

Warming Up



1. Yoga March. Coordinate the breath with the movement of the arms up and down, and alternate knees up and down. Inhale arms and knee up, exhale arms and knee down. Powerful breath. **3 minutes.**



2. Sitting in Easy Pose grab the ankles, and do Spinal Flex. Inhale arch the spine forward, lift the chest up, exhale back. Keep head level. Powerful breath. **3 minutes.**



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3. Torso Twist. Grab the shoulders, and lift elbows up and back, at shoulder height. Inhale twist whole torso and head to the left, exhale to the right. **3 minutes.**

4. Shoulder Shrugs. With hands resting on the knees or thighs, inhale and bring the shoulders up towards the ears, exhale down. Powerful breath. **3 minutes.**

5. Sit in Easy Pose, and do Ego Eradicator. Arms are at 60 degrees and fingers on the Venus mounds, thumbs point straight up. Breath of Fire. Focus above the head. **3 minutes.**

TO END: Inhale and hold the breath. Pull Mulbandh. Touch the thumbs above the head. Exhale. Repeat twice more. On the last exhalation, hold the breath out and sweep the aura as you bring your arms down. Relax.

