



## Kanar Kriya for the Ears

Sit on your left heel with your right leg extended forward in front of you. Grab your toes or knee with both hands. Place your left ear on your right leg, or as close to your leg as you can.

Hold the breath of fire position for 3 minutes. Then switch legs and ears, continue for another 3 minutes.

Comment: This Kanar kriya can also be performed in a half lotus.

