



Thyroid Kriya



In Cow Pose, raise head all the way up and back, fixing the open eyes on the ceiling with long, deep breathing. Think of something that bothers you and ponder it deeply. This opens a section in the brain and allows a lot of subconscious stuff to come out. Continue for 7 minutes.



Relax in Baby Pose for 4-5 minutes, allowing blood flow to relax the brain cells.