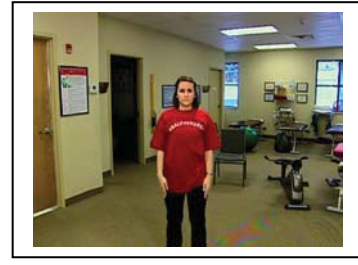


Postural Prayer

Position: Standing

Joint Movement: Posture

Equipment: None



Instructions:

- Stand in an upright position with your feet at approximately shoulder width apart, knees soft, hands together with your palms touching and middle fingers facing up.
- Make sure that your shoulders are relaxed.
- Lightly press your palms together.
- Next, raise your hands towards the ceiling, keeping your shoulders relaxed and middle fingers pointing up.
- Once you have lifted your hands to the topmost position, keep your middle fingers together as you separate your palms and rotate your palms upwards towards the ceiling.
- Next slowly and under tension press your elbows down to your sides allowing your elbows to straighten and your palms to contact your hips.
- Hold this position for 3 seconds, relax and repeat as indicated

Parameters:

Repeat the movement 3-5 times (or more if you like). Do this several times every day as desired.