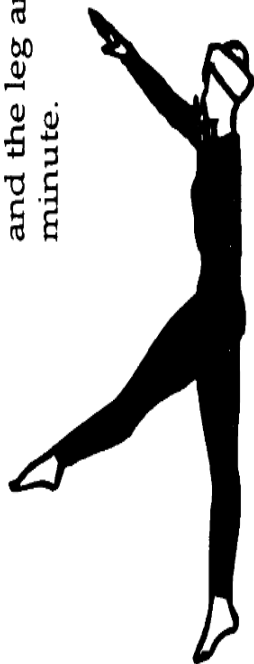


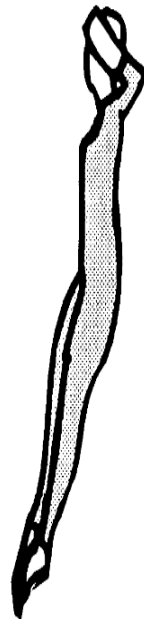
VIRABHADRASANA

SET B
PART 1 OF 6SET B
PART 2 OF 6

2.) You are still lying flat on your back. Raise the right leg only, up six inches. Raise the right arm up behind you also six inches. You are now in position. Hold this posture for two and one-half minutes. The breath is breath of fire. To conclude this exercise, inhale, hold the breath for ten seconds, then exhale and hold for three seconds. Then inhale and relax your arm and leg on the ground for 3 minutes.

SET B
PART 3 OF 6

3.) You are still lying on your back. Hands are in Venus Lock, under your neck. The elbows are flat on the ground. Keep the legs straight and the heels touching the toes are pointing forward. Bring the legs up 2-3 inches off the ground with long deep breathing, hold this position for 1-1/2 to 2 minutes. To end, inhale, exhale hold and relax the legs down, relax the arms and rest for two minutes.



Zu 19)

1.) Begin by lying flat on your back. Raise the right arm up and back to a 60 degree angle. Raise the left leg up to a 60 degree angle. Close the right nostril with the left hand. Breath through the left nostril. The breath is long and deep. Continue for one minute. Alternate the arm and the leg and the nostril and continue for another minute.

Sonntag 10. Januar 2021

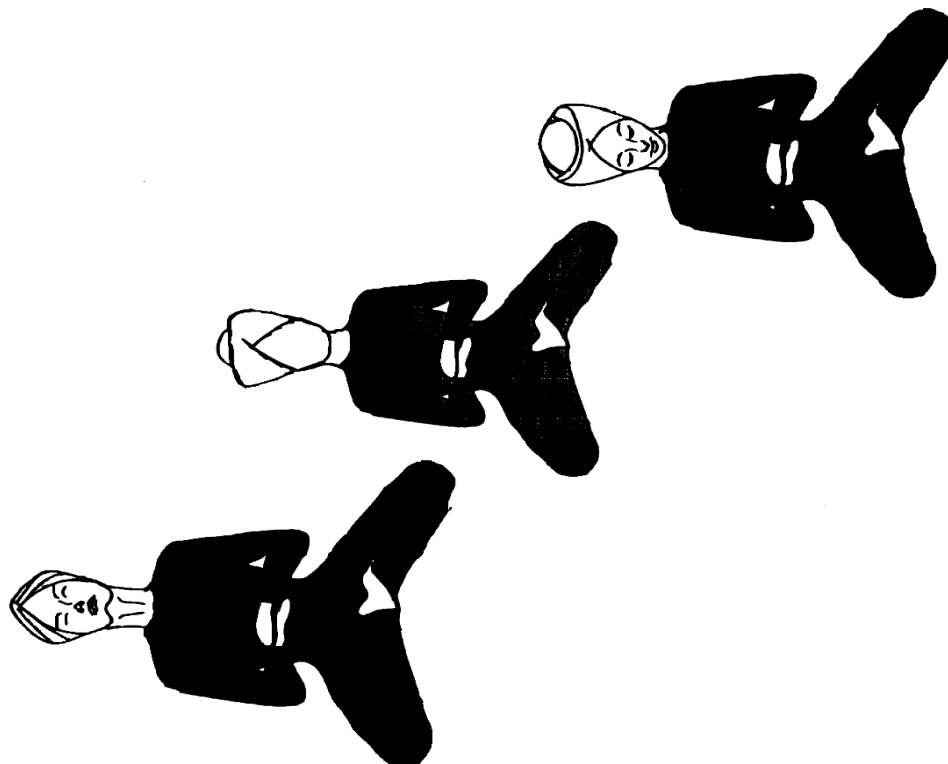
06.00-17.00 Uhr

VISUDDHA

SET B

PART 6 OF 6

6.) Come sitting in easy pose. The arms are bent in front of the chest, the palms are facing down, one hand over the other (the order is not important). You are now in position. Inhale and hold the breath, lift the chin up as high as possible, hold as long as possible. Exhale and bring the chin down on the chest. Continue for three minutes.



VISUDDHA

SET B

PART 4 OF 6

4.) Yes, you are still lying on your back. This time you will raise up on both of your elbows (elbow platform). Your body forms a straight line from your head to your toes. Now raise up the left leg to a 60 degree angle. You are now in position hold this pose for one minute with normal breath. To conclude inhale, exhale and relax down into corpse pose for two minutes.



SET B

PART 5 OF 6

5.) Come onto your knees. The feet will not be touching the ground. The arms will be out to the side of the body at a 60 degree angle. Hold this position for 30 seconds. Then begin to walk around on your knees for two minutes. Next lie down on your back for one minute. To conclude this exercise, stand up and jump up and down on your toes ten times.

