
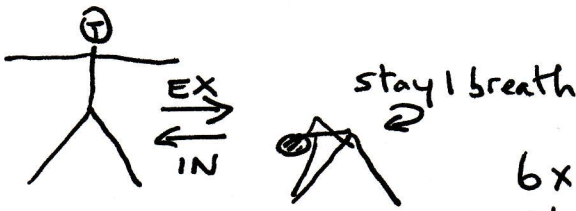
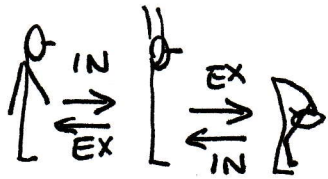


1.  observe breath.

2.  6x

3.  6x to the left  
then repeat 6x to the right


4.  6x

5. 

6.  6x

7.  6x

8.  rest, observation

9.  12 breaths. Technique: anuloma ujjayi.  
Lift head on IN.