

Zu 35)

## 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

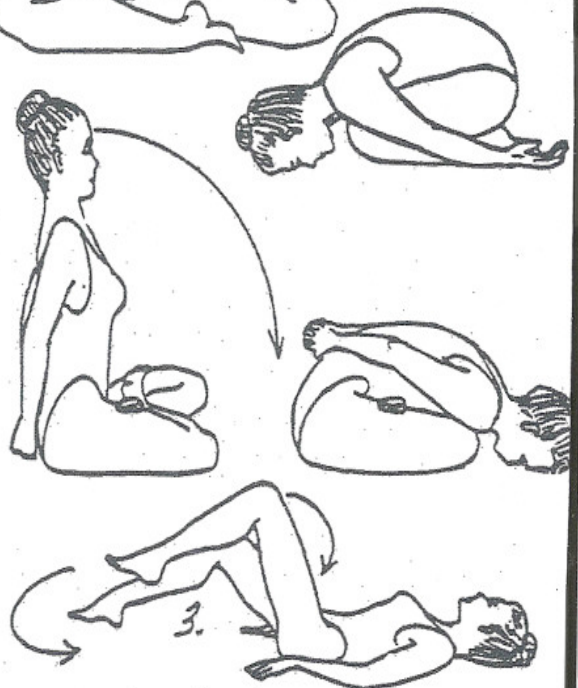
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B) Reposition legs in Lotus Pose and place forehead on the ground in Yoga Mudra, hands clasped in Venus Lock on the back, and continue chanting

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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.

