

Stay Collected Protocol



**Belly Breathing in
Constructive Rest**



Windshield Wipers



Supported Backbend
repeat SaTaNaMa with finger touch



Supported Bound Angle
with Hakini Mudra



Hakini Mudra



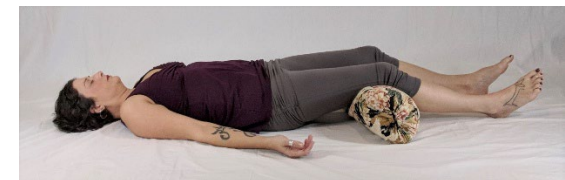
Nadi Shodhana



Bramhari



Chant Om



Body Scan in Savasana