

Exercise Set for The Lymph System

1) Sit in Easy Pose. Interlace the fingers into Venus Lock and place behind the head where the neck and scalp join. Extend the elbows straight out to the sides, parallel to the ground. Begin twisting powerfully from left to right, stopping for one count in the center (1 second in each direction). Inhale to each side, exhale in the center. Twist completely to each side. Continue for 9 minutes.

This exercise removes tension from the shoulders and relaxes the muscles of the breast. When the breast muscles are not relaxed the stomach muscles are stressed which causes fat to deposit around the abdomen. When the shoulder muscles are stretched, the supply of blood to the brain is regulated.



2) Sitting in Easy Pose, grasp the outside of the knees. Keep the spine straight and with the power of the hands begin pulling the knees up towards each other in front of the chest and lowering them down (one cycle takes less than one second). Continue for 6 minutes.

The exercise applies a tremendous pressure to the breast and stomach area. It also works on breaking down the fat around the abdomen and adjusts the ankles and knees.



3) Stretch both legs straight out in front. Keeping your arms straight, lean back on your hands and point them backwards. Bend the knees up and rapidly and powerfully start kicking your legs up and down in the air. Keep ankles and feet relaxed and concentrate on moving from below the knees. Continue for 3 minutes.

This exercise works on the lower spine.



4) In Easy Pose, sit with a straight spine. Extend the arms straight in front of you at a slight angle outwards, parallel to the ground, with the palms facing up. Alternately, make fists of the hands and pull them into the shoulder area. Pull hard enough to make the body shake and move rapidly. Continue for 1-2 minutes.

This exercise works on opening up the arteries.

5) Sit in Easy Pose. Place the flat part of your fist on the floor next to your hips. Keeping the back straight and the heels on the floor, lift the body up and then drop it down (1-2 times every second). Continue for 4 minutes.

This exercise builds up the shoulder muscles so that the lower torso is able to relax. It gives the shoulders a workout they never get in day to day life.

