



# YOGA NEW VISION

*200hrs*

TEACHER  
TRAINING

*Sample Manual*

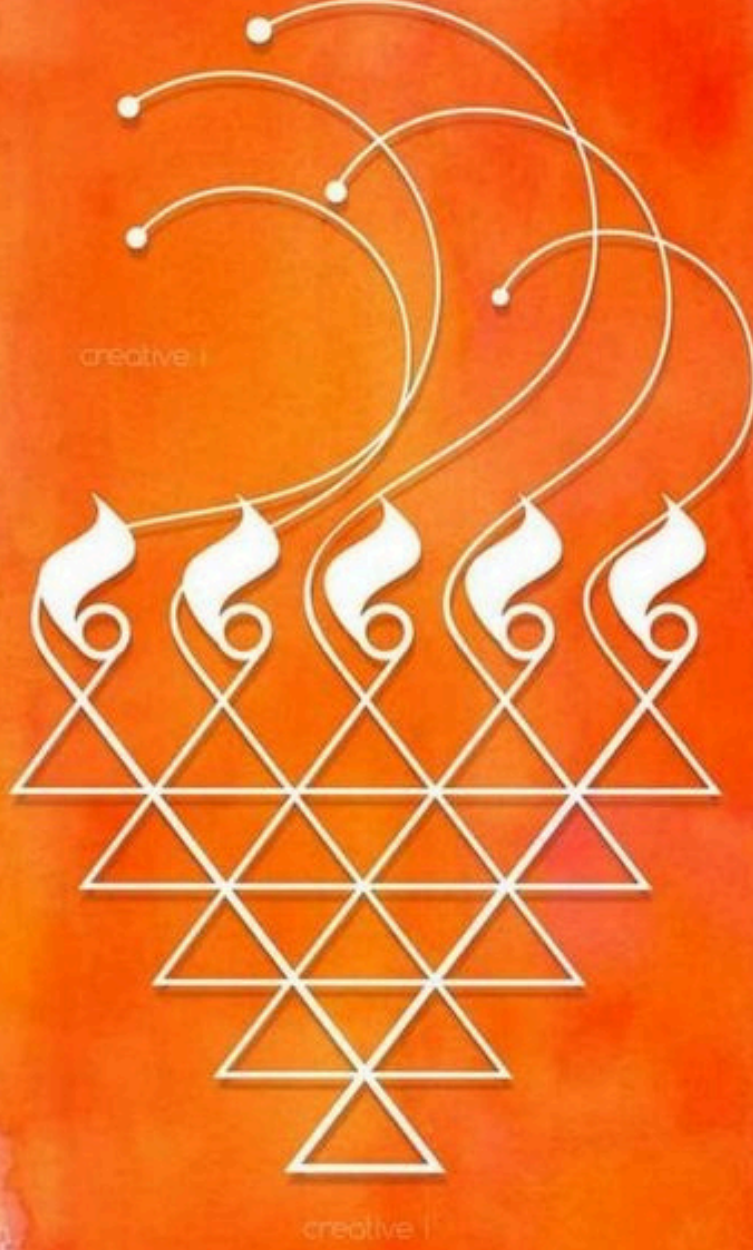


**This manual is lovingly shared as a sample  
for viewing and familiarization.**

***The complete, in-depth version will be  
offered to you as part of the full learning  
experience when you join us in person for  
the TTC.***

**We look forward to sharing the entire  
transmission with you in the space we  
create together.**

॥ शुद्धाय नमः ॥



सरस्वती नमस्तुभ्यं वरदे कामरूपिणी।  
विद्यारंभ करिष्यामि सिद्धिर्भवतु मे सदा ॥





# Obesience to the Masters

Lord Shiva

Sage Patanjali

Guru Gorakhnath

Acharya Rajneesh (Osho)

