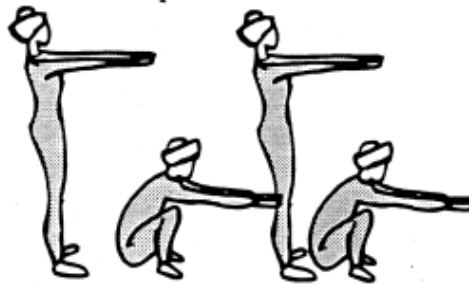


## SAHASRARA

## SET B

part 1 of 6

1.) Crow Pose. Start from a standing position. The feet are about 18 inches apart and they will remain parallel to each other and flat on the floor. The arms will be straight, the palms will be facing down and held out in front of the body parallel to the ground, 12 inches apart. Exhale down, squatting between the knees, keeping the back as straight as possible. Inhale up. Continue for 30 repetitions. To conclude the exercise: Inhale and come onto the toes, exhale down and pull short mulband.



## SET B

part 2 of 6

2.) Cobra Pose: Lie on your stomach, the hands are placed under the shoulders, first slowly arch the head, the neck, and then the upper back as high as possible, by straightening the elbows (the hips are on the ground.) You are now in position, continue with normal breathing for one minute, and then kick the buttocks for two minutes. To conclude the exercise, relax for one minute and repeat the entire sequence one more time.



## SAHASRARA

## SET B

part 3 of 6

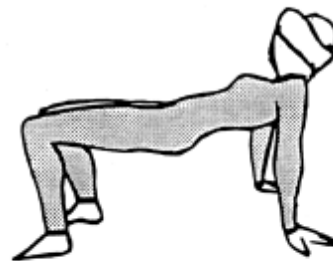
3.) Body Drops: Sit on the floor with the legs straight out in front of your body, resting on the floor. The legs will remain straight and parallel to each other and the floor throughout the exercise. The arms and hands are supporting the torso, resting by the sides of the body. With your hands lift your entire body off the floor and then drop it down. Continue ten times.



## SET B

part 4 of 6

4.) Bridge pose: Sit up, hands beside the hips, fingers pointed away from the feet elbows locked. Bend the knees drawing the feet in close to the buttocks. Raise the torso so that the body from the knees to the shoulders forms a straight line parallel to the ground, with the arms and the lower legs at right angles. The head is up and looking across the flight plane of your abdomen. You are now in position. Continue with breath of fire for 3 minutes. To conclude: inhale, exhale and pull mul bandha. Relax down onto your back.



## SAHASRARA

## SET B

part 5 of 6

4.) Bridge pose: Sit up, hands beside the hips, fingers pointed away from the feet elbows locked . Bend the knees drawing the feet in close to the buttocks. Raise the torso so that the body from the knees to the shoulders forms a straight line parallel to the ground, with the arms and the lower legs at right angles. The head is up and looking across the flat plane of abdomen, the left leg is held up at a 60. degree angle. You are now in position. Continue with breath of fire for 1 minute. Alternate, lift up the right leg. Relax down onto your back.



## SET B

part 6 of 6

6.) Rock Pose: sit on the heels. Hands are in Venus Lock resting on the lap. You are now in position. Focus on the top of the head, project your own antenna and begin to receive the cosmos.

