

# **INSTRUCTIONS FOR GARBHASANSKAR**

- **Make up your mind to sit on one place for at least 35 minutes and max 55 minutes.**
- **Select a pleasant place to sit.**
- **Use a chair which is comfortable to sit for at least 55 minutes.**
- **See that you remain empty stomach for at least 3 hrs before the session.**
- **Try to concentrate on the instructions.**
- **Try to understand the instructions.**
- **Try to follow the instruction exactly.**
- **After closing your eyes just follow the instructions.**
- **Where you feel there are no instructions try to concentrate on your breathing rhythm.**
- **Try to keep you closed throughout the session.**
- **Keep your mobiles off or on silent mode.**
- **Try to take a feel of every process which you are doing.**
- **If you feel uncomfortable while performing the sessions slowly open your eyes and slowly lie down or slowly get up from the place and stop the session.**
- **Try to experience all the changes in you and your body during the sessions.**
- **Try to perform each session minimum for 4 times/ two weeks.**
- **Initial sessions are to be performed for 6 times/ 3 weeks to feel the experience.**
- **After complication of 2 initial sets of sessions and you are habituated to sit on one place for 40 minutes then you can continue with further sessions.**
- **Communicate with the doctor if you have any quire.**