J. Krishnamurti

Ramana Maharshi

Om Swami

# SHANTI MANTRAS

from the Vedas



**Om sahana vavatu**

ॐ सह नाववतु

Om, May Divine protect us together,

**Saha nau bhunaktu**

सह नौ भुनक्तु

May Divine nourish us together,

**Saha viiryam karavaavahai**

सह वीर्यं करवावहै

May we work together with harmonious energy

**Tejasvi Navaditamastu**

तेजस्वि नावधीतमस्तु

May our studies be effective towards the service

**Maa vidvissaavahai**

मा विद्दिषावहै

May there be no hate and animosity among us

**Om shanti, shanti, shanti**

ॐ शान्तिः शान्तिः शान्तिः

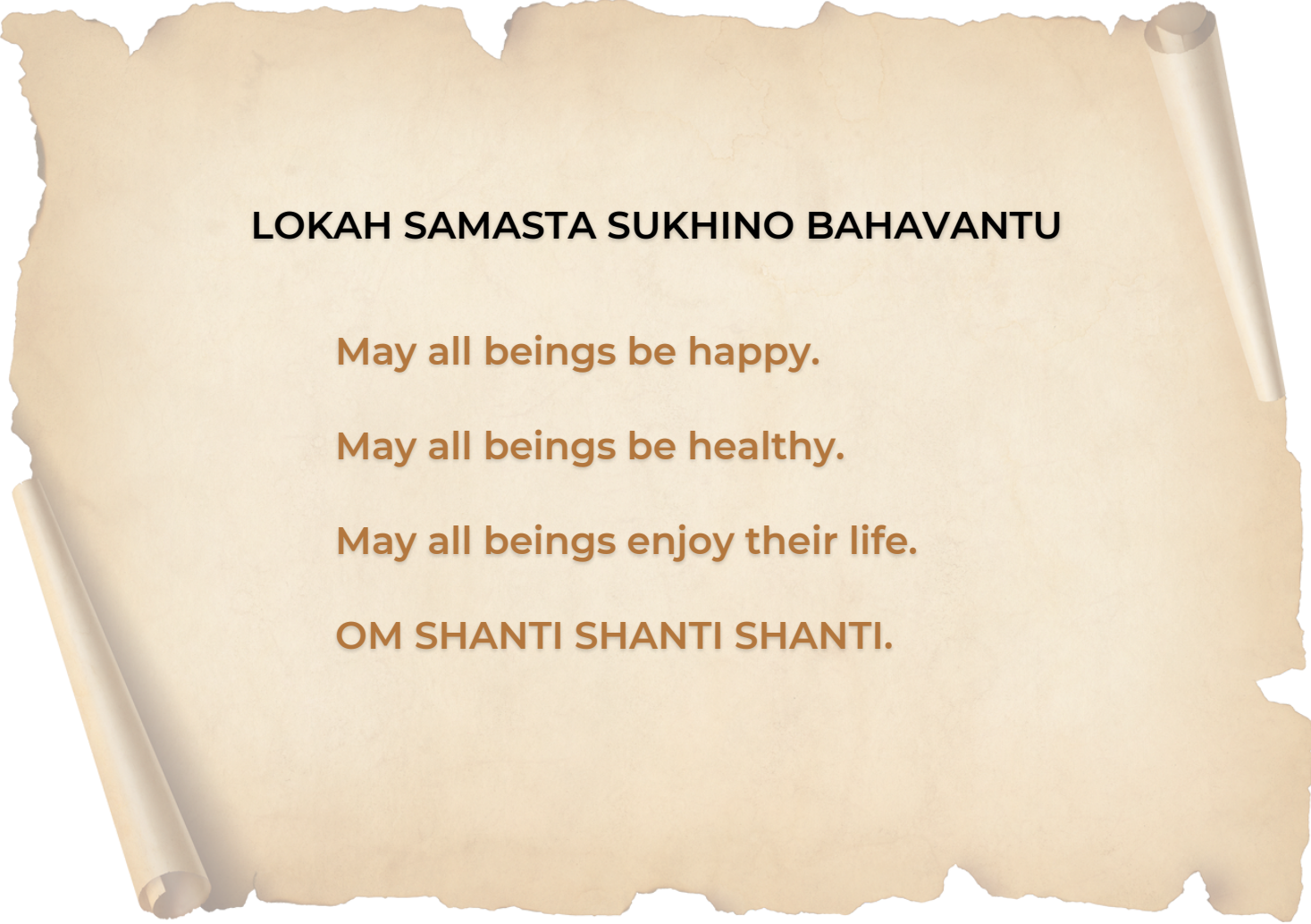
Om peace, peace, peace

## MANTRA FOR SPIRITUAL AWAKENING AND TRANSFORMATION

*Asato mā sadgamaya - Lead me from untruth (illusion) to truth (reality)*

*Tamaso mā jyotirgamaya - Lead me from darkness (ignorance) to light (wisdom)*

*Mṛtyor mā amṛtam gamaya - Lead me from death (limitation) to immortality  
(eternal consciousness)*



