

Stress Set for Adrenals & Kidneys



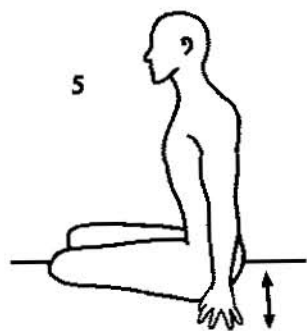
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9) **Modified Cat-Cow.** In cat-cow position, exhale as you bring the left knee to the forehead, and inhale as you stretch the leg out and up in back. Do not over-extend. Switch legs. **1-3 minutes.**

10) Sitting on the heels, bring the forearms to the ground in front of knees, palms together, thumbs pointing up. Inhale as you stretch over the palms, and exhale back. Keep the chin up to create pressure at the lower back. **1-3 minutes.**

11) **Back Rolls.** Bring the knees to the chest, nose between the knees, breathing normally, and roll back and forth on the spine. **1-3 minutes.**

12) *Totally relax.* It is nice to relax for an hour afterward. Have a glass of water. This set is done with very little pause between the exercises.

COMMENTS:

Do we have a reserve capacity to get to our destination despite the snowstorm? Our energy can be flowing, we can be eating well, sleeping enough, but if our adrenals fail, it is hard to keep up. We get tired and snappy. Glandular balance, and in particular, strong adrenals and kidneys are important to have that extra edge, to control anger and hypoglycemia. Without strong adrenals and kidneys, the heart can't function well.

1) **Lotus Mudra.** In Easy Pose, rub the palms together. Inhale and stretch the arms out to the sides, parallel to the ground, with palms facing out. Exhale and bring the hands together, hitting the bases together, fingers stretched in Lotus Mudra. To end, inhale with palms together. **1-3 minutes.**

2) Interlace pinkies in front of the Heart Center, curling the other fingers into pads, thumbs sticking up. Lower the hands to the Solar Plexus. Pull on the pinkies and do Breath of Fire from below the navel. Feel a pull across the back. **1-3 minutes.**

This generates heat and works on one side of the adrenals.

3) **Cannon Breath.** Still in Easy Pose with straight spine. Begin cannon breath. (Breath of Fire through firm puckered mouth.) Inhale and concentrate on the spine. **1-3 minutes.**

This works on the other side of the adrenals.

4) In Easy Pose. Place the left hand on the back at the bottom rib, with the palm out. Have the right arm straight out, palm forward and up at 60 degrees. Keeping the spine straight, stretch from the shoulder. With eyes wide open, chant *Har, Har, Har*, powerfully from the navel. **1-3 minutes.**

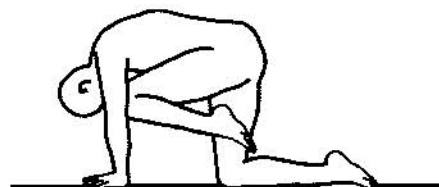
5) **Body Drops.** In full lotus, place the hands on the ground by the side of the body. Do Body Drops, inhaling up and exhaling down. **1-3 minutes.**

6) In Easy Pose, place the hands in front of the solar plexus, left hand facing body, right hand pressing left wrist with the base of the palm. Look down with powerful, long, deep breathing. **1-3 minutes.**

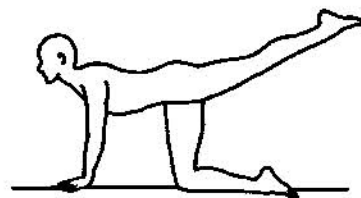
The power of the breath is the depth to which you will cleanse.

7) **Front Stretch with Spine Straight.** Sit with legs stretched out in front, arms out parallel to the ground, hands in fists, thumbs pointing up. Inhale stretching forward, exhale leaning back. Powerful breath. Keep arms parallel to the ground. **1-3 minutes.**

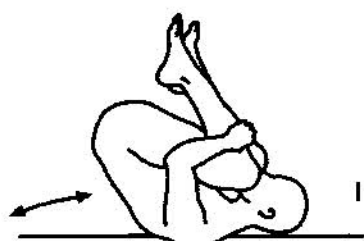
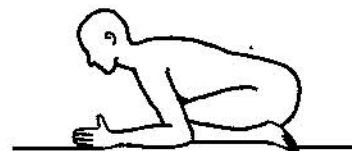
8) **Pelvic Lift.** Lying on the back, soles of the feet flat onto the ground, heels at the buttocks. Grab the ankles. Inhale, lift the pelvis up; exhale down. **1-3 minutes.**



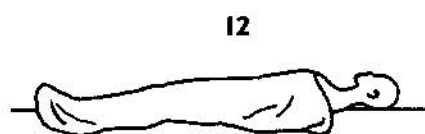
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