

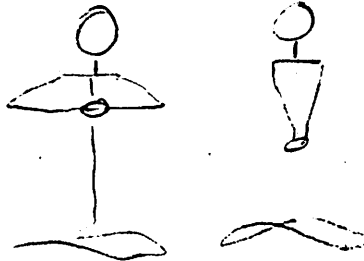
Sit in Easy Pose, extend arms up at  $60^\circ$  angle in front of torso. Palms face each other. Hands are about  $2\frac{1}{2}$ -3 feet apart. Keep fingers close together. (A). On count of

1, bend wrists so hands come down (B) with palms still facing each other.

On count of 2, bend wrists so fingers

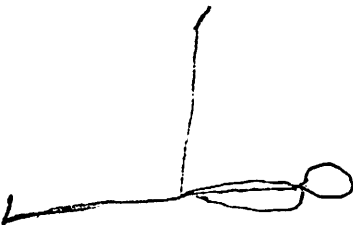
point up (C); (palms still facing each other). On 3, bend wrists back so palms face out, (D). On count of 4, return to original position. Move hands only from wrist.

2)



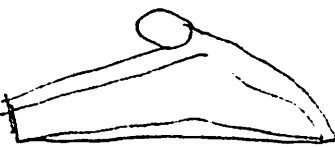
Interlace fingers in such a way that all of the fingers are inside between the palms. Press pads of fingers together. Hold hands at chest level, fingers toward torso. Powerfully begin to push arms out straight, and then pulling them back in. Do this fast. Thumbs are crossed.

3)



Lie on back. Place hands, palms down, under lower back. Begin alternate leg lifts, first raising the left leg up to  $90^\circ$  on the inhale and lowering it on the exhale. Then raise the right leg up on inhale, and lower it on the exhale, and so on. This balances the calcium and magnesium in the thighs.

4)



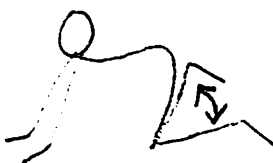
Sit up with both legs stretched out straight in front. Catch hold of the toes tightly. Inhale up, and exhale drawing the forehead to the knees. Keep up and keep going powerfully.

5)

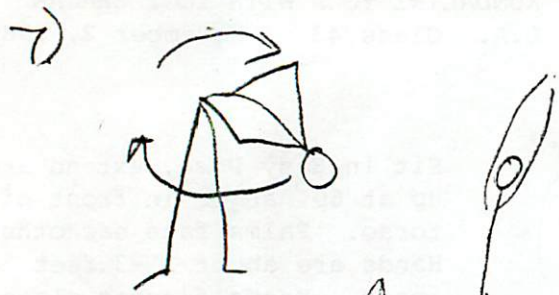


Cat and Cow posture. Powerfully do cat and cow in the regular manner, inhaling as the spine is arched down with the head up, and exhaling as the spine arches up like a frightened cat, with the head down. Arms and legs remain stable.

6)



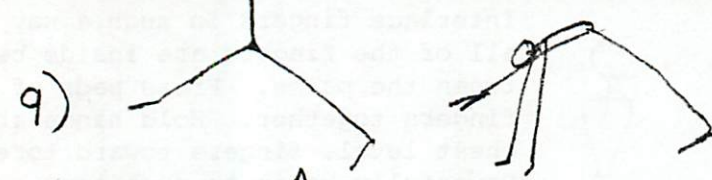
Remain in Cow Pose, with the spine arched down and head up. Begin kicking the buttocks powerfully with alternate heels. As one heel is going up to strike the buttocks, the other should be going down. Very fast.



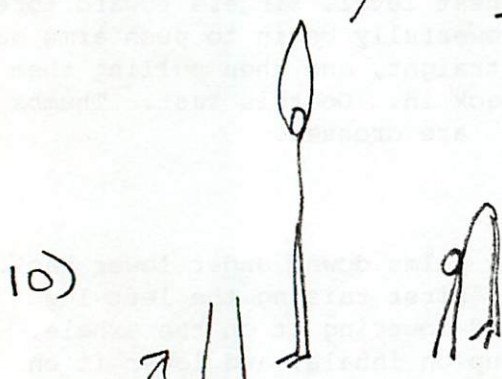
Stand up straight, and place the hands on the hips. Begin to roll the torso around in full circles from the waist up. Get into it and really go. Bend way down, go far to the sides, and stretch back, all around. Go fast.



Still standing, stretch arms up over head on the inhale, and on the exhale bring the palms flat to the ground, without bending the knees. Keep going fast and powerful.



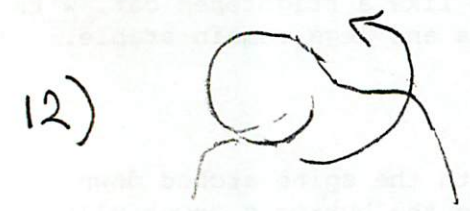
Now spread the legs as wide apart as you can and continue the same exercise, inhaling and stretching way up, and bringing the palms to the ground on the exhale.



Now continue as for #8, except the legs are touching, and feet close together.



Now place hands on shoulders, fingers resting on shoulders, pointing towards neck. On inhale, raise both arms straight up over head, on exhale return hands to shoulders. Very very fast.



Sit in Easy Pose and begin neck rolls, stretching the neck to make the head go in a full circle, chin to chest, ears to shoulders, and so on, round and round, very very fast.