

**SET B**

part 1 of 6

1.) Bow Pose: Lie down on the stomach then reach back and grasp your ankles. Gently arch upward. Use your back muscles. The top of the head points toward the soles of the feet. Your body balances on the pelvic area. Now lower the chin to the ground and focus on the third eye. You are now in position. Continue with powerful breath of fire for 3 minutes. To end, inhale, exhale and pull mul banda, hold the lock for 15-30 seconds and then relax. 1b.) Repeat above, for one minute. 1c.) Repeat above but this time press the big toe at the pituitary meridian. 1d.) Remain in bow pose, take four

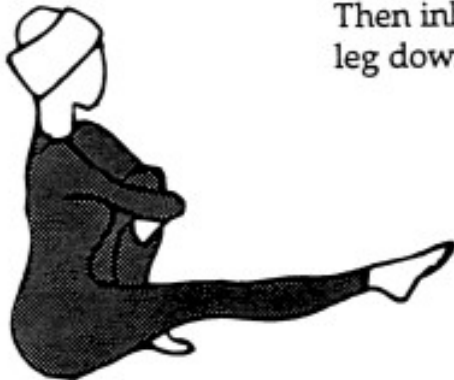


long deep breaths, then on 5 breath place the chin on the left shoulder, hold the breath and position briefly, exhale to right shoulder, continue for 1-3 minutes, remember to focus at third eye.

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2.) Sit on the floor keep one leg straight out in front of you and bend the other leg and bring the knee into the chest, wrap your arms and hands around the bent knee. Then inhale the straight leg up and exhale the straight leg down. Continue 50 times. Alternate the legs.



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3.) Stand up on the toes. Bring one knee at a time as close to the chest as possible, alternating left and right knee. Continue for 20 counts. synchronize the breath with the movement.



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4.) Come sitting in easy pose. The hands are in gyan mudra, receptive pose, (the palms are facing up.) The arms are relaxed and the hands are resting on the knees. You are now in position. Focus on the third eye. Continue with breath of fire for 3 minutes.

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5.) Rock Pose: Come into position by kneeling on both knees with the top of the feet on the ground. Sit back on the heels. The heels will press the two nerves that run into the lower center of each buttock. Keep the spine pulled straight. The hands are in Venus Lock and held behind the head at the base skull on the neck. You are now in position, continue with breath of fire for 1-5 minutes. To conclude the exercise, inhale, exhale and bow the brow point to the ground.



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6.) Come to a standing position. Then balance on the toes. Slowly rise up and down with breath of fire. Continue for 3 minutes. To conclude, inhale, exhale and slowly come down into easy pose.