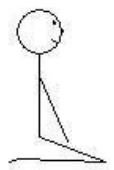
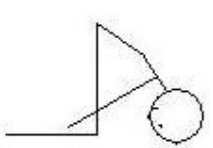
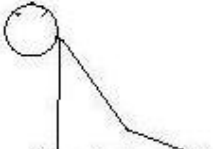
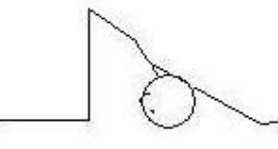
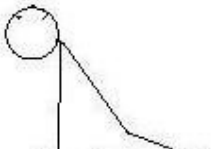


**YOGA EXERCISE TO CLEAR THE SINUS PASSAGES**

 <p>1</p>	<p>1. Sit comfortably on your knees. Knees together Toes straight out behind you.</p>
 <p>2</p>	<p>2. EXHALE and lean forward to put the crown of your head on the floor. Arms are on the floor with your hands extending towards the ankles. Thighs are vertical to the floor. INHALE. EXHALE. Do this for 5 breaths. EXHALE as you come up.</p>
 <p>3</p>	<p>3. Support yourself with your hands on the floor behind your body and your hands facing away from your body. Expand the chest as much as possible and lean the head far back. INHALE EXHALE. Do this for 5 breaths. EXHALE as you come up.</p>
 <p>4</p>	<p>4. Lean forward to put the crown of your head on the floor. Clasp the hands behind your back and stretch the arms up over the shoulders. The arms are now stretched out in front of the body. EXHALE as you come up.  INHALE. EXHALE.</p>
 <p>5</p>	<p>5. Support yourself with your hands behind your body and your hands facing away from your body. Lean the head far back and expand the chest as much as possible. INHALE. EXHALE x 5 breaths Do 5 repetitions of the whole exercise.</p>

Do 5 repetitions of the whole exercise.

*Caution: #2 and #4 are not recommended for people with high blood pressure. (If not controlled by medicine).*