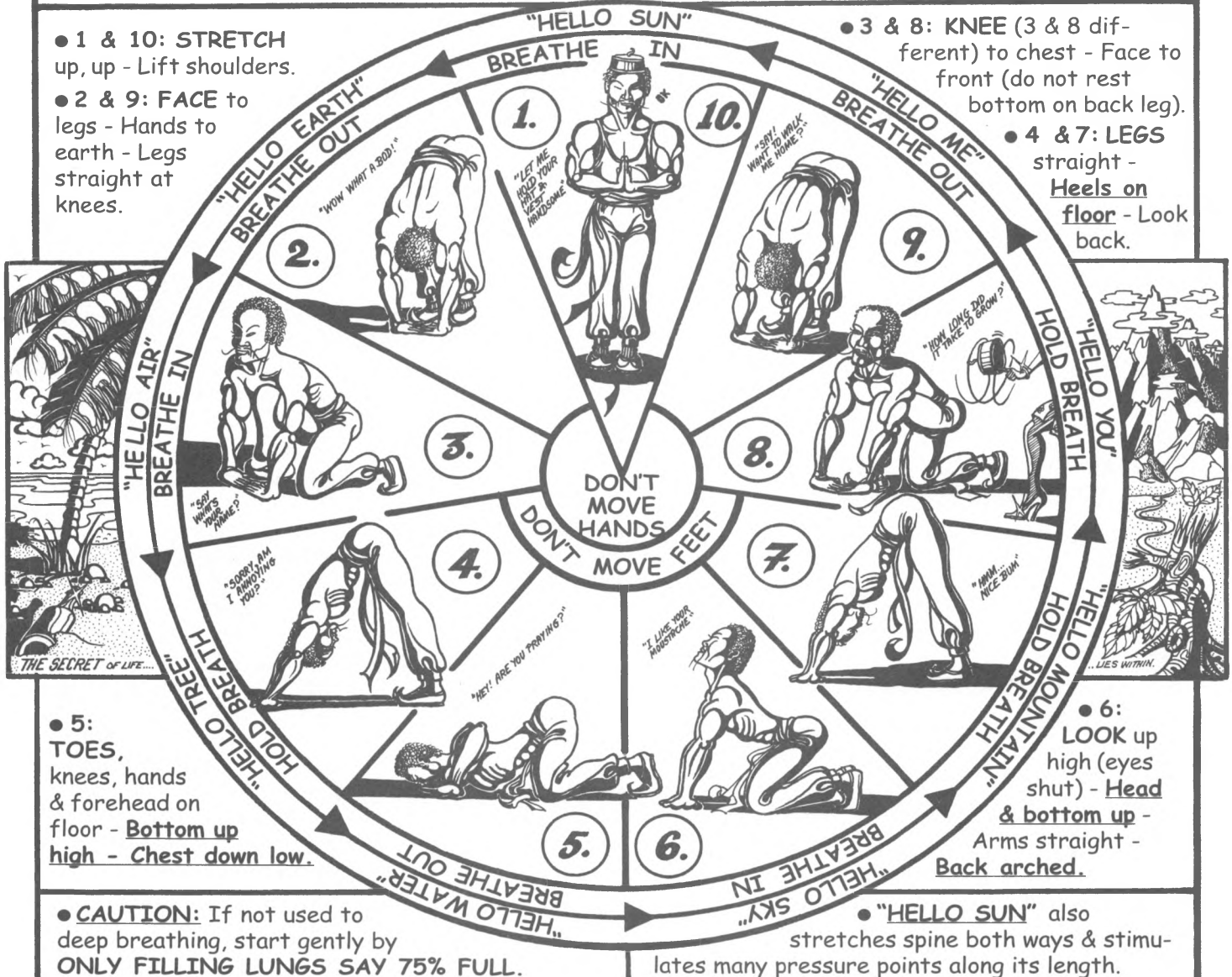


THE PRECIOUS SET OF MONKS' BREATHING EXERCISES I

Live Longer & Healthier With These Simple Techniques

Abdul demonstrates the "HELLO SUN" breathing exercises

- **WHERE?** - In a quiet (if possible beautiful) place, with good air, on an empty stomach, preferably facing the rising sun - Enjoy it. "**VERY THERAPUTIC & BENEFICIAL**"
- **YOU NEED** - Timing, breath control & perseverance for 4 - 16 minutes/day. "**EVERYDAY IS BEST**"
- **YOU GET** - A rejuvenated metabolism with quite dramatic benefits via oxygenated blood supply, increased flexibility/muscle tone/circulation, stimulated organs/glands & mental serenity.
- **HOW?** - INHALE & EXHALE COMPLETELY (& SLOWLY) WITH EACH BREATH.



THE COMPLETE BREATH TECHNIQUE

- **EMPTY LUNGS** completely - (I) INHALE thru nose for 8 seconds filling abdomen then chest completely - (II) HOLD FULL for 32 seconds (try 16 at first) - (III) EXHALE gently & completely for 16 seconds thru mouth (in reverse order of "I") - (IV) HOLD EMPTY for 4 seconds.
- **REPEAT AS REQUIRED** (ODD NUMBER OF TIMES FOR WOMEN - EVEN FOR MEN).

THE ALTERNATE NOSTRIL TECHNIQUE

- **POSITION:** RIGHT INDEX FINGER ON "IN DO" (between eyebrows), RIGHT THUMB ON RIGHT NOSTRIL & RIGHT MIDDLE FINGER ON LEFT NOSTRIL.
- **TECHNIQUE:** ALTERNATELY (lifting middle finger/thumb) - Breathe In (L) - Hold - Breathe out (R) - Pause - In (R) - Hold - Out (L) - Pause etc. - Do it slowly. ● **A VERY POWERFUL EXERCISE.**