



Neck & Thyroid



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.



Relax in Baby Pose, forehead on ground, and chant Ong Sohung



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 Ong Sohung for 3 minutes.



On back, bicycle legs for 3 minutes



In Cat/Cow, look at ceiling with long, deep breathing for 2 minutes.

Then Cat/Cow, arching back dropping head, alternating with sagging back and arched head for 1 minute.