ARMS AND HAND EXERCISE

- Strength with fist
- Holding gesture both hands
- Palm
 - MEET

- Opposition palms
- Reverse opposition hands
- Front to back
 - Opposite ways (pronated and supinated)
 - same ways back (both supinated)
 - same ways front (both pronated)
- Side to side (pronated and supinated)
 - clockwise
 - anticlockwise
- Folding fingers

LEGS EXERCISE

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