

Meditation Pratyahar

1) Camel ride with hands in front of the heart, fingertips together, making circle and "spider" movement with the hands and fingers. Expand, move the spine and your energy. Adjust the breath to the movement, inhale forward and exhaling backward. To end, inhale, hold, exhale and relax. Contemplate your space for a while.

Time: 11 min

2) Elbows relax on the ribs, forearms up, breath naturally, expand from inside, withdraw your senses and come back home, welcome the pain and the joy as both aspect of the same coin, no duality, go deeper within, withdraw ...

To end, inhale, hold, exhale and relax. Contemplate your space for a while.

Music: Wah Yantee

Time: 11 min