**LOKAH SAMASTA SUKHINO BAHAVANTU**

May all beings be happy.

May all beings be healthy.

May all beings enjoy their life.

**OM SHANTI SHANTI SHANTI.**

# TABLE OF CONTENT

## 1 : INTRODUCTION

---

1.1	Welcome to the Training .....	1
1.2	Acknowledgement .....	3
1.3	What can you expect to receive .....	4
1.4	Making the Most of your training .....	4
1.5	Essential Guidelines .....	5

## 2: YOGA PHILOSOPHY

---

2.1	Om/Aum .....	7
2.2	What is Yoga - Origin & Meaning .....	8
2.3	4 Purusharthas .....	9
2.4	Maharishi Patanjali & Yoga Sutras. ....	12
2.5	8 Limbs of Yoga. ....	17
2.6	Introduction to Hatha Yoga and Different Paths Of Yoga. ....	21
2.7	Introduction to Bhagavad Gita .....	25
2.8	Introduction to 5 Koshas - Yogic Map of 5 Layers .....	30
2.9	Introduction to 5 Elements .....	33
2.10	Introduction to 7 Chakras .....	40

## 3: YOGIC DIET AND LIFESTYLE

---

3.1	Yogic Diet .....	44
3.2	Yogic Lifestyle.....	45

## 4: YOGA ASANA

---

4.1	Introduction and Warming Up Postures.....	49
4.2	<b>Sun-Salutation</b> .....	51
	• Classical Hatha Sun-Salutation A .....	52
	• Sun-Salutation A .....	53
	• Sun-Salutation B .....	54

<b>4.3</b>	<b>Standing Postures .....</b>	<b>55</b>
	• Tadasana /Mountain Pose .....	55
	• Tree pose.....	56
	• Warrior 2.....	57
	• Triangle.....	58
	• Side Angle.....	59
	• Half moon.....	60
	• Eagle pose.....	61
	• Warrior 1.....	62
	• Pyramid.....	63
	• Warrior 3.....	64
	• Standing split.....	65
	• Twisting chair.....	66
	• Twisting lunge.....	67
	• Wide leg forward bend.....	68
	• Goddess Pose.....	69
<b>4.4</b>	<b>Seated Postures .....</b>	<b>70</b>
	• Thunderbolt with cow face.....	70
	• Hero pose .....	71
	• Squat.....	72
	• Bound Angle Pose.....	73
<b>4.5</b>	<b>Arm Balance .....</b>	<b>75</b>
	• Crow .....	75
	• Side-Plank .....	76
<b>4.6</b>	<b>Backward Bend .....</b>	<b>77</b>
	• Cobra.....	77
	• Locust.....	78
	• Bow.....	79
	• Camel.....	80
	• Wheel.....	81
<b>4.7</b>	<b>Core, Forward-Bend and Twist .....</b>	<b>82</b>
	• Boat.....	82
	• Pigeon.....	83
	• Head to knee.....	84
	• Seated Forward Bend.....	85
	• Seated Spinal Twist.....	86
<b>4.8</b>	<b>Inversion .....</b>	<b>87</b>
	• Headstand.....	87
	• Bridge.....	88
	• Plough.....	89
	• Shoulderstand.....	90
<b>4.9</b>	<b>Restorative / Relaxation Poses .....</b>	<b>87</b>
	• Supine Spinal Twist.....	91
	• Savasana.....	92

