

ELECTROMAGNETIC FIELD SET #2

1. In Easy Pose, raise arms to 60° up at sides of body and hold with Breath of Fire for 3-5 minutes.

2. In Rock Pose, right arm straight out in front, palm up, left arm straight back, palm up and do Breath of Fire for 1-2 minutes. Then reverse arms and repeat.

3. Still in Rock Pose, cup hands at Heart Center, and with head bowed, stare into the palms. As you inhale, stretch arms out in front, edges of palms still touching and as you exhale, bring them back to Heart Center. Continue for 5 minutes.

4. On elbows and knees, feet together and raised, palms up and together, back arched (like Cow Pose), stare into palms with long, deep breathing for 5 minutes.

5. Gurpranam: In Rock Pose, bend down stretching arms straight out ahead, palms together, and relax with forehead on the ground for 3 minutes.

6. Spinal flexes in Rock Pose for 3 minutes.

7. Meditate for 3-11 minutes.

8. End by shaking entire body.

