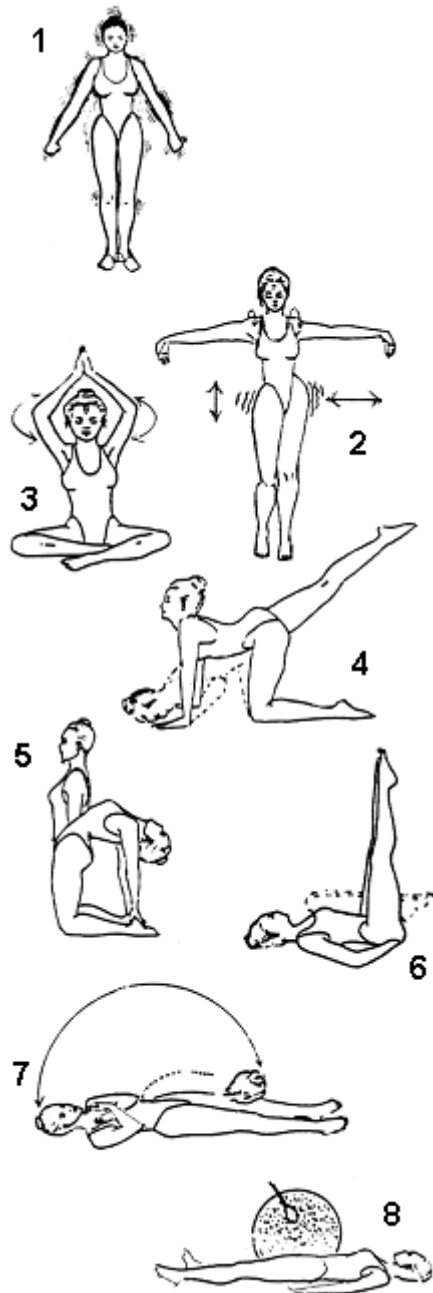


THYMUS & IMMUNITY SET



1. Standing, start with hands before chest, palms facing each other 12-18" apart, and just shake the whole body, creating a body rhythm,

especially in the trunk, but giving the entire body a shake-massage like heavenly hell! Get wild! It starts to happen after you don't want to shake anymore. Every tissue has to sweat. 5-10 minutes.

2. Stand straight and move hips up and down by lifting alternate heels and bending knees. Shimmy, twist, hip dance! Extend arms out to the sides, hands limply hanging from wrists, continue shaking, and roll the shoulders in unison with hips. Every pore in the thighs has to sweat to get the toxins out and adjust the pelvic bones. 5-10 minutes>.
3. In Easy Pose, palms pressed together overhead, elbows slightly bent, twist forcefully and fast from side to side for 2-5 minutes.
4. In Cow Pose, lift left leg straight up as far as possible and keep it up as you bend elbows and touch forehead to the ground between hands, 26-52 times. Repeat with the opposite leg up, 26-52 times.
5. Kneeling, on the count of 1, thrust pelvis forward, arch back and touch heels into Camel Pose, and on 2, straighten body, counting to 26-54 repetitions.
6. Lie down, hands under hips, palms down and bring knees to chest. On 1, straighten legs to 90°, on 2, quickly, strike heels on buttocks as knees bend. 26 to 108 times.
7. Lying flat on back, both hands on heart, relax for 1-2 minutes. Then on 1, hands still on heart, sit up and touch head to knees. On 2, lie back down again, and continue at a moderate to slow pace. 26-52 times.
8. Relax on back with Gong Meditation