

## PITUITARY SET #2

1. Place palms together at chest, slanted out at 60°, with thumbs pressed into sternum. Focus eyes on thumbs with chin pulled in, in Neck Lock. Inhale, hold the breath for 1 minute, then exhale. Repeat 10 times.



2. In Celibate Pose (sitting between heels), do spinal flex 107 times.



3. Life Nerve Stretch with both legs out in front, grab toes and lower head to knees on exhale, and inhale up for 2-3 minutes.

3.



4. Archer Pose: With feet apart, pivot right, bend right knee and with weight on right foot, stretch right arm out in front as if holding a bow, drawing left arm back as if pulling an arrow, and hold for 2-3 minutes.



Repeat on opposite side.

5. In Easy Pose, hands in Gyan Mudra on knees, do Breath of Fire for 3-5 minutes. Then inhale and hold for 1 minute, exhale.

5.



6. Meditate at the Brow Point for 5-10 minutes.

7. To end, deeply inhale and exhale 5 times.