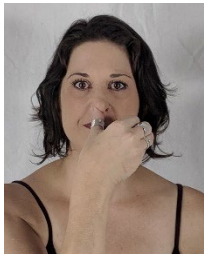
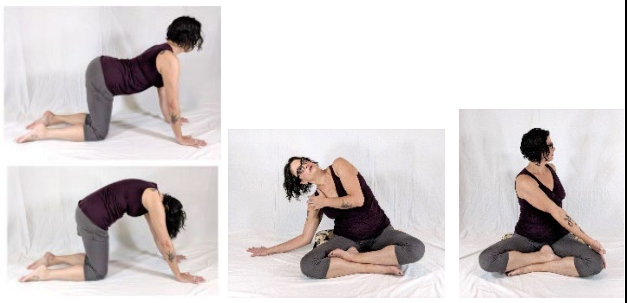
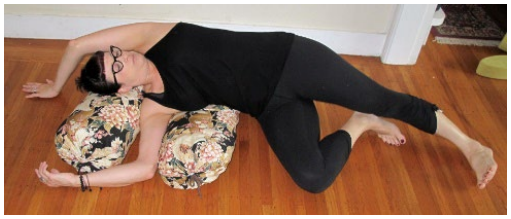
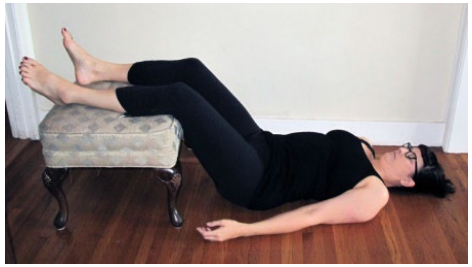
Fatigue Protocol

"I am energized" *"I am energized"* *"I am energized"* **State Sankalpa**	 **Interrupted Inhale:** Take smalls sips of air through nose, exhale normally	 **Right Nostril Breath:** Close left nostril and breathe in and out through right nostril only	 **Chest Breath**
 **Prana Mudra**	 **Six Movements of Spine**	 **Reclining Side bend**	
 **Reclining Bound Angle**	 **Instant Maui**	*"I am energized"* *"I am energized"* *"I am energized"* **State Sankalpa**	