

## HEART AND SOUL

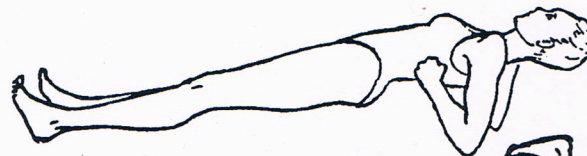
1. EASY POSE, GUYAN MUDRA: Inhale in 3 parts, hold a few seconds, and exhale in 3 parts for 6 minutes.



2. LEGS OUT IN FRONT, toes pointed, raise arms forward and up 60° hands stretched, and raise one leg, foot to chest level. Breath of Fire for 3 minutes.

Relax 1 minute & repeat on the other side.

3. BACK PLATFORM ON ELBOWS, with Breath of Fire for 3 minutes.



4. LYING ON BACK, raise legs up to 90°, catch toes, with Breath of Fire for 3 minutes. Relax for 2 minutes.



5. STAND ON TIPTOES, arms parallel to the ground, with Breath of Fire for 3 minutes.

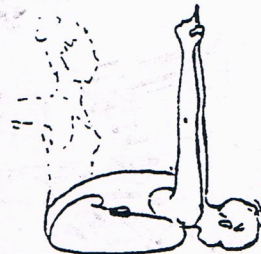
Then inhale into CROW SQUATS, for 1 minute.



6. CAT-COW, rapidly for 1 minute. Then relax in Easy Pose for 2 minutes.



7. Yoga Mudra: Focus at 3rd Eye, and chant Ong, touching forehead to the ground, and Sohung as you raise up for 3 minutes.



8. EASY POSE, Gyan Mudra, meditate on the breath, mentally inhaling Sat and exhaling Nam, as you look down, feeling the heart., for 10 minutes.

