

## **Protocol-3**

### **1. Breathing practices**

- Hands in and out breathing
- Hands stretch breathing
- Ankle stretch breathing
- Straight leg raise breathing (Alternate legs)
- Kapalabhati
- Vibhaga pranayama (Sectional breathing)

### **2. SuksmaVyayama (strengthening exercises)**

- Manibandhasaktivikasaka (wrists)
- Karapristhasaktivikasaka (back of hands)
- Kaphonisaktivikasana (elbows)
- Grivasaktivikasaka – I (neck)
- Grivasaktivikasaka – II (neck)
- Kati saktivikasaka – I (back)
- Kati saktivikasaka – II (back)
- Netrasaktivikasaka (eyes)

### **3. CM (Cyclic Meditation)**