







LA775 06 11 93 Guts

You are effective when your Courage is stronger than your incapability to face the adversities. In different countries there are different ways to express this: You put on the liver. You put on the guts... Make your kidneys strong... You become a man with the balls...

We are naturally incompetent. When you are relaxed and a challenge is introduced, in order to find all the angles and all the answers to this challenge, you should let pass not more than 3 seconds, but the average with which you respond is 7 minutes!

With this Yoga class we want to eliminate the incapability to react to the adversities. To do this, we must work on the sides of the body, this zone, on the Guts

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|  | <p>11 minutes moving the elbows, pull up the area of the guts and diaphragm with the elbows moving them in a circle that pulls up the guts and that brings you to contract Mulabandh (the contractions of anus, sexual organs and navel). This exercise conducts you to find the gas inside in the area of the abdomen and to free /it.</p> |
|  | <p>3 minutes: You put the tense hands in front of you as in the picture and do Mulabandh (you contract sexual organs and navel). The contraction makes you lengthen the arms.</p> |
|  | <p>3-4 minutes: put the hands above the elbows and lift the shoulders up to make them touch the ears while you keep on lifting the zone of the sides and the navel. You keep on contracting Mulabandh.</p> |
|  | <p>3minutes: with the hands on the knees pull the sides/guts and the navel quickly up & down. Dance with the belly, dance with the abdomen.</p> |
|  | <p>3 minutes: put the hands one against the other to the height of the eyes, as in the figure, and start to push the palms of the hands inward with strength and pull in the navel.</p> |
|  | <p>7 minutes: Now come sit together as couples, take the hands of the other entangling the fingers and quickly start to alternatively move the arms forward and back. You fight one with the other and you make the sides of the partner rotate.</p> <p>To end inhale, hold the breath and contract the hands and mulabandh and relax. 3 times. Sat Nam</p> |