

SET A
part 1 of 8

1.) Rock Pose: (sit on heels). The arms are straight to the sides parallel to the ground. The palms are flat facing up. Maintain position throughout exercise. [Inhale] Turn the head left. [Exhale] Turn the head right. Continue for three minutes.

SET A
part 2 of 8

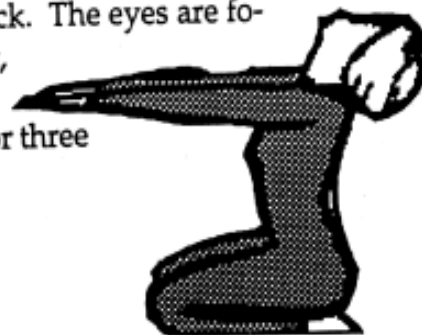


2.(a) Come sitting in easy pose. Hands in GyanMudra, resting on the knees.
(b) Alternate shoulder shrugs, for one minute.



SET A
part 3 of 8

3.) Rock pose. (Sit on heels.) Stretch the arms straight out in front of your body. The arms are parallel to the floor the palms are facing down. The hands are about four inches apart. Drop your head back. The eyes are focused on the ceiling, maintain this position. Breath of fire for three minutes.



UDDHANA

SET A

part 4 of 8

4.) Rock pose. (Sit on the heels).
The hands are in Venus Lock behind your back. Press your chin down into your collar bone notch. Now raise your arms up as high as you can, while your back remains straight. Maintain this position. Breath of fire for three minutes.



SET A

part 5 of 8



5.) Come sitting in easy pose.

Hands resting on the knees, in Gyan Mudra. (Shoulders a relaxed thruout.) [Inhale] Turn the head to the left. [Exhale] Turn the head to the right. Continue 26 head swivels.

SET A

part 6 of 8

6.) From easy pose, stretch your legs out straight in front of you, resting on the floor, parallel to each other about two inches apart. The hands are placed behind your hips (about 8 inches), the arms are straight, the fingers are pointing away from your body. Allow your upper body to lean back to a 45 degree angle. The head is dropped back, and the eyes are focused on the ceiling. Maintain this position. Hold this position with normal breathing for 5 minutes. To end, inhale deeply and exhale with a sigh. Slowly relax down into corpse, 1 minute.



SET A

part 7 of 8



7.) Cow pose. (Come onto your hands and knees.) Raise your head up, and back. Press your stomach down. The eyes are open and focused on the ceiling. Maintain this position with long deep breathing. Continue for seven minutes.

SET A

part 8 of 8

8.) Relax in baby pose. (Go from rock pose, sitting on the heels, and bend forward, placing the forehead on the ground. The arms are along the sides of your lower legs, palms up.) This allows blood to flow to the brain and relax the brain cells. Maintain this position. Normal breathing. Continue for five minutes.

