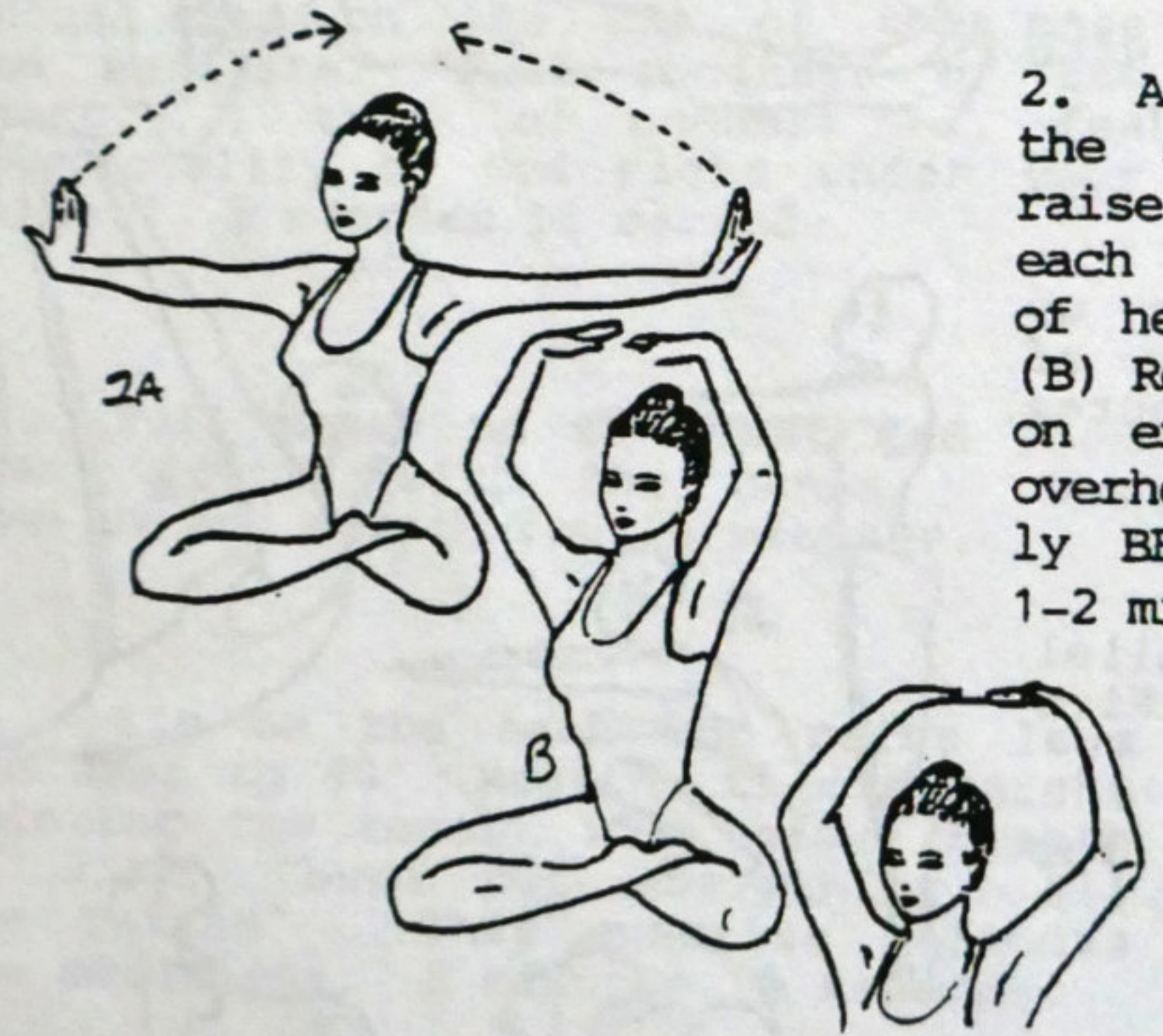


EXERCISE SET FOR  
BALANCING HEAD & HEART

1. In Easy Pose, with arms outstretched to the sides, hands bent up at wrists at a 90° angle, fingers together, palms facing out, (1), on (2) rotate hands so that fingers point straight forward, on (3) return them to original position, on (4) rotate them pointing fingers straight back, moving rhythmically, 1 cycle in 4 seconds, for 6-7 minutes. Inhale in first & 3rd positions, exhale on 2nd & 4th./ Changes brain chemistry.



2. As before, arms straight out to the sides, palms out (A) inhale and raise arms in an arch, palms crossing each other slightly IN FRONT OF top of head, without touching each other. (B) Return arms to outstretched position on exhale. (C) Inhaling, arch arms overhead, palms up as before but slightly BEHIND top of head. Continue for 1-2 minutes.



3. Continuing the arms movements of #2, add Crow Squats. As you exhale, squat down in Crow Pose, with arms out to sides, and as you inhale, stand up, arms overhead. Continue for 3-4 minutes at about 1 move per second.

