



Thyroid / Parathyroid



Sit on left heel, right leg outstretched in front, hold right toes with right hand and turn head to look over left shoulder, left hand cupped on neck or behind the back, and hold with Breath of Fire for 5-10 minutes. Switch sides and repeat.



In Easy Pose, raise both shoulders up to ears and hold with Breath of Fire for 2-3 minutes.



In Rock Pose, arms outstretched to sides, hands in Gyan Mudra, palms up, drop head back with Breath of Fire for 2-3 minutes.