

## To Adjust the Heat in the Body for Improved Digestion and Weight Loss

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1



1. Camel Pose: from a sitting position on your heels, reach back and grab your ankles. Arch your body up, allowing the head to drop back. Hold this posture for 11 Minutes.

2. Rock Pose: sit on your heels with your hands on your knees. Keep the spine straight. Hold this position for 11 Minutes.

3. Baby Pose: from Rock Pose, lean forward until your forehead rests on the ground in front of your knees. Let your arms and hands, palms up, relax on the ground by your legs. Hold this position for 11 Minutes.

2



Begin by practicing each exercise for 1-3 Minutes. Work slowly and gradually up to the maximum practice time.

3



*"The fire in you that lets you digest your food, also lets you digest the experience of the world. Each thought and sensation must be processed. With inner heat, everything is tasty and life is a joy". GCSK*

*"Live and let live and enjoy it. Experience it". YB*