

**Stress Set for Adrenals & Kidneys** 1 OF 2



1) **Lotus Mudra.** In Easy Pose, rub the palms together. Inhale and stretch the arms out to the sides, parallel to the ground, with palms facing out. Exhale and bring the hands together, hitting the bases together, fingers stretched in Lotus Mudra. To end, inhale with palms together. **1-3 minutes.**

2) Interlace pinkies in front of the Heart Center, curling the other fingers into pads, thumbs sticking up. Lower the hands to the Solar Plexus. Pull on the pinkies and do Breath of Fire from below the navel. Feel a pull across the back.

**1-3 minutes.**

*This generates heat and works on one side of the adrenals.*

3) **Cannon Breath.** Still in Easy Pose with straight spine. Begin cannon breath. (Breath of Fire through firm puckered mouth.) Inhale and concentrate on the spine. **1-3 minutes.**

*This works on the other side of the adrenals.*

4) In Easy Pose. Place the left hand on the back at the bottom rib, with the palm out. Have the right arm straight out, palm forward and up at 60 degrees. Keeping the spine straight, stretch from the shoulder. With eyes wide open, chant *Har, Har, Har*, powerfully from the navel. **1-3 minutes.**

5) **Body Drops.** In full lotus, place the hands on the ground by the side of the body. Do Body Drops, inhaling up and exhaling down. **1-3 minutes.**

6) In Easy Pose, place the hands in front of the solar plexus, left hand facing body, right hand pressing left wrist with the base of the palm. Look down with powerful, long, deep breathing. **1-3 minutes.**

*The power of the breath is the depth to which you will cleanse.*

7) **Front Stretch with Spine Straight.** Sit with legs stretched out in front, arms out parallel to the ground, hands in fists, thumbs pointing up. Inhale stretching forward, exhale leaning back. Powerful breath. Keep arms parallel to the ground.

**1-3 minutes.**

8) **Pelvic Lift.** Lying on the back, bend the knees, bringing the soles of the feet flat onto the ground, heels at the buttocks. Grab the ankles. Inhale, lift the pelvis up; exhale down.

**1-3 minutes.**