<b>4.10</b>	<b>Meditation Poses .....</b>	<b>93</b>
	• Easy Pose.....	93
	• Accomplished Pose.....	94
<b>4.11</b>	<b>Yoga for Mensuration .....</b>	<b>95</b>
<b>4.12</b>	<b>Yoga for Pregnancy .....</b>	<b>96</b>

## 5 : PRANAYAMA & BANDHAS

---

5.1	What is Pranayama.....	99
5.2.	Types of Pranayama.....	101
5.3	Moola Bandha.....	104
5.4	Uddiyana Bandha.....	105

## 6 : MEDITATION

---

6.1	What is Meditation.....	108
6.2	Misconceptions about Meditation.....	109
6.3	Science of Meditation.....	110
6.4	Methods of Meditation.....	112
6.5	Preparation of Meditation.....	113
6.6	Three Pillars of Meditation.....	115

## 7 : MANTRAS

---

7.1	Mantra Chanting and Mudras .....	121
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## 8 : ANATOMY

---

8.1	The Skeletal System.....	124
8.2	The Muscular System.....	133

## 9 : TEACHING PREPERATION

---

9.1	Foundation of A Class.....	143
9.2	Sequencing Intelligence.....	146
9.2	Cueing & Adjusting .....	148

## 10 : DEEP SAMADHI SEQUENCE

---

10.1	How it Works and Purpose.....	151
10.2	Level 1 - Beginners to Intermediate.....	153

# Acknowledgment

I would like to thank all my teachers for their guidance and inspiration on this path, Especially Acharya Rajneesh (Osho), Whose teachings have given a new direction to my perception of Yoga and all of Life.

**Special Gratitude to Siddhi ji for founding Yoga New Vision with me** and being the creative and supportive force for this entire vision, including the design, editing, and development of this manual. Her devotion, dedication and expertise have helped make this project a reality, and for that, we are eternally grateful.

## About This Manual

With love and gratitude, we present this manual to the teacher-in-training with the intention of providing a comprehensive and concise foundation for the practice and teachings of Yoga. Our inspiration for this manual comes from the yogic philosophy that recognizes the Divine within all of us, in all our various forms, shapes, and cultures.

We are proud to say that the information within this manual meets the Yoga Alliance standards for 200-hour Teacher Training. It is our deepest hope that it will equip you with the tools to teach a nurturing, joyful, and effective yoga class, and inspire you to continue your study of yoga in whichever direction your heart leads you.

# OVERVIEW

This manual, along with all accompanying handouts, digital resources, practices, and educational materials provided during the Yoga New Vision Yoga Teacher Training Program, is the intellectual property of Yoga New Vision.

These materials are created to support deep learning, embodiment, and personal evolution throughout the training journey. They are intended for the personal study and practice of enrolled Yoga New Vision students only.

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### Respect for Lineage & Integrity

Yoga New Vision honors the ancient roots of yoga while offering a living, embodied, and contemporary transmission. This manual reflects a synthesis of traditional yogic wisdom, meditation, somatic awareness, and modern understanding—shared with care, responsibility, and respect for lineage.

We ask all students and teachers to uphold the integrity of these teachings by using them ethically, consciously, and with humility.

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### **Prati-Prasav: the Primal of the Ancients.**

9. Flowing through life is the fear of death, the clinging to life, and it is dominant in all, even the learned.
10. The sources of the five afflictions can be abolished by resolving them back to their origin.
11. The outward expressions of the five afflictions disappear through meditation.

### **The Seer is Not Seen.**

15. The discriminating person realizes that everything leads to misery because of change, anxiety, past experience, and the conflicts that arise between the three attributes and the five modifications of the mind.
16. Future misery is to be avoided.
17. The link between the seer and the seen that creates misery is to be broken.

### **Awareness, Not Knowledge.**

25. The disassociation of the seer and the seen, which is brought about by the dispersion of ignorance, is the remedy that brings liberation.
26. The unwavering practice of discrimination between the real and what is unreal brings about the dispersion of ignorance.
27. The highest stage of enlightenment is reached in seven steps.

### **The 8 limbs of Yoga.**

28. By practicing the different steps of yoga for the destruction of impurity, there arises spiritual illumination, which develops into awareness of reality.
29. The eight steps of yoga are: self-restraint, fixed observance, posture, breath regulation, abstraction, concentration, contemplation and trance.

