

















# Allergies Protocol

 <p><b>Belly Breathing in Constructive Rest</b></p>	 <p><b>Windshield Wipers</b></p>	 <p><b>Knees to Chest</b></p>	 <p><b>Hamstring Stretch</b></p>
 <p><b>Bridge Pose</b></p>	 <p><b>Windshield Wipers</b></p>	 <p><b>Seated Side Bend</b> <i>Place rolled sock in bottom armpit</i></p>	 <p><b>Seated Twist</b> <i>Place rolled sock in back armpit</i></p>
 <p><b>Pingala Mudra</b> <i>Place rolled sock in Left armpit Right palm up opens Right Nostril</i></p>	 <p><b>Ida Nadi Mudra</b> <i>Place rolled sock in Right armpit Left palm up opens Left Nostril</i></p>	 <p><b>Bellows Breath</b></p>	 <p><b>Heart Opener</b></p>
 <p><b>Mahasirs Mudra</b></p>	 <p><b>Three-Part Inhale</b></p>	 <p><b>Bramhari Breath</b></p>	 <p><b>Savasana</b></p>