

YOGA IN FIFTEEN MINUTES.....

1. Initial relaxation - lie down, relax, take 5 deep breaths

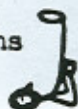


2. Stretch - lengthen body - stretch out heels, hips, through shoulders, stretch fingers long. Do the "pelvic tilt".

3. Do 4 - 8 sun salutations

(optional - leg exercises, single and double if time)

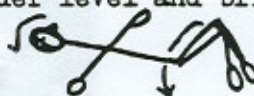
4. Shoulderstand - three deep breaths



5. Fish pose - three deep breaths



6. Spread arms to the side at shoulder level and bring knees up - roll them from side to side.



7. Head to knee pose - 5 times up and down, inhaling up, exhaling down.



8. Inclined plane - 5 deep breaths



9. A backward bend - cobra, locust, boat, camel, backbend(wheel)



10. Child's Pose - 2 or 3 deep breaths

11. Stand up and do Triangle pose - 3 bends to each side



12. Final Relaxation - 2 minutes minimum - concentrate on breath

13. Sit for a few minutes at least



Concentrate

Relax

Deep breathe

Practise to Capacity..... every moment

Practise before meals or at least 2 - 3 hours after, in a quiet spot. If possible wear loose cotton clothing.