### **Death and Discipline.**

33. When the mind is disturbed by wrong thoughts, ponder on the opposites.
34. It is necessary to ponder on the opposites because wrong thoughts, emotions, and actions, such as violence, result in ignorance and intense misery whether they be performed, caused, or approved through greed, anger, or delusion in mild, medium, or intense degrees. :

### **Life is a Mirror.**

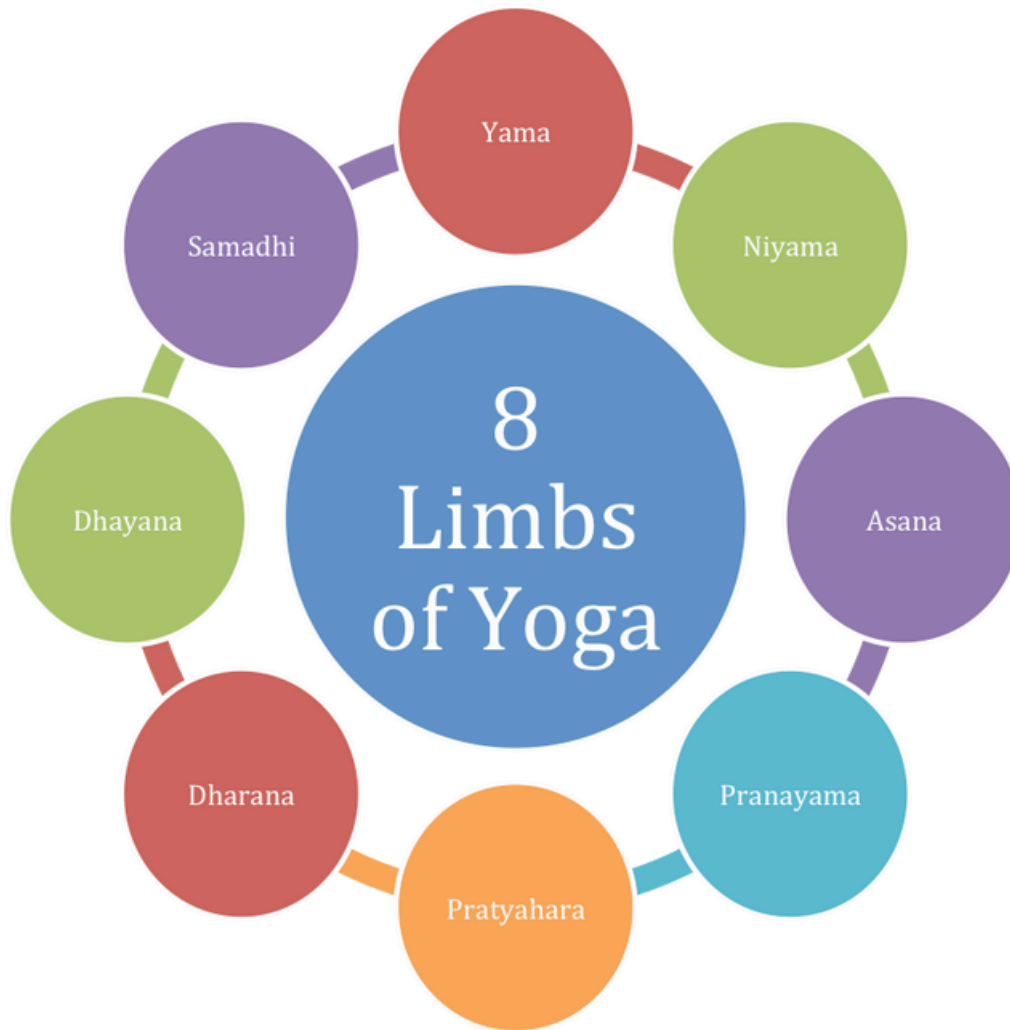
35. When the yogi is firmly established in non-violence, there is an abandonment of enmity by those who are in his presence.
36. When the yogi is firmly established in truthfulness, he attains the fruit of action without acting.
37. When the yogi is firmly established in honesty, inner riches present themselves.
38. When the yogi is firmly established in sexual continence, vigor is gained.
39. When the yogi is firmly established in non-possessiveness, there arises knowledge of the 'how' and 'wherefore' of existence.

