

**Stretch Pose**

Relax on the back and feel the pulse at the navel. (See #7 on page 273.)



♥ **Alive and Centered:** Feel the pulse at the navel and the aliveness in your whole body.



**Solar Plexus — Deepen**

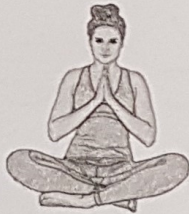
**Posture and Diaphragm Breathing, long and deep**

With the breath and posture, open the passageway to the heart.

Pull up on the diaphragm to elongate your spine.

With long deep breathing, bring the fire from the navel up into the solar plexus.

**Spinal Twists:** Place hands on the shoulders, fingers in front, thumbs in back. Inhale left, exhale right. 1-2 minutes.



**Hands in Prayer Pose**

Feel the wave of your breath in your chest and heart. 1-2 minutes.

♥ **Depth:** Go deep within and find humility, innocence, honesty, purity, and sincerity.

**Heart Chakra — Warmth, Self-Love**

**Check Your Posture and Breath**

Sit tall, continue to pull up on the diaphragm. Pull up on the back of the neck and slightly tuck the chin to open the chest and your heart. Feel the wave of your breath in your chest and heart.

**Arm Rotations**

Bring your hands straight out to the sides, parallel to the ground, palms up, and rotate the arms backwards in circles. 1-2 minutes.



**Hands on Your Heart**

Listen to your heartbeat. 1-3 minutes.

♥ **Warmth:** Feel and love the warmth in your spine.