
COSMOS online

YOUR DIRECT LINE TO COSMOS

A SIMPLE PRACTICE FOR IMPROVING BLOOD CIRCULATION

This exercise keeps the blood circulation flowing smoothly through the arteries to the heart centre and is good for your organ system.

- Sit down and make sure your legs are pressing the ground, put your hands on your knees and roll and rotate your shoulder backward.
- Lifting the chest up while grabbing the knees, inhale and move the chin up, sending the energy up. Stay there and just keep breathing.
- 5 inhales, exhale. And slowly release after 5 breathes.
- Roll your shoulders back again, bring the hands up and then bend the elbows to the sides. Like the cactus arms.
- Simply the same way opening the heart, this time try send the chest more up and the chin not going up, it is not the work of your cervical spine. Just send the chest more and feel the right and the left of your heart will be separated.
- Open the chest at the last time. 5 breath there and exhale and interlace your hands behind your back. Stretch your hands, open your heart again. Lift your chin up, stay here for 5 breathing and exhale release.
- Remember that when you do that heart opening practice, squeezing your belly in, sending the tail bone down as much as possible, then lifting your upper back not from the lower back area, sending the chest up.
- Enjoy that short practise in your own time at your own convenient place.

Namaste