

## TOTAL HEALTH THROUGH RHYTHMIC BREATHING

### Daily Routine


- **Stretching** **4 Min**
- **Swiso** **1 Min**
- **Refining Exercise** **9 Min**
- **Alternative Breathing** **1 Min**
- **Golden Nugget** **1 Min**

**TOTAL** **-----**  
**16 Min**

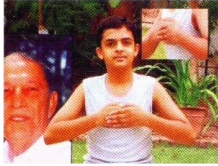
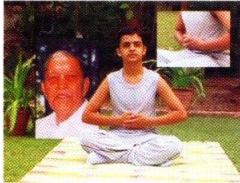

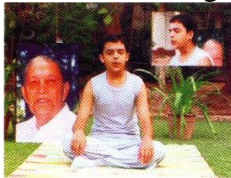
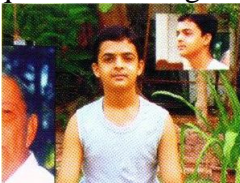

### Stretching: Muscular Tense & Relaxation

Exercise Name		Description
Stretching: Palm Stretching: Hands Stretching: Legs Stretching: Chest Stretching: Abdomen Stretching: Full Body	4-5 Min	Stretch Palm Forward Stretch Hands Left and Right Legs straight – left 1 <sup>st</sup> heal outside, feet inside Chest Outside Abdomen Inside Stand on Your Toes Stretch Hands up Time: 3 times 15 to 30 sec  <b>Purpose: Muscular Tension, Joint Problems, Arthritis</b>

### Swiso

Exercise Name		Description
Swiso  	1 Min	Stand up 1, 2, 3 – Hands forward 4, 5 Hands backwards and Up Time: 1 Min – 36  <b>Purpose: Nadi Shudhi (Cleansing the Energy in the Body)</b>


## Refining Exercise

Exercise Name	Description
3SRB #1: Chest 	1, 2, 3 – IN 5, 6 – OUT Time: 1min – Start with 9 then 18 then 36 in 1 min  <b>Purpose: Energy and improve Impatience</b> <b>Health: Heart &amp; Breathing</b>
3SRB #2: Stomach 	1, 2, 3 – IN 5, 6 – OUT Time: 1min – Start with 9 then 18 then 36 in 1 min  <b>Purpose: Get rid of Fear (Live for Now). Release of Negative Emotions</b> <b>Health: Digestion, Intestine, Colon, Pancreas (Diabetes)</b>
3SRB #3: Floor Exercise 	Touch your Toes (Stomach and Chest Together) 1, 2, 3 – IN 5, 6 – OUT Time: 1min – Start with 9 then 18 then 36 in 1 min  <b>Purpose: Backbone – Happiness. Relief of Tension</b> <b>Health: Arthritis, Neutralize Acidity</b>
3SRB #4: Staccato Breathing (Installment) 	5 IN – 1 OUT Time: 1 min – 20  <b>Purpose: Memory, Increase Shallow Memory. Forget Deep Memory</b> <b>Health: Alzheimer, Dementia, Memory, Lungs</b>
3SRB #5: Square Breathing 	Breath In – 5 - Hold – 5 Breath Out – 5 - Hold Empty – 5 Time: 1 min – 3  <b>Purpose: Calm the Monkey in the mind</b> <b>Health: Immunity, Calm the Inner Chatter</b>
3SRB #6: Bund in the throat 	Block the Nose and Swallow 5 times Time: 1 min – 6  <b>Purpose: Energy of Genius, Remove the Unhappiness (“Dukh”)</b> <b>Health: High Blood Pressure, Thyroid</b>
3 in Reverse Order - 3SRB #3 - 3SRB #2 - 3SRB #1	Time: 3 Min
<b>Total</b>	<b>9 Min</b>

## Alternative Breathing

Exercise Name		Description
Alternative Breathing	1 Min	Breath from 1 and Out of Other 1, 2, 3 - Breath from 1 5, 6 - Out of Other then 1, 2, 3 breath 5, 6 – Out of Other  <b>Purpose: Activate Earth Element. Brings good for the Health &amp; Happiness</b> <b>Health: Allergies</b>

## Golden Nugget

Exercise Name		Description
Golden Nugget 	1-3 Min	Hold Down the Abdomen with the Breath Out Hold for 40 Sec Then Start Fast Shallow Breathing For 20 sec and go upto 2 min 20 sec – Total 3 Min Time: 1 to 3 min (40 Sec + 20Sec++)  <b>Purpose: To Spiritually awake the dormant brain</b>

## 3 Step Rhythmic Breathing – This is not an exercise, a way to breath all 24 Hrs

Exercise Name		Description
3 Step Rhythmic Breathing		Both Chest and Stomach Together 1, 2, 3 IN 5, 6 OUT Time: 1 min 12 Breaths  <b>Purpose: Total Health, Balance Emotions &amp; Calm the Mind</b>