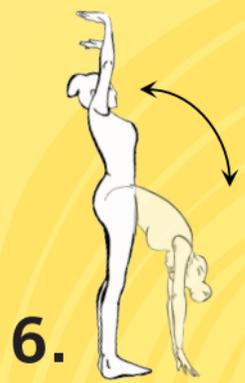


**6. Front bends**  
 Stand up - inhale - stretch arms over head  
 Exhale - bend forward to the ground - inhale up  
 Arms straight close to head - apply mulbandh on exhale



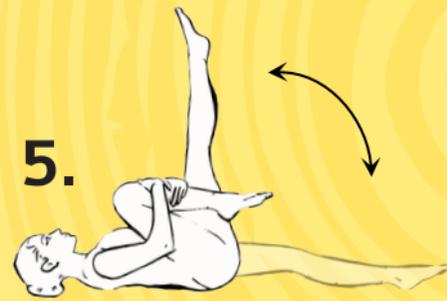
**6.**  
 2 min slow - 1 min quick

**1. Alternate leg lifts**  
 Lying on the back, inhale right leg up 90° - exhale down  
 Next inhale left leg up 90° - exhale down  
 Bring feet to the floor



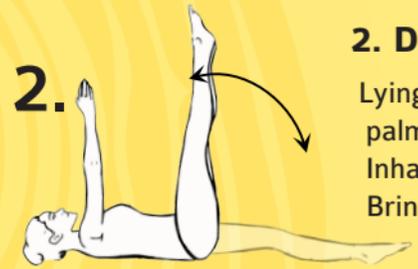
**1.**  
 powerful breathing - 10 min

**5. Leg lifts**  
 Lying on the back left knee to chest  
 Inhale right leg up to 90° - exhale down  
 Switch legs - repeat 1min each side



**5.**  
 2x 1min each leg

**2. Double leg lift**  
 Lying on the back, arms stretched straight up, palms facing each other  
 Inhale both legs up 90° - exhale down  
 Bring feet to the floor



**2.**  
 powerful breathing - 5 min

**4. Wha Guru extension**  
 Lying on the back with knees to chest (like n° 3)  
 Inhale - **WHA** - open arms to the sides & project legs  
 Lift up head and torso  
 Exhale - **GURU** - return to original position - repeat



**4.**  
 WHA GURU 15 min

**3. Knees to chest**  
 Lying on the back, bend knees, grasp them with arms  
 Head on the floor, relax in the posture



**3.**  
 LDB - 5 min

## COMMENT

Nabhi refers to the nerve plexus around the navel point.

This set focuses on developing the strength of the navel point.

Times indicated are for advanced students.

To begin practice, start with 3-5 minutes on the longer exercises.

Together, these exercises get the abdominal area in shape quickly,  
and activate the power of the third Chakra.