

# THE JOINT-FREEING SERIES

① **inhale** **exhale**  
 wrist flexion  $\times 10$  wrist extension

② **in** **ex**  
 deviation 20°  $\times 10$  deviation 30°

③ **in** **ex**  $\times 10$   
 wrist rotation (thumbs closed in)  $\times 10$

④ (palms up) **in** **ex**  $\times 10$   
 extend U'r hands flex U'r hands

⑤ **in** **ex**  $\times 10$  **ex**  $\times 10$  **in**  
 fingertips on U'r shoulders, make circles as big as U can.

⑥ **in** **ex**  $\times 10$   
 palms facing: forward backward

⑦ **in** **ex**  $\times 10$

⑧ **in** **ex**  $\times 10$

⑨ **in** **ex**  $\times 10$   
 look up chin to chest (keep U'r spine stright)

⑩ **in** **ex**  $\times 10$  **in** **ex**  $\times 10$   
 neck lateral flexion

⑪ **in** **ex**  $\times 10$  **in** **ex**  $\times 10$   
 head rotation

⑫  $\times 5$  breath

⑬ **ex**  $\times 10$  **in**

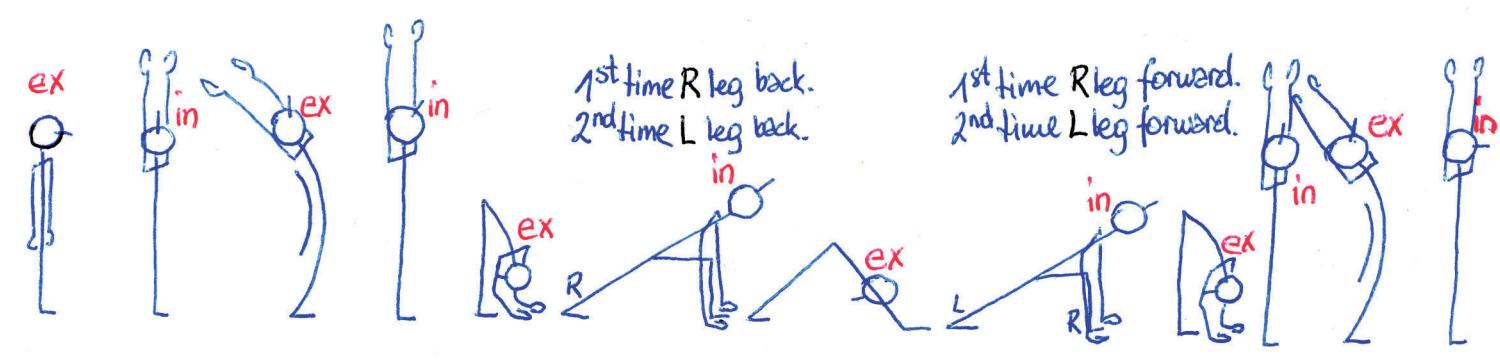
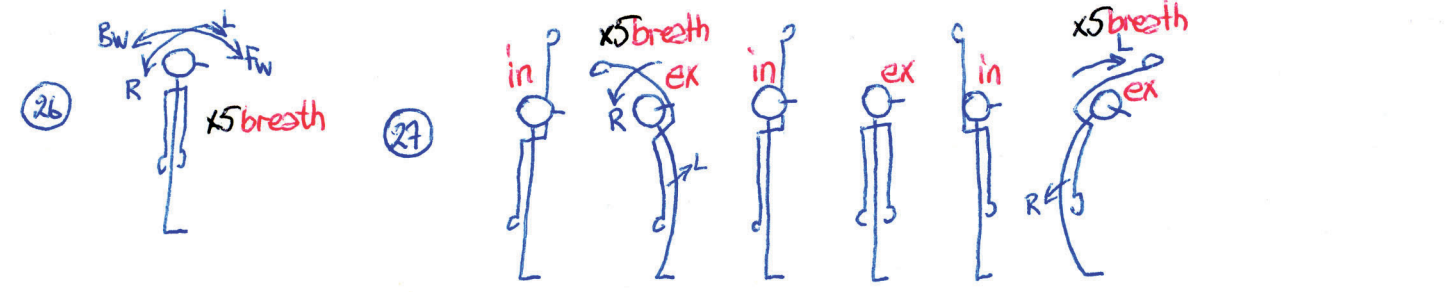
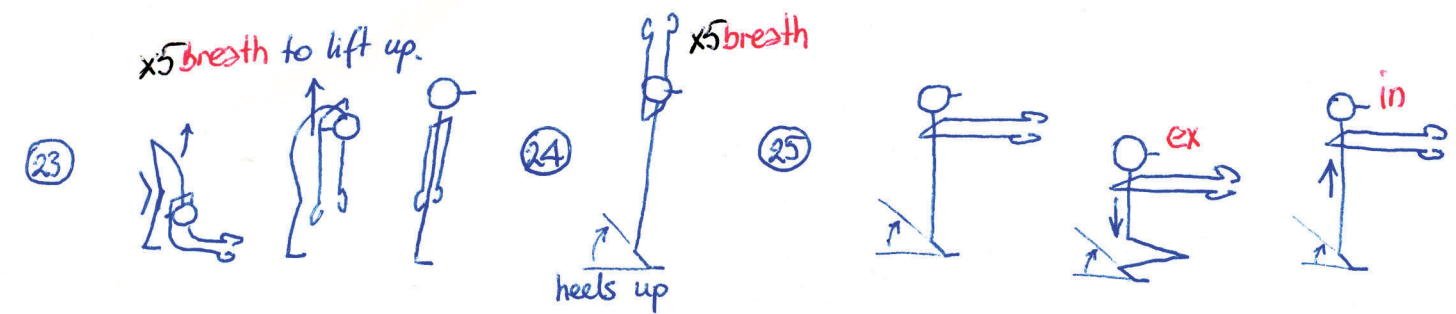
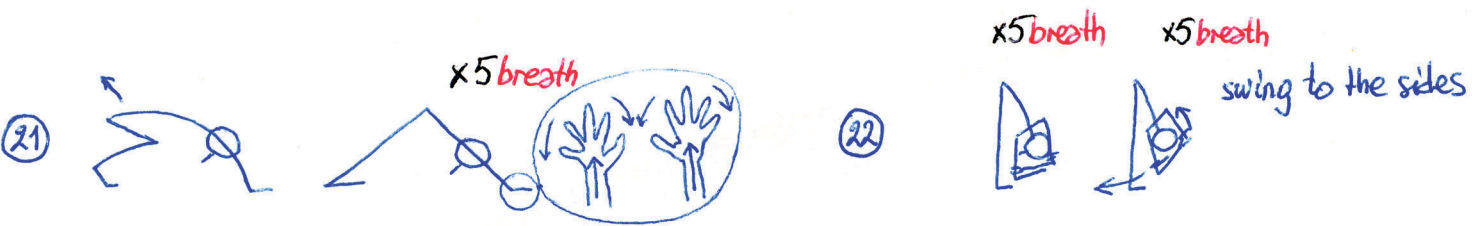
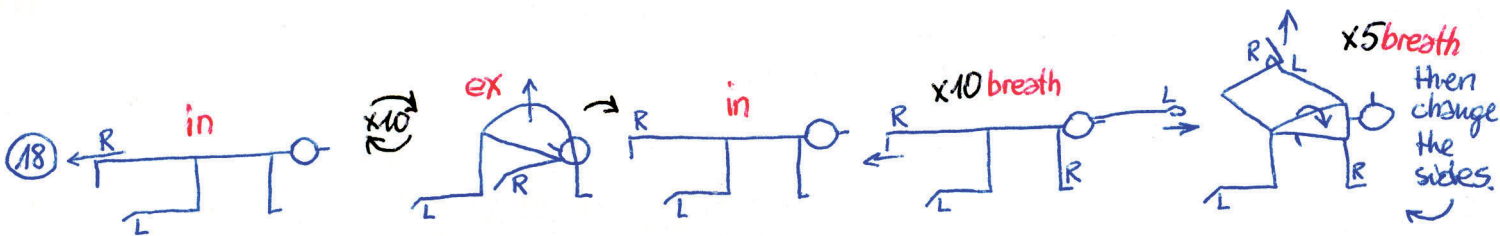
⑭  $\times 10$   $\times 10$   
 ankle rotation (keep U'r legs stright)

