



Keeping the Body Beautiful

4 Exercises 7 min - 7 min *I am a Woman - Creative, Sacred, Invincible*

1. Long Deep Breathing

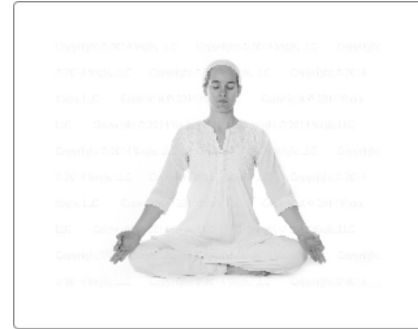
Long Deep Breathing (3 min)

1. Sit in Easy Pose with spine straight.
2. Begin breathing long and deep through both nostrils. Focus on the life-giving flow of breath.

To End

1. To end, inhale, suspend the breath a few seconds, then relax the breath.

Breath Long Deep Breathing



2. Frog Pose

Frog Pose (10 reps)

1. Squat down on the toes, knees wide apart. Heels are touching, and raised up off the ground.
2. Place the fingertips on the ground between the knees. The face is forward.
3. Inhale as you raise the hips up, keeping the fingertips on the ground, heels up, knees locked.
4. Exhale down, face forward, knees outside of arms.

To End

1. On the tenth repetition, stay down and take three deep breaths.
2. On the third breath exhale completely and suspend the breath out 10-20 seconds as you apply mulbandh.



3. Frog Pose - Repeat

Frog Pose (26 reps)

1. Repeat Frog Pose.

To End

1. On the last time, stay down and take three deep breaths.
2. On the third breath, suspend the breath out and again apply mulbandh. Feel energy rise along the spine as you suspend the breath out. Do not strain.



4. Front Stretch

Front Stretch (3 min)

1. Stretch the legs out straight in front.
2. Relax forward and grab the big toes in Finger Lock (Index finger and middle finger pull the toe, and the thumb presses on the toe.)
3. Inhale, lengthening the spine.
4. Exhale, bend forward from the navel, bringing chest to thighs, nose to knees.
5. The head follows last. Avoid leading with the head.
6. Hold the position.

