



Exercise Set For Circulation



Sit in easy pose with your fingers interlaced into a Venus lock behind your neck, elbows straight out to the sides. inhale, with an exhalation lean forward, touching your forehead to the floor. With an inhale, return to the starting position. Keep moving for one minute then start saying ham dam har har, har har ham dam in the same rhythm with the movements for another 6 minutes. During the movement of the body will adjust itself.



Remain seated in easy pose, fingers interlocked in a Venus lock behind the neck, elbows extended out to the sides. Start turning your torso to the left and right. Movement and breathing should be performed with maximum strength and intensity. Help yourself with your elbows. Continue for 4 minutes. This exercise works with blood circulation.



From a sitting position, lean back, leaning on your hands. Start alternately moving your legs, throwing them forward, then bending and pulling them to your chest. When moving, the legs remain parallel to the floor, breathing in the rhythm of movement. Continue 9 minutes. This exercise stretches the tendons of the legs. Any pain that appears during this exercise is an indicator of an imbalance in the area that this exercise corrects.



From the same sitting position, leaning back, leaning on your arm or on your elbows, stretch your legs, lift them up and start moving them like scissors crossing your legs and not touching the floor with them. Legs remain straight at the knees, breathing in rhythm with movement. The legs should alternately almost touch the floor and then be in the upper position. Continue for 3 minutes. This exercise strengthens the navel center and works the muscles of the hip joint.



Lie on your back, lift your torso, leaning on your elbows and feet. At the same time, the legs are bent at the knees, the heels are directly under the knees, keep your back straight. Breathe deeply through your mouth. The head can be in any position, but the torso and hips must form a perfectly straight line. Continue for 4 minutes. After that, raise your head, pull in your chin, buttocks still remain up, back is straight. Breathe powerfully. This posture very quickly establishes the work of the navel center, works with the hips, stimulates the flow of blood through the capillaries, and also helps to think and react quickly.



Get on all fours. Knees should be apart at about shoulder level, arms straight. Bend your back down as if someone is sitting on it. Raise your head up, tilt it back, roll your eyes up to the ceiling. Stick out your tongue as far as possible and begin to breathe powerfully through your mouth for 2 minutes. The position of the eyes improves vision. The position of the tongue allows you to adjust the work of the vagus nerve.



Sit in butterfly pose with knees bent and feet pressed together. Hands are behind the back, palms are pressed to the floor, arms are straight at the elbows, the back is straight. Alternately raise both knees up, then drop them down, the feet remain connected together. Continue for one minute. This exercise works with blood circulation.



Lie on your stomach, lean on the tips of your fingers located on the floor under your shoulders. Heels together, feet pointing up. Inhale and rise up into Cobra Pose, bending back vertebra by vertebra from the neck to the base of the spine until the arms are straight at the elbows. With an exhalation, lower yourself and touch the floor with your nose, bending your elbows, your fingertips remain in the same position, pressed to the floor. Continue with powerful breathing for 6 minutes. This exercise works with the circulation and nervous system.





Sit in easy pose with legs crossed, arms straight up, palms open, fingers extended. Start quick vibrating movements with your palms from your wrists, shake your hands powerfully. Continue for 4 minutes. This exercise contributes to the fact that the body adjusts itself, directs blood flow to the capillaries of the hands, removing the imbalance of blood circulation in this area. It is recommended to perform it as a help for arthritis in the hands.



Sit in easy pose, finger pose in gyan mudra. Sing along with the Jap Sahib recording until Gobindev Mukandey. Copy the sounds exactly or just sit and breathe slowly and deeply for 11 minutes. This meditation balances the right and left hemispheres of the brain.