HEART'S DELIGHT

1. In Easy Pose with hands pressed together in Prayer Mudra at Heart Center, breathe long and deep, concentrating on the heart beat for 3 minutes.



2. BACK PLATFORM ON ELBOWS: Support the straight body on the elbows and heels, and hold with long, deep breathing for 3 minutes.



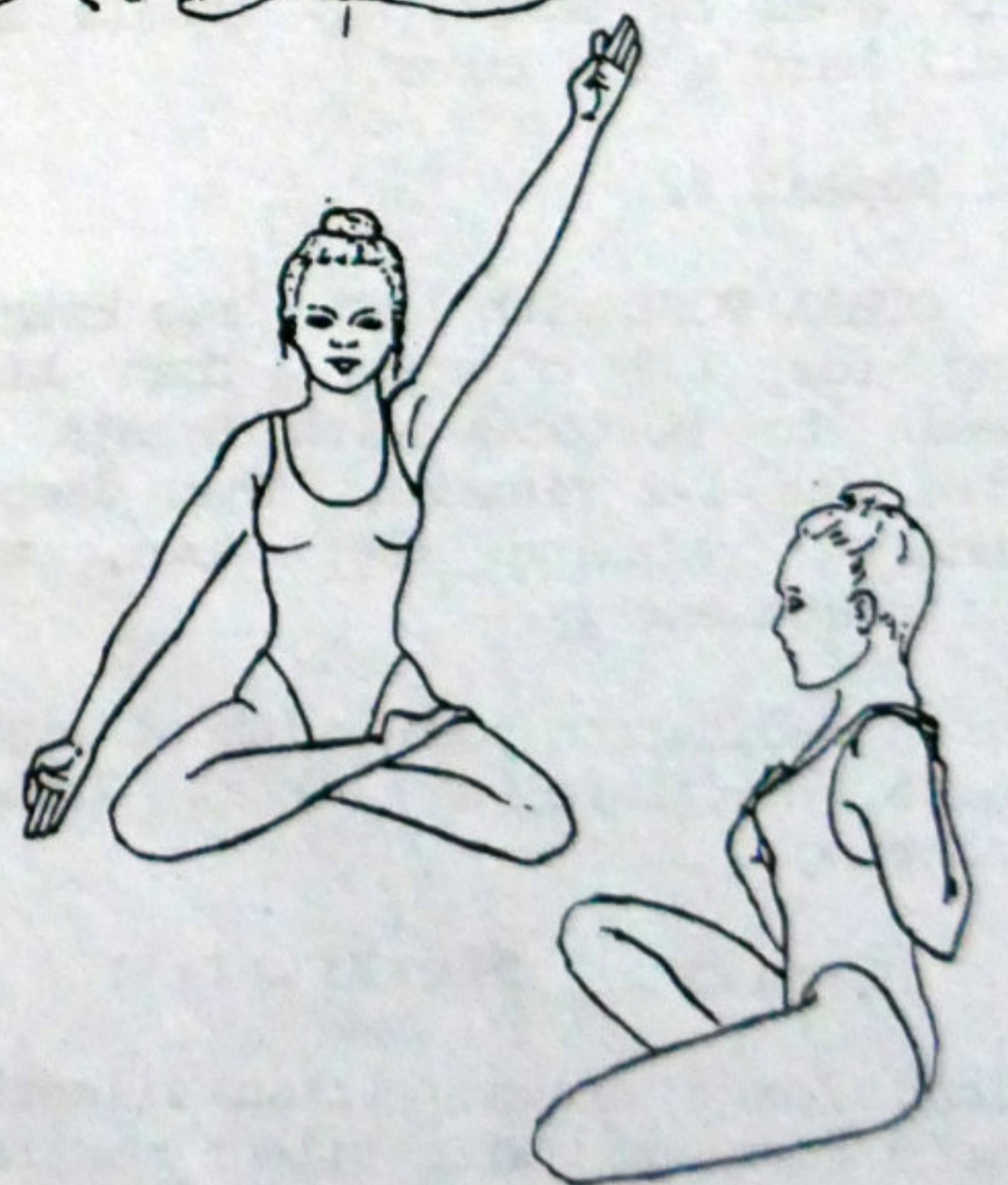
3. STERNUM ROTATION: Circle the chest only, forward, right, left and back, keeping head and hips in place. (Practice this isolation lying on the back: Lift the chest, only, several times. Then slide it left and right a few times.)



4. BEAR GRIP: Clasp fingers like hooks, left palm facing out, right in, at Heart Center. Then inhale and pull hands with maximum force, exhale, pull hands and apply Mulband. Repeat 4 times.



5. Hands in Gyan Mudra, raise left arm up 60° at the side, palm facing up and right arm 30°, palm down, so that they form an almost straight line. Keeping the eyes open and focused on a point straight ahead without blinking, pull Mulband and breathe long and deep for 5 minutes.



6. Place left hand at center of back, palm out, and right palm on heart. Feel the flow of energy between them and meditate with long, deep breathing for 5 minutes.