



Strengthening the Immune System for Women

8 exercises 20 min - 20 min *Reaching Me in Me*

1. Arm Scissors - Criss-Cross over Chest

Comments: *This movement increases blood circulation in the chest area.*

Arm Scissors (2 minutes)

1. Lie on your back.
2. Connect the Mercury finger (little finger) and thumb of each hand and criss-cross your arms back and forth over your chest.
3. Your arms open out to the sides, then cross over your chest, and then open out to the sides again.
4. Keep your elbows straight.

2. Arm and Leg Scissors - Criss-Cross Side-to-Side

Arm and Leg Scissors (2 minutes)

1. Keep your arms moving as in #1, pull your knees up, and criss-cross your lower legs from side to side.

3. Head Twists - On Back

Head Twists (2 minutes)

1. Lie on your back with your arms and legs relaxed.
2. Keep your head on the floor as you turn your head rapidly from side to side.
3. This is the same movement as if you are shaking your head "no."

4. Knees to Chest

Knees to Chest (2 minutes)

1. Bring your knees to your chest, wrap your arms around them and lift your head up so that your nose is between your knees.
2. Hold the position and do Breath of Fire powerfully.

Breath Breath of Fire

5. Pound Buttocks - On Stomach

Comments: *This is for youthfulness.*

Pound Buttocks (2 minutes)

1. Turn over onto your stomach and rapidly hit your buttocks with your fists.

6. Bow Pose

Bow Pose (2 minutes)

1. Come into Bow Pose, balancing on your navel.
2. Hold the position and do Breath of Fire.

To End

1. Relax down.

Breath Breath of Fire

7. Bow Pose - Rocking

Bow Pose (3 minutes)

1. Come into Bow Pose again and begin rocking back and forth.

8. Relax

Relax (5 minutes)

1. Relax on the back.

