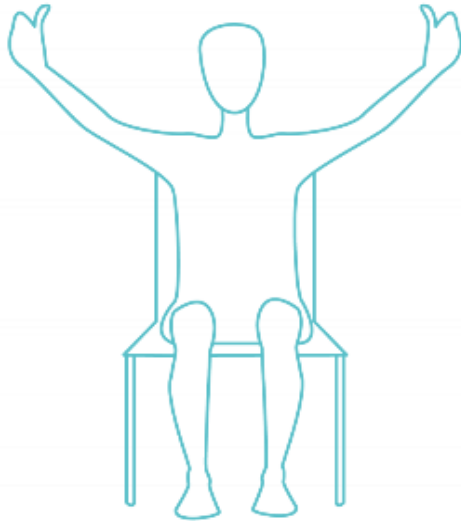


DESK MOVES

Aura Cleanser



Sit in a chair with spine straight, place the arms at 60 degrees with the fingers and the thumbs up. Eyes are closed and focused at the forehead. Begin the breath of fire, 1-3 minutes.

Aura Cleanser cleans and strengthens the energy field around your body. Use this move to avoid being swayed by outside influences, so you won't be easily enrolled into stressful situations. Thus, you may attract what you need when you need it.