

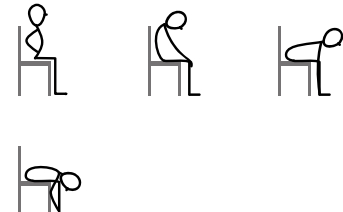






## Bhrmana Chair Class

1		<p>Start with Self Massage. Warm palms and cup eyes. Breathe warmth down into body. Wrist and ankle rotations. EX press feet into floor.</p> <p>Awareness of surroundings. Attention to breath. Count BR IN=EX = 4</p>
2		<p>6x each side IN raise arm, EX lower arm. IN/EX = 4(2x), 6(2x), 8(2x) Stay last 3 BR RET 1, 2, 3" and stretch fingers up and away from seat then do other side</p>
3		<p>6x IN/EX = 4(2x), 6(2x), 8(2x)</p>
4		<p>6x IN lift arm into 1st position RET 2 (2x). IN lift arm into 2nd position RET 2 (2x). IN lift arm into 3rd position RET 2 (2x).</p> <p>Then, if well tolerated, IN arm into first position RET 2 and exhale in place. IN arm into 2nd position RET 2 and exhale in place. IN arm into 3rd position RET 2 and exhale arm down, straighten leg.</p>
5		<p>6x each side FB using back of chair or seat for support.</p>
6		<p>IN/EX = 4, 6, 8</p>
7		<p>4-6x FB (or do this freestanding using the chair for arm support)</p>

# Bhrmana Chair Class

<p>8</p> 	<p>6x IN=EX SUS 3, 4, 5</p>
<p>9</p> 	<p>6x IN=EX RET 2 (2x), 4 (2x), 6 (2x)</p>
<p>10</p> 	<p>3x EX = 4 into first position, IN back up. EX = 6 into second position, IN back up. EX = 8 into third position IN back up.</p>
<p>11</p> 	<p>Joint rotations, self massage.</p>
<p>12</p> 	<p>Breathe regularly crown to root/root to crown Expand chest on IN, hug belly in on EX Begin Counting BR</p> <p>Apply Bhrmana Ratio Breathing 2-3-3-0 IN/4, EX/4 (2x) IN/6, EX/6 (2x) IN/6, RET/3, EX/6 (2x) IN6, RET4, EX6 (4x) IN6, RET6, EX6, (4x) IN6, RET6, EX6, SUS3 (12x this is the goal ratio) IN6, EX8 (6x) IN4, EX6 (4x) backing out of the practice for CNS regulation</p>