

OPEN THE RESPIRATORY CHANNELS

YOGI BHAJAN



1. Sit in Sukhasana – Easy Pose. Stretch the arms up with the palms together. Keep the elbows straight, the arms hugging the ears.

- Do Breath of Fire for **2 minutes**.

Inhale, hold the breath for 20 seconds, exhale.

- Repeat Breath of Fire for **2 minutes**.

Inhale, hold the breath for 30 seconds. Exhale and relax for 2 minutes.

2. Sit on the heels in Vajrasana. Cross the arms behind the head placing the hands on opposite shoulders.

- Do Breath of Fire for **2 minutes**.

Inhale, hold, exhale and relax.

- Repeat Breath of Fire for **1 minute**.

Relax for 3 minutes.



3. Yoga Mudra. Sit on your heels; interlock your hands behind your back in Venus Mudra. Exhale, and keeping the spine elongated, lean forward from the hip joints, not the waist. If possible, rest your forehead on the floor; if not, put a block under your forehead. Stretch the arms up straight until they are perpendicular to the floor. Maintain the position for **3 minutes** breathing long and deep.

4. Savasana. Relax on your back for **10 minutes**.

