

YOGA FOR BEAUTY

Yoga is the smart way to strength of body, peace of mind and beauty of form for an ever-growing group of people-in-the-know. Sitting with folded legs, sucking in their abdominal muscles, and controlling their breathing to Oriental rhythms, these practitioners have found scientific validity in the centuries-old studies of the Yogis in India. They have sorted out the exercises best suited to Americans. Now Manhattan men like Tony Williams, the fashion leader, and women like his wife, the former Peggy LeBoutillier, are studying the Lotus Seat and the Tiger Position. Learning to breathe (picture above) is an early step.

FOUR GIRLS PRACTICE RYTHMIC BREATH CONTROL THROUGH GLASS PIPES.
YOGA-SEATED BEFORE A STATUE OF BUDDHA AND A YOGA EMBLEM



Photo from International

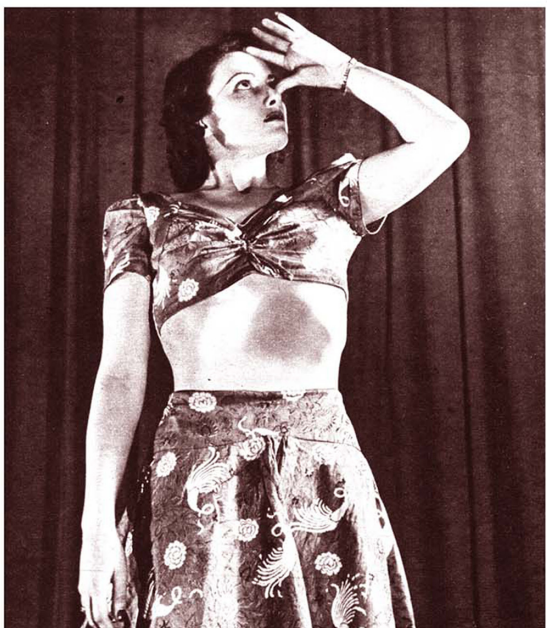
These Pictures Are Samples of What You Can Learn as a Yogi

Do not try to become a Yogi without teacher or text-book—but if the Yoga experiments on these pages work out for you, try to learn, to practice, to achieve.

This is what any reputable Yoga teacher in America would tell you. The sore muscles and exhausted feeling of the model who posed for the exercise pictures shown here would confirm this advice. In India, Yoga is not practiced without months of preliminary theory teaching by a *guru*, many more months of simple practice in *pranayama* (Yogic breathing), and a host of complications, such as body purification, positions for exercise (as many as 84,000 have been taught) and thought and nerve control.

But the simplification of Yoga, although it may cut down the value, does not prevent it from having effect.

The results depend on an individual's capacity for learning, believing, and practicing. Yoga isn't magic, nor a religion, but a system for physical well-being.



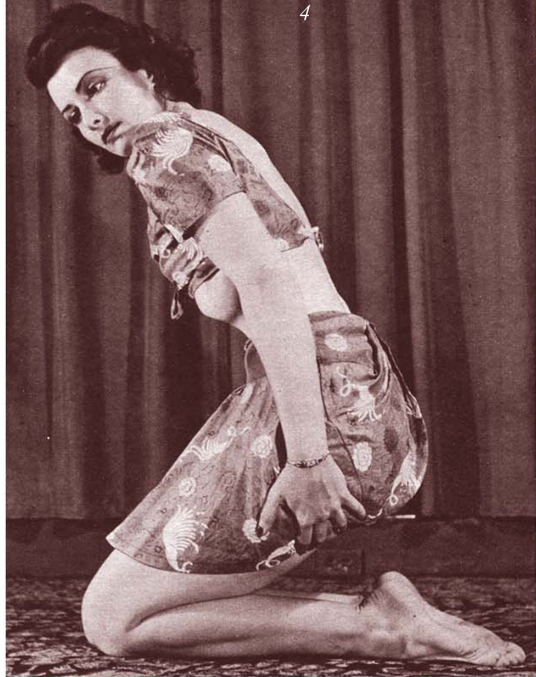
YOGA'S FIRST EXERCISE, in India, is mental, but in your home it may well be breathing. Picture above shows a Yogini starting process of closing eye, nostril, lips with fingers, then breathing in rhythm (see page 18). Note in-drawn diaphragm. This exercise is called *pranava-japa*. Below, the *swastikasana* is usually a position of meditation, but when combined with a lifting exercise, as here, it benefits the trunk, legs, and neck. This calls for controlled breathing, too. Yogis advise that you choose exercises most comfortable for you.



THIS IS A SIMPLIFIED LOTUS SEAT, most famous position. Although feet are not over knees, this position is authentic. Note diaphragm drawn in to imitate Yoga statuette. Yogis can exercise in this position, moving only a few inches, enough to perspire freely. Below, a variation of the *janu-sir-asana* or knee-head pose is also the first stage in the head-stand.



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THE BEAR WALK is the Americanized name for this relaxation exercise, illustrating that many Yoga positions have been adopted under other names by persons who never heard of Yoga. The rules of Yoga are simple: Keep practicing every day.

Do not think of Yoga as a fad or as mere mysticism but purely in terms of exercise to benefit the human form divine. Here is a breathing rhythm anyone can try:

Seated comfortably, take eleven deep, rapid breaths, expelling the air from your lungs with each *rechaka* (expiration). At the eleventh breath perform *kumbakha* or restraint of breath, for one minute. Then take eleven more breaths, repeat the holding of the breath (but do it gently) and follow with eleven more rapid breaths. This triple process is called a *bhastrika pranayama* and is a form of lung cleansing.

Rhythmic breathing, shown above in out-of-door picture, is usually in 1:4:2 rhythm. Inhale slowly for 5 seconds, restrain breath for 20 seconds, expel breath in 10 seconds. This must be done through each nostril alternately, and kept up for at least ten min-



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utes. At first you may feel suffocated, then your head will clear. At the end of the exercise a sensation of well-being and drowsiness will come over you.

Advanced exercises you will learn later include elbow stands, head stands, lying on your shoulders and kicking your legs in a bicycle-peddalling motion, and the Lotus Seat while standing on your head. For a book on practical exercises, get *Yoga Explained* by F. Yeats-Brown. Do not forget that a knowledge of Yoga is essential; loose experimentation can be dangerous.

