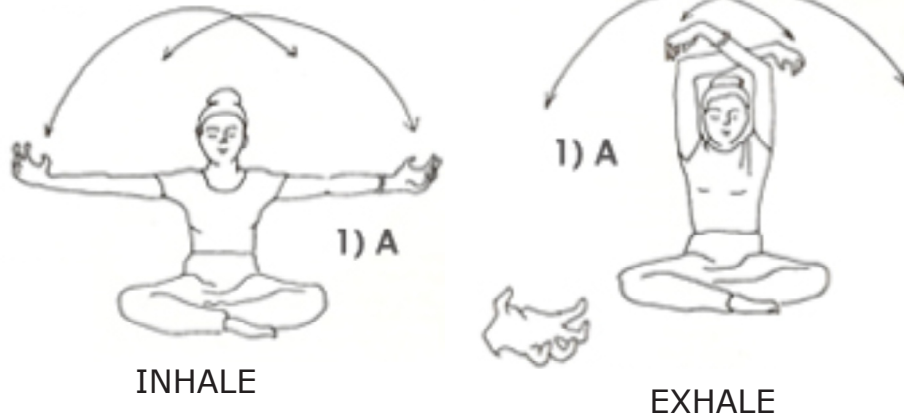


Reset the Brain's Electromagnetic Field - Breath of Fire with Lion's Paws

1



sit in easy pose with a slight neck lock

Mudra: Make both hands into Lion's Paws: curl and tighten fingers of each hand

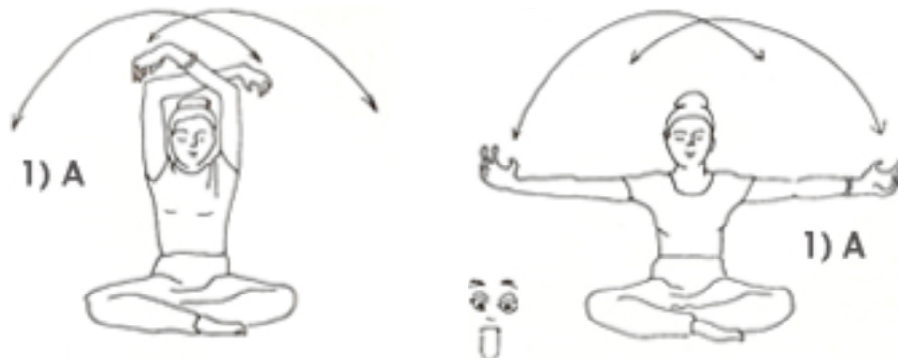
Extend arms out - palms facing up

Alternately cross your wrists over your head and return your arms out to your sides, parallel to the ground

Create a powerful breath - Faced Paced - it will become a breath of fire.

9 mins

2



With tongue out Continue movement

(15 sec)

3



INHALE bring arms in an arc over the head - tongue in - hands are still in LION PAWS

HOLD BREATH **15sec** - **EXHALE** - **INHALE** - **HOLD 30 sec** - **EXHALE**

3

Relax arms resting on lap

Meditate at the HEART CENTER - following the gentle flow of the breath

Chant Uplifting Mantra

(3-5 mins)