⑮ **in** **ex**  $\times 10$

⑯ external hip rotation  
**in**  $\times 10$  R leg **ex**  $\times 10$  L leg

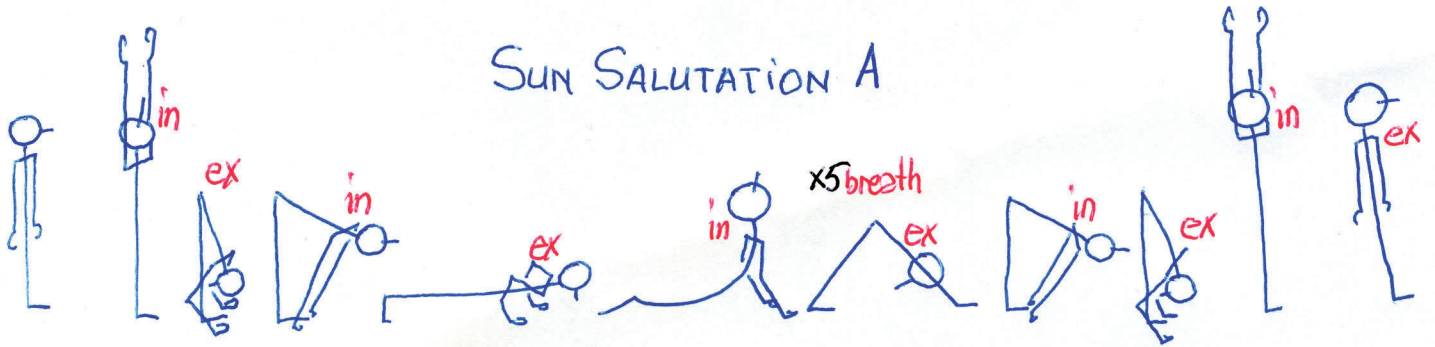
⑰ **in**  $\times 10$  **ex**

Dariushtas

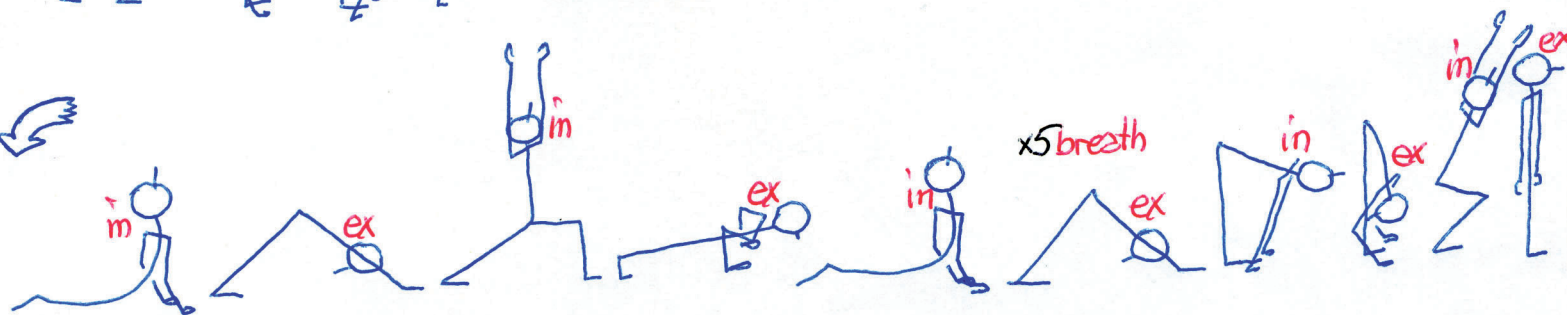
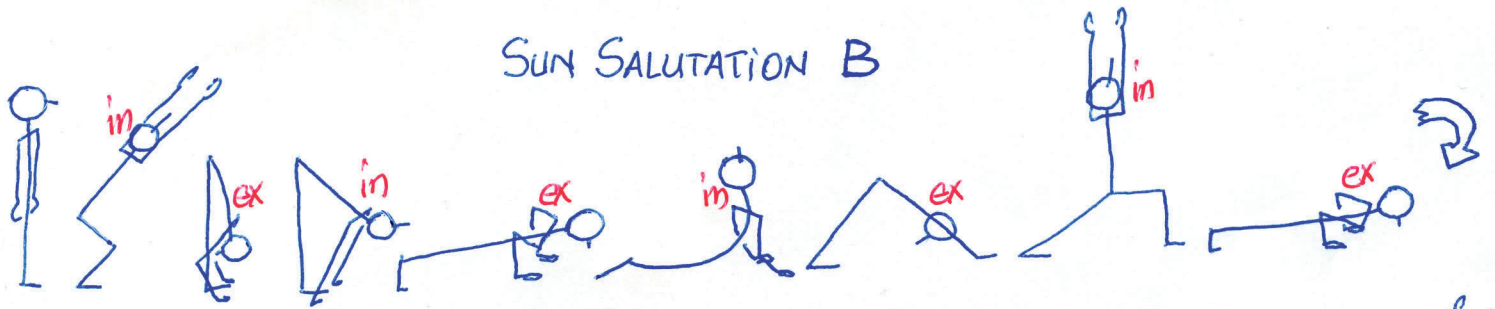


- inhale  $\frac{1}{2}$  exhale through the nose.
- Ujjayi breath - breathing by tightening the throat slightly to produce a sound.
- inhales - expanding movements.
- exhales - contracting movements  $\frac{1}{2}$  relax

### SUN SALUTATION A



### SUN SALUTATION B



Peristhis