

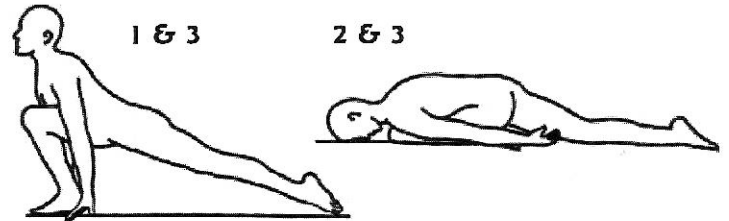
# Pituitary Gland Series

More Great Sets

Sets & Meditations

## Pituitary Gland Series

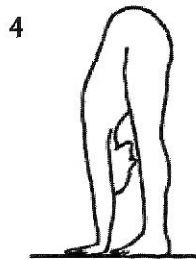
1) **Lunge Stretch.** Bend the right knee, with the right foot flat on the floor. Extend the left leg straight back and place the hands on the floor for balance. Arch the head back and hold the position, breathing slowly and deeply for **1 minute**. Then do Breath of Fire for **2 minutes**.



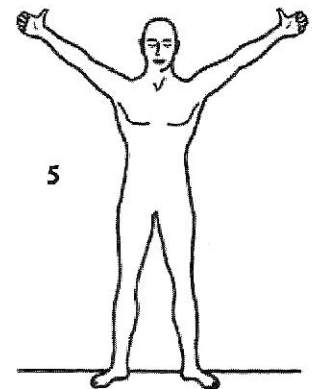
2) **Lunge Stretch Rest.** From position one, bring the right knee down to the floor, and bend the torso to rest over the thigh. Place the forehead on the floor, stretch the left leg all the way back, and rest the arms by the sides, palms up. Breathe slowly and deeply for **3 minutes**.

3) Repeat exercises 1 and 2 with the opposite legs.

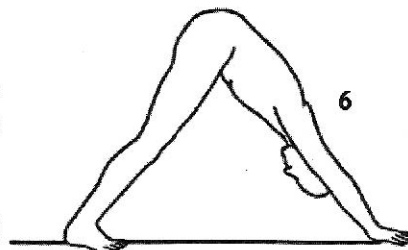
4) **Front Bend.** Stand up with the feet about two feet apart. Bend over and touch the fingertips or the palms on the floor. Do Long Deep Breathing for **3 minutes**.



5) **Ego Eradicator.** Stand up again and stretch the arms overhead at a sixty-degree angle, thumbs pointing up, fingers on the palms. Keep your elbows straight as you **breathe long and deep** for **3 minutes**.



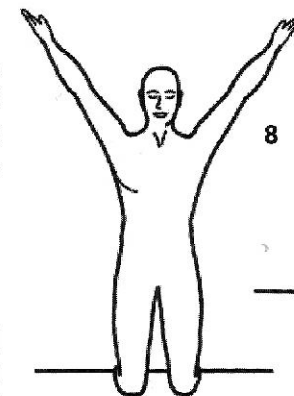
6) **Triangle Pose.** Come onto the hands and knees and push up into Triangle Pose. The heels are on the floor and the head and neck relax. Hold for up to **3 minutes**.



7) **Cobra Pose.** Relax on the stomach for **1 minute**. Then bring the heels together, palms flat on the floor under the shoulders. Push up into Cobra Pose. Stretch the head and neck back and begin Long Deep Breathing for **1 minute**. Then turn the head from side to side, inhaling to the left, exhaling to the right. Continue for **2 minutes**. Inhale, exhale, and pull *mulbandh* **3 times**.



8) Sit on the heels in **Rock Pose** and spread the knees far apart. Bring the forehead to the floor with the palms flat on the ground in front of the knees. Inhale and rise up on the knees, stretching the arms up and out like a flower greeting the sun. Exhale and come down bringing the forehead to the floor. Continue for **3 minutes**. *Note to the Teacher: It is common to see students leaning back in the upright position.*



9) **Yoga Mudra.** Sit on the heels again with the knees together and the fingers interlaced at the base of the spine. Bring the forehead to the ground, and lift the arms up straight as far as possible and hold the position for **3 minutes**, with Long Deep Breathing.

