

The Ten Bodies are:

- Soul Body
- Negative Mind
- Positive Mind
- Neutral Mind
- Physical Body
- Arc Line
- Auric Body
- Pranic Body
- Subtle Body
- Radiant Body

1) **Stretch Pose.** Lie on the back with the arms at your sides. Raise the head and the legs six inches, and the hands six inches with the palms facing each other slightly over the hips to build energy across the Navel Point. Point the toes, keep your eyes focused on the tips of the toes and do Breath of Fire. **1-3 minutes.**

2) **Nose to Knees.** Bring the knees to the chest, with the arms wrapped around the knees. Tuck the nose between the knees, and begin Breath of Fire. **1-3 minutes.**

3) **Ego Eradicator.** Sit in Celibate Pose or Easy Pose. Raise the arms to a 60° angle. Curl the fingertips onto the pads of the palms. Thumbs aim at each other above the head. With eyes closed, concentrate above the head, and do Breath of Fire. **1-3 minutes.** To end, touch the thumbs together above the head, and open the fingers.

4) **Life Nerve Stretch.** Sit with the legs stretched wide apart. With arms overhead, inhale. Then exhale, stretch down and grab the toes of the left foot. Inhale, come straight up; then exhale and stretch down over the right leg and grab the toes. Continue **1-3 minutes.**

5) **Life Nerve Stretch.** Continue to sit with the legs stretched wide apart. Hold onto the toes of both feet, exhale as you stretch down bringing the forehead to the floor, then inhale as you come sitting up. **1-3 minutes.**

6) **Spinal Flex (Camel Ride).** Sit in Easy Pose. Grab the shins in front with both hands. Inhale. Flex the spine forward and rock forward on buttocks. Then exhale, flex the spine backwards and roll back on buttocks. Keep the head level and arms fairly straight and relaxed. **1-3 minutes.**

7) **Spinal Flex (Camel Ride).** Sit on the heels. Place the hands flat on the thighs. Flex the spine forward on the inhale, backward on the exhale. Focus at the Third Eye Point. **1-3 minutes.**

