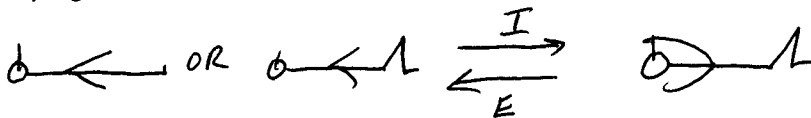


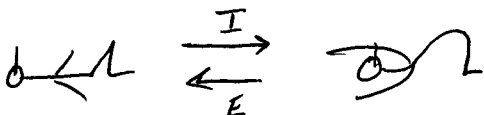
Retention, Hips and Anuloma Krama, 2006 from Kathy Ornish

Always move slowly and mindfully through all the postures with careful attention to your breath. During this practice, begin with shorter inhales and progressively lengthen them and the movement.

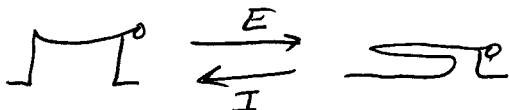
1. Lying Arm Raises - Repeat 8X increasing inhale



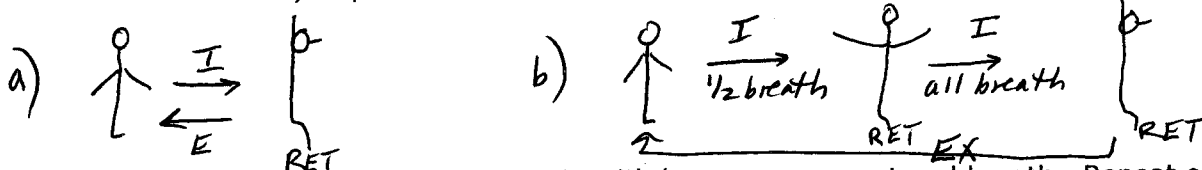
2. Dwi Pada Pitham - Repeat 6X. (Inhale 4, 5, and 6 seconds 2X each)



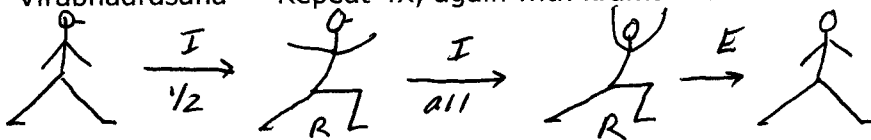
3. Chakravakasana - Repeat 6X.



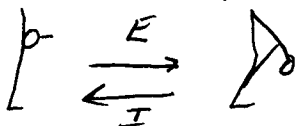
4. Tadasana - a) repeat 4X with short retention after inhale
b) repeat 4X with krama (segmented) movement and krama breath



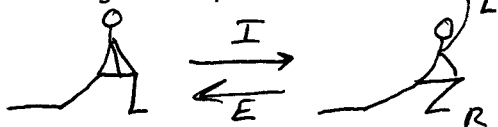
5. Virabhadrasana - Repeat 4X, again with krama movement and breath. Repeat other side.



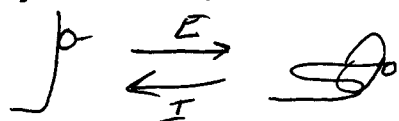
6. Uttanasana - Repeat 4X; Stay 2B



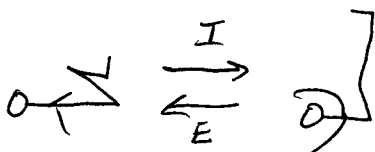
7. Lunge - Repeat 4X with retention 2 sec. Repeat other side



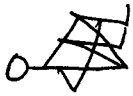
8. Vajrasana - Repeat 4X



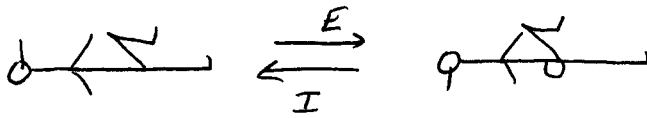
9. Urdhva Prasarita Padasana - repeat 4X. Increasing Inhale



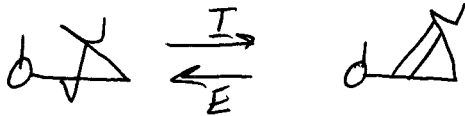
10. Lying Hip Stretch - Stay 4 breaths each side



11. Jathara Parivrtti variation - Repeat 4X on each side.



12. Apanasana - repeat 4X



13. Savasana - 5 minutes



14. Pranayama - *Anuloma Krama* (This pranayama involves segmenting the inhale in half with retention of the breath each time. Here we have segmented the breath two times. Remember, you can make the ratio whatever fits your ability. These numbers are only suggestions.)

IN	R	IN	R	E	# rounds
4	-	-	-	6	4
6	-	-	-	6	4
2	2	2	2	6	4
3	2	3	2	6	4

15. Meditation of choice