

December 1979 Darshan with Baba Hari Dass for Retreat Teachers

Edit notes: The following was typed from notes handwritten at the time of the darśana. B indicates what Babaji wrote on his chalkboard, as read by the reader, and then as heard and noted by someone present. Comments in square brackets are generally those of the typist. There was editing for format and IAST transliteration of Sanskrit terms.

- B: Series of āsana for vārisāra dhautī [Śaṅkha prakṣālaṇa]
— four rounds each of:
- hungry cobra
 - swinging arms [standing]
 - stand, clasp hands over head, twist [down?]
 - squat and turn, bringing one knee down, then the other

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