



8) **Spinal Twist.** Still on the heels, grasp the shoulders with the fingers front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Keep the elbows high, and parallel to the floor. (Do not reverse.) **1-3 minutes.**

9) Grasp the shoulders as in the previous exercise. Inhale and raise the elbows up so that the backs of the wrists touch behind the neck. **1-3 minutes.**

10) **Arm Pumps.** Interlace the fingers in Venus lock. Inhale and stretch the arms up over the head, then exhale and bring the hands back to the lap. **1-3 minutes.**

11) **Alternate Shoulder Shrugs.** Sit in Easy Pose with the hands resting on the knees. Inhale and shrug the left shoulder up. Exhale and raise the right shoulder up as you lower the left shoulder. Continue for **1 minute.** Then, reverse the breath so that you inhale as you shrug the right shoulder up, exhale as you shrug the left shoulder and lower the right shoulder. Continue for **1 minute.**

12) **Shoulder Shrugs.** Inhale and shrug both shoulders up, exhale down. **1 minute.**

13) **Neck Turns.** Remain sitting in Easy Pose hands on the knees. Inhale and twist your head to the left, and exhale and twist it to the right, shaking your head "no". Continue for **1 minute.** Then reverse your breath, so that you inhale and twist to the right; exhale and twist to the left. Continue for **1 minute.** Inhale deeply, concentrate at the Third Eye, and slowly exhale.

14) **Frog Pose.** Squat down so the buttocks are on the heels. The heels are touching, and off the ground. Put the fingertips on the ground between the knees. Keep the head up. Inhale, straighten legs up, keeping the fingers on the ground. Exhale and come back squatting down, face forward. The inhale and exhale should be strong. Continue this cycle **54 times.**

15) *Deeply relax on the back.*

Laya Yoga Meditation

Sit in Easy Pose with the hands on the knees in Gyan Mudra (thumb and index finger together.) Chant *Ek Ong Kaar(ah) Saa-Taa-Naa-Maa(h) Siree Wha(ah) Hay Guroo.* On each "ah" sound in the mantra, pull up on *mul-bandh* (simultaneously pull up on the rectum and sex organs and pull in on the navel.) The "a" sound is really created by the power of the *mul-bandh*. This is a 3-1/2 cycle meditation. With the breath, visualize the sound spiralling up from the base of the spine to the top of the head in 3 1/2 circles. **11-31 minutes.**