



Neck Series



Sitting on heels, stretch arms out to sides, palms up, and coordinate inhale with turning the head left, and raising the forearms perpendicular to the upper arms, and exhaling as the head turns right and arms return to parallel to the ground. Continue for 3 minutes.



Alternate shoulder shrugs for 1 minute.



Still on heels, stretch the arms straight out in front and drop head back, eyes on ceiling, and hold with Breath of Fire for 3 minutes.



With hands in Venus Lock in back, press chin down into collar bone notch, as the arms are raised, back remaining straight, with Breath of Fire for 3 minutes.



In Easy Pose, inhale as head turns left, exhale right 26 times.



Legs stretched out in front, place hands behind the hips, fingers pointing back, torso inclined to 45°, head dropped back, eyes on ceiling, and hold with normal breathing for 5 minutes. To end, inhale deeply and exhale with a sign.