

HEART'S DELIGHT

1. In Easy Pose with hands pressed together in Prayer Mudra at Heart Center, breathe long and deep, concentrating on the heart beat for 3 minutes.



2. BACK PLATFORM ON ELBOWS: Support the straight body on the elbows and heels, and hold with long, deep breathing for 3 minutes.



3. STERNUM ROTATION: Circle the chest only, forward, right, left and back, keeping head and hips in place. (Practice this isolation lying on the back: Lift the chest, only, several times. Then slide it left and right a few times.)



4. BEAR GRIP: Clasp fingers like hooks, left palm facing out, right in, at Heart Center. Then inhale and pull hands with maximum force, exhale, pull hands and apply Mulband. Repeat 4 times.



5. Hands in Gyan Mudra, raise left arm up 60° at the side, palm facing up and right arm 30°, palm down, so that they form an almost straight line. Keeping the eyes open and focused on a point straight ahead without blinking, pull Mulband and breathe long and deep for 5 minutes.



6. Place left hand at center of back, palm out, and right palm on heart. Feel the flow of energy between them and meditate with long, deep breathing for 5 minutes.