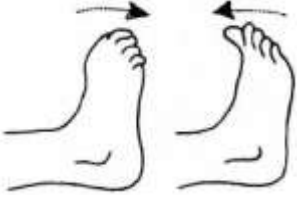
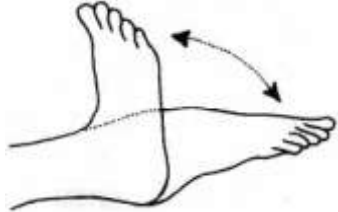












This practice is concerned with loosening up the joints of the body.

<p><u>Padanguli Naman (toe bending)</u> Feet slightly apart. Move toes of both feet slowly backward and forward.</p> 	<p><u>Goolf Naman (ankle bending)</u> Bending them from the angle joints. Try to stretch the feet forward to touch the floor and then draw them back towards the knees. Hold each position for a few seconds. Inhale as the feet move backward, exhale as move forward. 10 rounds.</p> 	<p><u>Goolf Chakra (ankle rotation)</u> Separate the legs a little, keeping them straight. Slowly rotate the right foot clockwise from the ankle 10 times and, then other way, then with other foot.</p> <p>Feet together, rotate both feet together... do not allow the knees to move. 10 rounds each way.</p> <p>Feet separated, rotate both feet in opposite directions. The big toes should touch on inward stroke. 10 rounds each way. Inhale on upward movement, exhale on downward movement.</p> 	<p><u>Goolf Ghoornan (ankle crank)</u> Place ankle over thigh far enough over the thigh to be free for rotation. With the aid of the other hand, slowly rotate the foot 10 times each way. Repeat on other side.</p> 	<p><u>Janu Naman (knee bending)</u> Bend the right knee and clasp the hands under the right thigh. Straighten the right leg, straighten the arms. Bend the right leg at the knee so that the thigh comes close to the chest and heel near the buttocks. 10 rounds. Repeat other side. Try to do it without the support of the hands around the thighs.</p> 
<p><u>Janu Chakra (knee crank)</u> Bend the right leg at the knee. Hands under thigh and interlock fingers. Raise foot. Rotate the lower leg from the knee in a large circular movement. 10 times each way. Inhale on upward movement. Exhale on</p>	<p><u>Ardha Titali Asana (half butterfly)</u> Bend the right leg and place foot as far up on thigh as possible. Right hand to right knee toes in left hand.</p> <p>With breath synchronisation:</p>	<p><u>Shroni Chakra (hip rotation)</u> Right leg on left thigh. Use right arm to rotate right knee in circle as large as possible. Index finger may be pointed out and used as a guide to perfection of the circular movement. 10 each way. Inhale on upward</p>	<p><u>Mushtika Bandhana (hand clenching)</u> Sit base position or cross legged. Arms straight in front, shoulder level. Open hands, palms down, stretch fingers wide. Close tight fist with thumbs inside. Slowly open and</p>	<p><u>Manibandha Naman (wrist bending)</u> Palms open and fingers straight throughout. Bend hands backward from the wrists as if pressing palms against a wall. Bend forwards from wrists to point fingers to floor. Keep</p>

<p>downward movement.</p> 	<p>While breathing in, move knee up towards the chest. Breathing out, gently push the knee down and try to touch to floor. 10 up and down movements.</p> 	<p>movement, exhale on downward movement.</p> 	<p>stretch again. 10 times. Inhale on opening hands. Exhale on closing.</p> 	<p>elbows straight. Do not bend knuckle joints for fingers. 10 times. Inhale with backward movement. Exhale with forward.</p> 
<p><u>Manibhanda Chakra (wrist joint rotation)</u>                  Right arm forward at shoulder level, fist with thumb inside. Rotate fist about the wrist, palm facing downward throughout, arms and elbows remain straight. 10 times                   Both arms. 10 times in each direction.                   Rotate fists together in the opposite direction: 10 in each direction.</p> 	<p><u>Kehuni Naman (elbow bending)</u>                  Arms in front, shoulder level. Hands open palms up. Bend arms at elbows, touch fingers to shoulders, straighten again. Do 10 times.                   Arms sideways at shoulder level, hands open, palms up. Fingers to shoulders. Again straighten. 10 times. Inhale while straightening, exhale while bending.</p> 	<p><u>Skandha Chakra (shoulder socket rotation)</u>                  Fingers of right hand to right shoulder, left hand on left knee. Rotate elbow in large circle 10 times each way.                   Left hand left shoulder, right hand right shoulder. Rotate both elbows. Try to touch elbows in front of chest, the ears while movement up. Sides of trunk while coming down. 10 times each way. Inhale on upward stroke, exhale on downward.</p> 