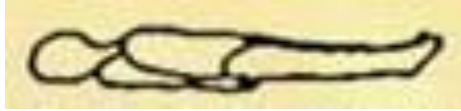


SAVASANA- Corpse Pose (for meditation as well as physical and mental relaxation)

Placing the body in 'neutral' position from top to bottom.

- 1) Lay on floor, tailbone down, face up.
- 2) Stretch legs downward. Then relax.
- 3) Separate feet 12" to 15".
- 4) Spread and open all toes, then relax.
- 5) Feel the weight of your arms and thighs relaxing into the ground.
- 6) Lift your pelvis slightly off the ground.
- 7) With your hands, push your hips and pelvis towards the tailbone.
- 8) Relax the pelvis into the ground.
- 9) Inhale and with an exhale stretch the right leg downward to the foot, then relax it.
- 10) Inhale and with an exhale stretch the left leg downward to the foot, then relax. It.
- 11) Notice if your feet are turned outward equally; if not, adjust.
- 12) Place your hands under your skull, lift outward and upward.
- 13) Slowly bring your head down to the ground; check for centeredness.
- 14) Reach your arms to the ceiling and roll your upper back slightly side to side.
- 15) Feel your shoulder blades stretching from your spine.
- 16) Rest the shoulder blades evenly on the ground.
- 17) Rest the back of your hands on the ground about 8" to 12" from your body.
- 18) Feel your arms, wrists and fingers fully relaxed.
- 19) With eyes closed, internally focus on the area between your physical eyes- The Third Eye.
- 20) Feel your eyes sink back in your head, then turn downward towards the heart.
- 21) Feel the energy moving through the heart, the lung and the chest.
- 22) Continue feeling energy moving down into your abdominal cavity, regenerating all of your organs.
- 23) Inhale energy, breath, new oxygen- all down deep into core of your body.
- 24) Exhale all tension, worry, tightness, pain.
- 25) Rest for a few minutes.
- 26) Roll gently to the right with an exhale.
- 27) Putting hands on floor lift your torso bringing your body up first, your head last.
- 28) Come into Prayer Position, with Namaste to others and yourself.



NAMASTE- "The God in
me honors the God within you."

