



Thyroid & Throat Center



HAMMER: Left hand in fist, right cupping it, raise straight arms to 60° on inhale, and lower them to 60° from there on exhale, repeat and continue for 5 minutes.



Lying on back, legs spread far apart, hand in Venus Lock under neck, raise one leg 2 feet, with long deep breathing for 1 minute. Switch legs and repeat. Repeat entire exercise.



Breathe naturally through the left nostril for 3 minutes. Then breathe through the right nostril for 3 minutes. Then, inhale through left, exhale through right for 3 minutes. Then inhale through the left, exhale through the right with Breath of Fire for 3 minutes.



Stretch Pose, head and feet raised 6 inches, hand pointing at feet, eyes on big toes, with breath of fire for 15 minutes.



Life nerve stretch. Bring left heel into perineum and bend over outstretched right leg, grasping right feet with hands, and inhaling up, exhaling down, touch nose to right knee for 1 ½ minutes. Switch legs and repeat for 1 ½ minutes.



Gas pose, on back, knees bent, legs clasped by arms, with Breath of Fire for 2 minutes.



On back, raise upper torso, stretching arms out parallel to floor and hold with Breath of Fire for 2 minutes.



In Easy Pose, lower chin into collar bone notch, with long, deep breathing for 6 minutes.



On knees, arch pelvis up into Camel Pose. Dropping head back, hands on heels for support and hold with normal breathing for 3 minutes. Rest a moment and repeat 3 more times.



Breath of Fire in Easy pose for 2 minutes. Relax for 1 minute and repeat.



In Easy Pose, place hands in Venus Lock behind the neck, stretching the elbows back as you inhale and collapse elbows forward as you exhale for 2-3 minutes.