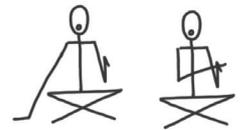


KRIYA TO RENEW THE NERVOUS SYSTEM & BUILD STAMINA

1. Sit in Sukhasana (Easy Pose), elongating the spine. Your left elbow is bent and rests close to the rib cage. The left palm faces upward, with the fingers pointing forward. Make an “O” of your mouth and breathe through your mouth in the following way:

- Inhale in 3 strokes as you touch the floor by your right side with the palm of your right hand and bring your right hand back toward your left palm.
- As the right palm touches the left palm, exhale in 1 stroke through the mouth.
- Time the motion of your right hand so you touch the floor and return within the three strokes of your inhale. You exhale in 1 stroke only as the right palm touches the left palm.
- The eyes are closed, focus at the eyebrow point.
- Continue with this movement breathing powerfully for **4 Minutes**.



2. Continue with the movement of exercise #1, but move faster. **3 1/2 Minutes**.

3. Breathe deeply through an “O” shaped mouth as you move your arms in outward circles in front of your chest. The motion is something like scooping water up out of your lap, dashing it on your face, and circling your arms back to your lap. Move vigorously to open up your chest and to exercise the muscles of your shoulder blades. The eyes are closed, focus at the eyebrow point. **3 1/2 Minutes**.



4. Rest your right hand over your left at the center of your chest about level with your shoulders. The palms face down. Keep the hands touching as you move them 10 to 15cm up and down. Move rapidly through an “O” shaped mouth in time with the movement. The eyes are closed, focus at the eyebrow point. **1 1/2 Minutes**.



5. **Stand up and dance, shaking the entire body.** You may use the rhythmic beat of Bangara music. Lift your arms in the air, loosen your shoulders, spine, and hips. Break up your body blocks with rhythmic movement. Move vigorously and make yourself sweat. This is good for your circulation. **11 Minutes**.





6. Spread your legs hip distance apart, keeping your knees unlocked. Lean forward until your torso is parallel to the ground, aligning the crown of the head with the pelvis. Rest your hands over your knees to support your torso. Be sure to keep your pelvis in neutral and your chin in. **1 minute.** *If you feel discomfort in your lower back, please use a wall, placing your hands aligned with your shoulders and pressing forward through your hands and backward through your sitbones.*

Move directly into the next position.



7. **Uttanasana (Standing Forward Bend).** Stay in the same position, but relax your arms and allow your body to fold forward from your pelvis. Bounce slowly and gently, allowing the weight of your body to stretch the spine and the muscles in the back of the legs. **Continue for 30 seconds and then inhale and gently rise up, and exhale.**

To finish: move in a relaxed way from one position to the other in the following manner: Inhale as you relax forward. Exhale as your rise up. Continue with this movement 4 more times.

8. **Relax on your back in Savasana (Corpse Pose) for 7-11 minutes.**