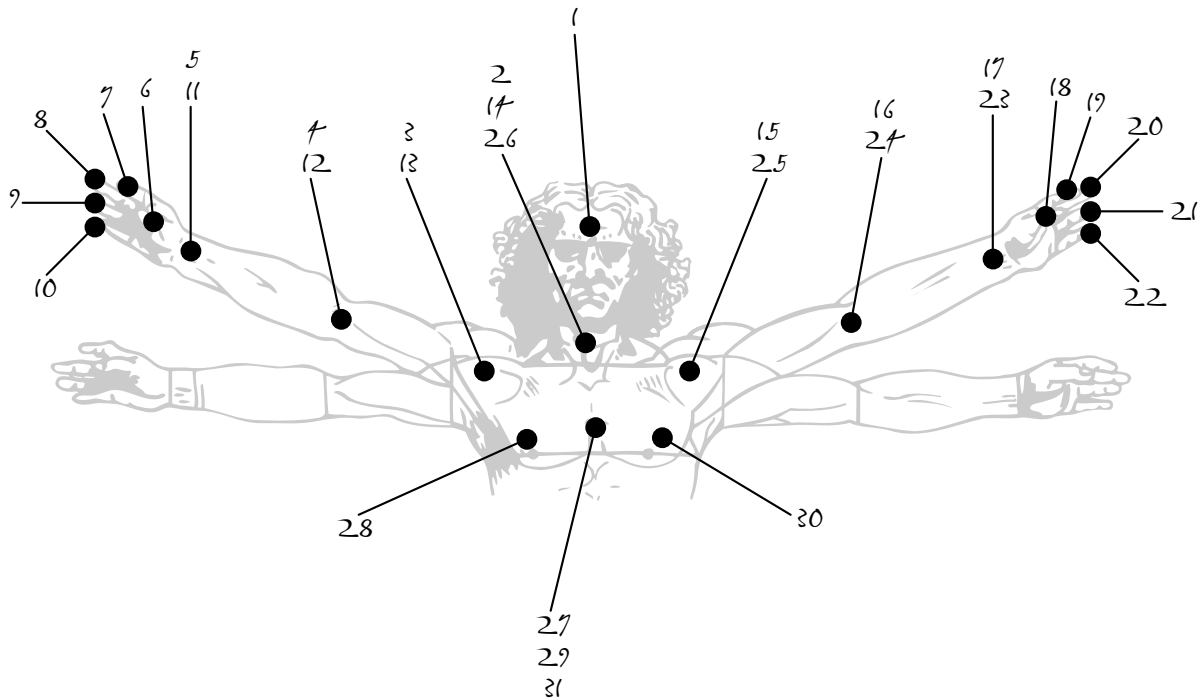


The 31-point Relaxation

The 31-point relaxation progresses through 31 points in your upper body and arms. At each point, pause and breathe deeply. Picture that part of your body in your mind's eye and imagine breathing through that point. Pause long enough to take about three yogic breaths before moving on to the next point.



This relaxation is best done in Savasana, the Corpse Pose, but you can also do it in a comfortable sitting posture. To hear an audio version of the relaxation, listen to Inner Path Yoga Podcast 6—available on the Inner Path Yoga website and iTunes.