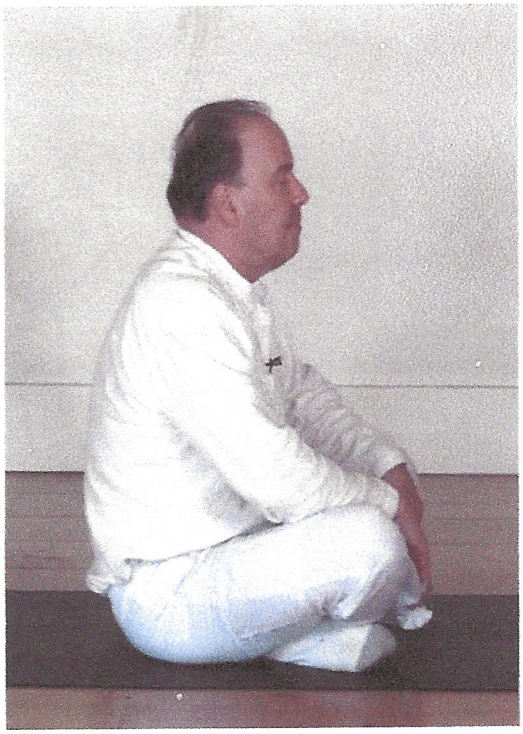


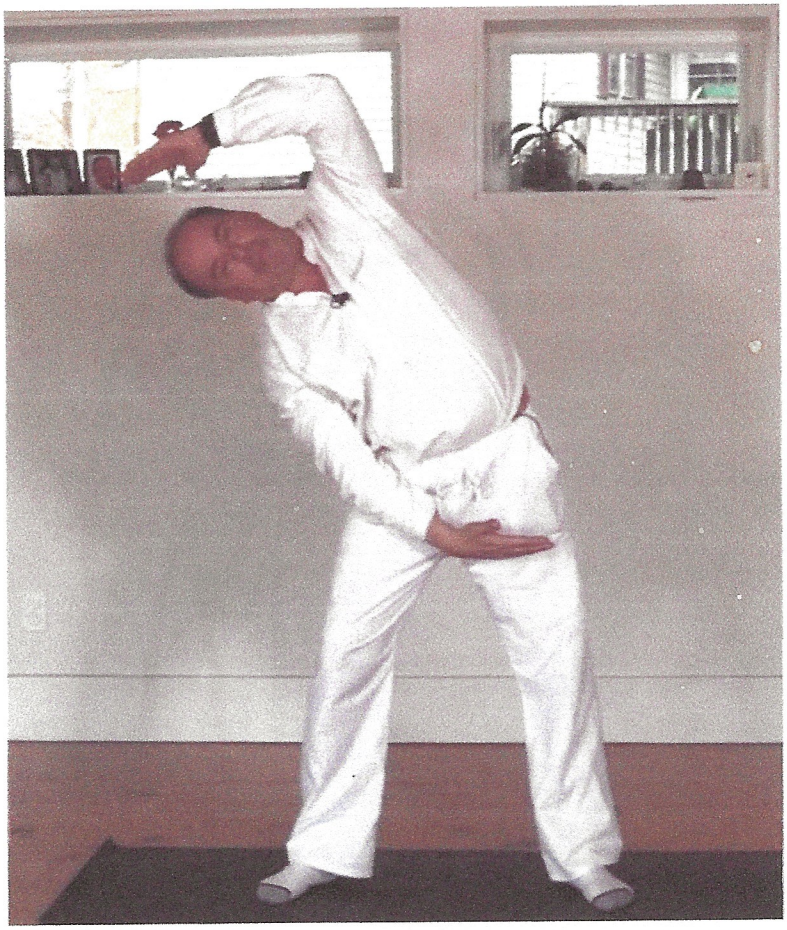


Easy Pose Spinal Flexes

Sit in easy pose, hands onto the knees, and inhale arching the back forward and using the arms to pull. Shoulders are stretched back. Then powerfully exhale and relax the spine back, almost like colapsing. Keep the breath strong with slight rocking motion on tail bone. The neck is relaxed, head is moving.

Benefit:

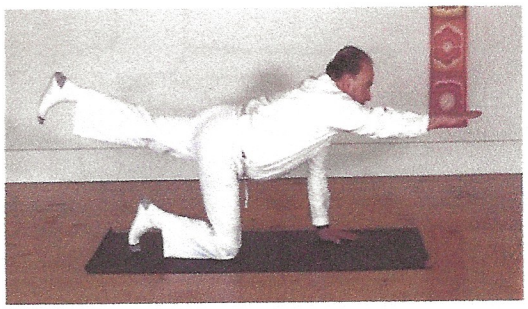
Increases the flexibility of the mind as well as your body.



UPPER TORSO BEND

In standing position with legs shoulder width apart, arms at the sides, and back straight, bend to the right side bringing the left arm up and over the right side. Inhale as you move. Then exhale and bring your arms back to your sides in starting position. Repeat the movement with your right arm, bending toward your left. Repeat 15 - 20x





Cross Crawl

Position yourself on your hands and knees. Inhale, lift and extend out the left arm and right leg, lifting the head. Then exhale, the limbs and the head go down with the chin going into the chest.

Inhale lift and extend out the right arm and left leg, lifting the head. Then exhale everything down. Continue alternating sides.

Remember to let the breath lift the limbs and lower them down. Stay aware of the breath.

Benefit: Stimulates the glandular system, supporting the body's natural defenses against disease.