

NECK & THYROID

1. In Easy Pose, hands in Venus Lock behind neck, slowly, deeply inhale and exhale 8 times. Then, in same position, do Breath of Fire for 1 minute. Inhale, exhale and apply Mulband. Breath of Fire for one more minute.



2. A) Relax in Baby Pose, forehead on ground, and chant

Ong Sohung

B) Reposition legs in Lotus Pose and place forehead on the ground in Yoga Mudra, hands clasped in Venus Lock on the back, and continue chanting

Ong Sohung

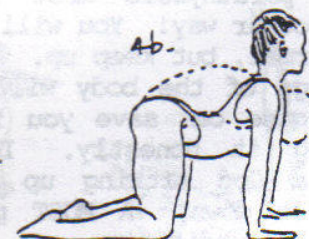
for 3 minutes.

3. On back, bicycle legs for 3 minutes



4. A) In Cow Pose, look at ceiling with long, deep breathing for 2 minutes

B) Then Cat/Cow, arching back dropping head, alternating with sagging back and arched head for 1 minute.



THYROID/PARATHYROID

1. Sit on left heel, right leg outstretched in front, hold right toes with right hand and turn head to look over left shoulder, left hand cupped on neck or behind the back, and hold with Breath of Fire for 5-10 minutes. Switch sides and repeat.

2. In Easy Pose, raise both shoulders up to ears and hold with Breath of Fire for 2-3 minutes.

3. In Rock Pose, arms outstretched to sides, hands in Gyan Mudra, palms up, drop head back with Breath of Fire for 2-3 minutes.

