

Exercise Set for The Frontal Brain

1) Sit in Easy Pose. Place the hands on the knees. Arch the spine forward and push the lower jaw out, pushing the teeth out as the head goes up (A). Then arch the spine back and open the mouth (B). Flex your entire spine and breathe powerfully through the mouth. Continue for 3-4 minutes.

This exercise works on the frontal brain.

2) Sit in Crow Pose, a squatting position with the feet flat on the floor, knees apart. Place the hands on the waist (A). Inhale through the mouth and push the lower jaw forward, pushing the teeth out as you stand up (B). Then open the mouth and exhale through it as you lower yourself back down into Crow Pose (A). Continue for 2-3 minutes.

This exercise works on the meridian points in the thigh, which are connected with sexual energy and compassion. The thigh bone controls the balance of potassium and calcium, and the inflow and outflow of energy.

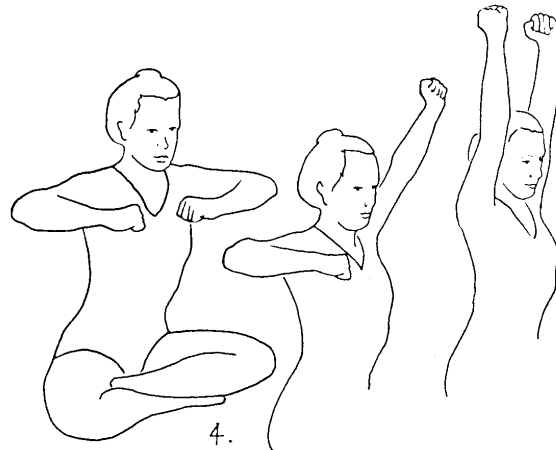
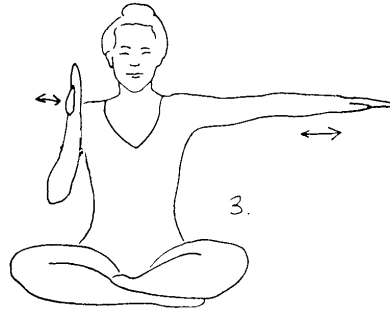
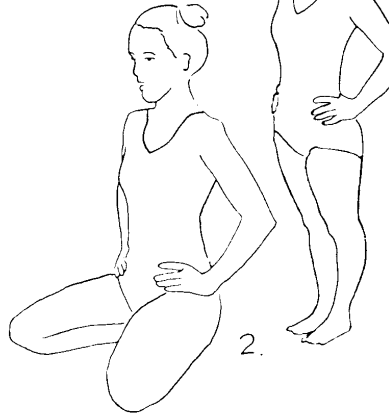
3) Sit down in Easy Pose with the forearms bent up at the sides, hands at face level. The palms face out, away from each other, about 18 inches apart (A). Bring the right forearm out, straightening the arm so that it is parallel to the ground, palm down (B). Then return to the original position and repeat with the left arm (C). Continue alternating arms fast and hard for 6 minutes.

This exercise pressurizes the frontal brain at the third eye point.

4) Remain in Easy Pose, with the hands above the shoulders in fists, the thumbs locked inside pressing on the mound of the little finger (A). The movements are in a 4-count rhythm as follows:

- 1) Bring the right arm out and up 60° and then return to the original position (B).
- 2) Bring the left arm out and up 60° and then return to the original position (C).
- 3) Bring both arms straight up over the head, parallel to each other (D)
- 4) and then return them to the original position.

Continue this rhythm moving fast and powerfully for 6-7 minutes.



5) Still in Easy Pose, stretch your arms straight out in front of you, parallel to the ground with the palms facing up. Bend the middle or Saturn fingers into the palms and lock your thumbs over them. The other fingers are straight (A). Moving the arms together, pump them up and down, moving about 12 inches above and 12 inches below the original position. The breath will come naturally in rhythm with the motion. Keep the elbows straight and move fast and powerfully for 3 minutes.

This exercise works on breaking up deposits in the neck that block circulation to the brain. It also works on patience, the quality of the Saturn finger.

6) Come into Frog Pose, squatting down so that the buttocks are resting on the heels, which are off the ground and touching each other. The finger tips are on the ground between the knees, and the head is up (A). Inhale and raise the buttocks high, keeping the finger tips on the ground (B). Exhale and come down to the starting position letting the buttocks strike the heels. Breathe deeply and powerfully as you move, and continue until you have done 54 cycles, approximately 2-3 minutes.

7) Come into Rock Pose, sitting on your heels with the tops of the feet on the ground. In this position, repeat the arm movements of exercise 4, and continue for 2 minutes.

This exercise works on the digestion and the removal of deposits and toxins in the breast area.

8) Stand up and put on some music. The tape used in class was Don Cooper's "Twelve Months." Close your eyes and dance, moving every muscle of the entire body without moving far from your original spot. Flow with the rhythm, mirroring the notes and words with body language. Continue for 25 minutes.

This is called natural dancing instinct. It gives the body a chance to release deposited toxins. Effective communication uses body language to express and project the words we speak. Those who do not express their psyche through the vibration of the body will fail in communication and action.

