

Women's Set –

Taken from – “I am A Woman”. Creative, Sacred & Invincible.

All Yoga as taught by Yogi Bhajan.

1. Rock pose – meditate. Focus on your breath and relax in this posture - 3 mins.



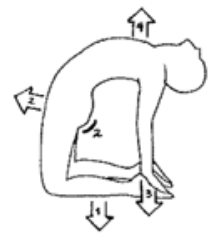
2. Life nerve Stretch sit on left heel – 3 mins



3. Life nerve stretch sit on right heel – 3 mins

4. Life nerve stretch both legs straight in front – 3 mins

5. Camel Pose Long deep breathing - 3 mins



6. Shoulder Stand. Use hands to support lower spine.

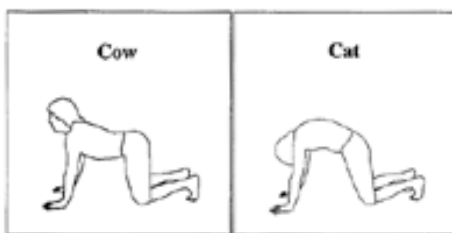
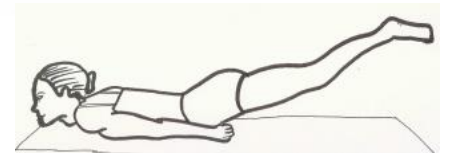
Chin pressed into chest. 3 mins



7. Baby Pose. 3 mins



8. Locust Pose. 3 mins. Breathe long and deep. Keep feet together, hands in fists under front of hips where thighs join legs. Chin on ground.



9. Cow pose 3 mins. Long deep breathing. Head up.

10. Cat Pose. Long deep breathing head and neck stretched down. 3 mins.

11. Stretch pose. Can place hands flat on floor under sacrum. 3 mins.

Lift head off floor to look at feet



12. Corpse Pose/Relaxation – 8 to 10 minutes.

This Set takes about 45 minutes. Designed to keep your spine, organs and nervous system strong and healthy. It works on keeping the female organs healthy, particularly relieving tension in the ovaries. If practised daily will give you radiance, beauty and grace.