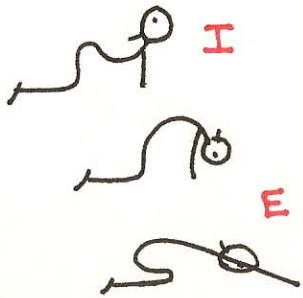


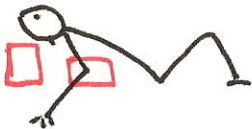


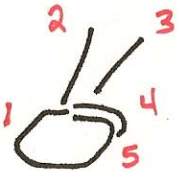

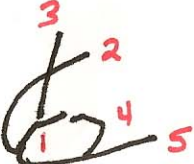






# Thoracic Restoratives

Gentle restorative poses that open the heart, lungs, shoulders, and neck combined with opening and clearing mudras that stimulate the energetic body.

 <p><b>Cakrasana</b></p>	 <p><b>Virasana Side Bend</b></p>	 <p><b>Virasana Twist</b></p>	 <p><b>Bricklayer's Rest &amp; Surya Mudra</b></p>	 <p><b>Surya Mudra</b> Energy, confidence Opens solar plexus <i>Bend ring finger to touch ball of thumb &amp; hold with thumb, extend all others</i></p>
 <p><b>Setu Bandha &amp; Prana Mudra</b></p>	 <p><b>Prana Mudra</b> Energizing, expanding Opens lungs, throat <i>Touch tips of thumb, ring and little fingers, extend others</i></p>	 <p><b>Setu Bandha Sarvangasana &amp; Prana Mudra</b></p>	 <p><b>Halasana</b></p>	 <p><b>Instant Maui &amp; Palli Mudra</b></p>
 <p><b>Palli Mudra</b> Calm, introspective Opens heart, throat <i>Touch tips of thumb &amp; ring, cross index and middle, extend pinkie</i></p>	 <p><b>Mountain Brook Pose &amp; Palli Mudra</b></p>	 <p><b>Neck Roll &amp; Vishudha Mudra</b></p>	 <p><b>Vishudha Mudra</b> Clear, empty Purifies throat <i>Press thumb tips onto inside of lowest joint of ring finger, extend other fingers</i></p>	 <p><b>Meditation</b></p>