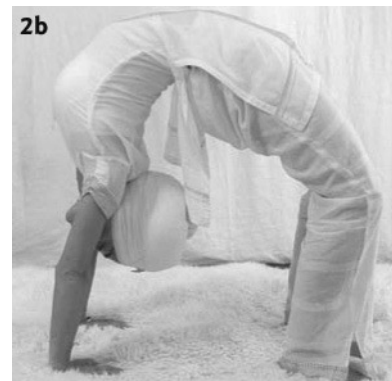




1. Bridge Pose. Begin in a sitting position with the legs straight out. (a) Lean back slightly, supporting the upper torso with the arms locked at the elbows and the palms flat on the floor. Bending the knees, draw the feet in toward the hips with the soles flat against the floor. (b) Inhale and raise the hips so that the body—from the knees to the shoulders—forms a straight line parallel to the ground. Let the head fall back. The arms and the lower legs should be roughly at right angles to the body. Apply Mulbandh, hold the posture with normal breathing. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise strengthens the back and aids in metabolism.



2. Wheel Pose. Lie on the back. The legs should be bent with the soles of the feet pressed against the floor close to the hips. (a) Bending the elbows, place the palms of the hands on the floor behind the shoulders with the fingers pointing back toward the shoulders. (b) Inhale and carefully and comfortably raise the hips so that the body forms one continuous arch from the heels to the palms of the hands. Begin Breath of Fire. Continue for 1-3 minutes. Inhale and slowly and carefully let yourself down and relax. This exercise strengthens the lower back, facilitates the flow of energy through the spine and aids in metabolism.



3. Variation of Locust Pose. Lie on your stomach. Clasp the hands in Venus lock behind the back, interlocking the fingers. Inhale and raise the legs and arms as high as you can, keeping the knees and elbows straight and the legs together. Begin Breath of Fire. Continue for 1-3 minutes. Inhale. Exhale and relax. This exercise aids in digestion and strengthens the abdominal muscles.

