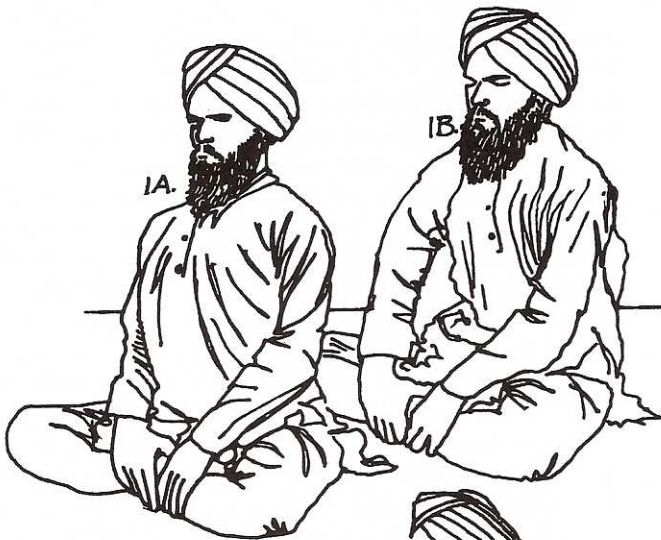
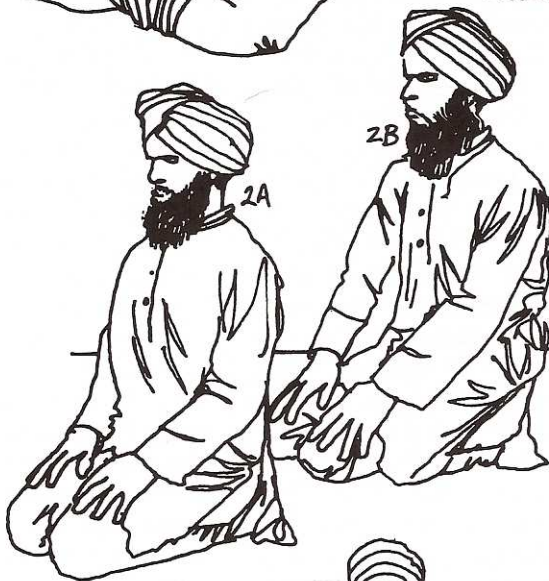


BASIC SPINAL ENERGY SERIES



1) Sit in easy pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up (1A). On the exhale, flex the spine backwards (1B). Keep the head level so it does not "flip-flop." Repeat 108 times, then inhale. Rest 1 minute.

2) Sit on heels. Place the hands flat on the thighs. Flex spine forward with the inhale (2A), backward with the exhale (2B). Think "Sat" on the inhale, "Nam" on the exhale. Repeat 108 times. Rest 2 minutes.



3) In easy pose, grasp the shoulders with fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue 26 times and inhale facing forward. Rest 1 minute.

4) Lock the fingers in bear grip at the heart center (4A). Move the elbows in a see-saw motion, breathing long and deep with the motion (4B). Continue 26 times and inhale, exhale, pull on the lock. Relax 30 seconds.

5) In easy pose, grasp the knees firmly and, keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat 108 times, rest 1 minute.

