



Posture: Posture: Sit in Easy Pose with the spine straight.

Eyes: Closed.

Meditate to the music of Rakhay Rakhanahaar with the following movements:

1. Bring arms up and hold opposite forearms near the elbows. Inhale in 8 parts, gently swinging the arms from side to side in rhythm with the breath and to the beat of the music (as if rocking a baby).
2. Exhale, lowering arms to Gyan Mudra on knees. Continue inhaling and exhaling to the music at your own pace.

Time: 31 Minutes.

