

Yoga Practice for Everyone

Before you start, Yoga practice is best performed:

After a shower or bath

1.5 hours after a moderate meal

5 hours after a heavy meal

Today's Practice will include:

- Basic Stretches - Warm up Session - Postures will be demonstrated during the Yoga Session
 - a. Mountain Posture
 - b. Upward Stretch
 - c. Side Stretch
 - d. Twisting
 - e. Backward Stretch

- Waist and Abdominal Exercise– Postures will be demonstrated during Yoga Session
 - a. Leg Rotation
 - b. Cycling
 - c. Leg Lock
 - d. Rocking and Rolling
 - e. Full Boat Posture
 - f. Twisting
 - g. Camel Posture

- Anti-Rheumatic and Joint Exercise – Postures will be demonstrated during Yoga Session
 - a. Toe Bending
 - b. Ankle Bending / rotation
 - c. Knee Bending / rotation
 - d. Hand and fingers
 - e. Neck and shoulders
 - f. Half Butterfly
 - g. Full Butterfly

Yoga Cleansing Procedure
Postures will be demonstrated during the Yoga Session

1. Have a light dinner the night before you are going to do the cleansing procedure
2. Always do your cleansing first thing in the morning
3. Measure 6 cups of 8 oz water and pour into a saucepan (you can add half cup extra water to account for any loss).
4. Add up to 3 leveled teaspoons of salt to the water
5. Warm up the water to a temperature that is very close to your body temperature, so that you can drink the water quickly.
6. In a squatting position, drink two cups of 8 oz water as fast as you can.
7. Do the following exercise:
 - a. Cobra posture:
Turn to your left look at your feet and count to 4 (4 seconds), then turn to right look at your feet and count to 4. Repeat 4 times
 - b. Sideward Stretch
Turn to left and count to 4, then turn to right and count to 4
Repeat 4 times
 - c. Twisting
Turn to left and count to 4, then turn to right and count to 4
Repeat 4 times
 - d. Crawl Walking
Turn to left and count to 4, then turn to right and count to 4
Repeat 4 times
8. In a squatting position, drink another 2 cups of 8 oz water and repeat the steps of a,b,c,d.
9. In a squatting position, drink the last 2 cups of 8 oz water and repeat the steps of a,b,c,d.
10. Walk around the house do not sit down until you have the first urge to go.
11. For the next three hours, stay at a place where you have access to a bathroom.

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