### **Death to the Limited.**

46. Posture should be steady and comfortable.
47. Posture is mastered by relaxation of effort and meditation on the unlimited.
48. When posture is mastered there is a cessation of the disturbances caused by qualities.
49. The next step after the perfection of posture is breath control, which is accomplished through holding the breath on inhalation and exhalation or stopping the breath suddenly.
50. The duration and frequency of the controlled breaths are conditioned by time and place and become more prolonged and subtle.
51. There is a fourth sphere of breath control, which is internal, and it goes beyond the other three.

## 2.5 : 8 LIMBS OF YOGA

The 8 Limbs of Ashtanga Yoga, as outlined by Maharishi Patanjali in the Yoga Sutras, provide a comprehensive framework for living a balanced and spiritually connected life. Each limb offers a different aspect of yoga practice, from ethical guidelines to deep meditation giving us a layout of overall wellbeing.



Social wellbeing	Yama & Niyama	Giving Direction to Yourself Regularity & Self-Discipline
Physical wellbeing	Asana & Pranayama	Psychosomatic workout to release emotional stress from the body & Breathing techniques
Mental wellbeing	Pratyahara & Dharana	Taking care of senses & Feeling within and listening to yourself
Spiritual wellbeing	Dhyana & Samadhi	Meditation & Respecting the whole world as holy and living in oneness with the universe

# Understanding and Contemplation on 8 limbs

---

## 2. NIYAMA (Internal Restraints) — Observances / Regularity

These ethical guidelines include daily activities, actions, attitude, and communication.



**Saucha (Purity):** Cleanliness, clarity, balanced outlook, equanimity of thought.



**Santosa (Contentment):** Acceptance of circumstances; peace with self and others.



**Tapas (Heat):** Self-discipline to achieve a deeper connection with our divinity; A purifying internal fire.



**Svadyaya (Study of the self):** The search for divinity through the mindful study of ourselves and study of scriptures; an open-minded



**Ishvara Pranidhana (Devotional offering to the Lord):**

Surrender to the higher power of Consciousness and a willingness to serve.

## 3. ASANA (Posture)

Patanjali's Yoga Sutra 2.46 states, 'sthira sukham asanam', which means Asana should be a steady and comfortable posture. Whatever Asana is performed, it should be done with a feeling of steadiness, awareness and delight. The practice of Asana heightens one's awareness and prepares one for one-pointedness which is essential for Dharana (concentration).

## 4. PRANAYAMA (Breath Regulation)

Patanjali's Yoga Sutra 2.49 states, 'tasmin sati svasa prasvasayoh gativicchedah pranayamah' which defines Pranayama as the regulation of in-breath and out-breath with retention. It is important to note that Patanjali expressly advises the practitioner to practice Pranayama only after attaining perfection in Asana. The breath is our life. It is very important to know this. The practice of Pranayama prepares the mind for Pratyahara.

## CHAPTER 12 : BHAKTI YOGA (THE YOGA OF DEVOTION)

**Summary:** Krishna explains that devotion is the easiest path to reach the divine. He describes the qualities of a true devotee, who is loving, compassionate, and free from ego.

**Practical Example:** Practicing kindness and compassion in everyday interactions.

**Remember:** Devotion and love are the paths to God.

## CHAPTER 13 : KSHETRA KSHETRAJNA VIBHAGA YOGA (THE YOGA OF THE FIELD AND THE KNOWER OF THE FIELD)

**Summary:** Krishna explains the difference between the physical body (the field) and the soul (the knower of the field). Understanding this distinction leads to self-realization.

**Practical Example:** Reflecting on your thoughts and actions as separate from your true self, the soul.

**Remember:** You are not the body, but the eternal soul.

## CHAPTER 14 : GUNATRAYA VIBHAGA YOGA (THE YOGA OF THE DIVISION OF THE THREE GUNAS)

**Summary:** Krishna describes the three gunas (qualities) that influence human behavior: sattva (goodness), rajas (passion), and tamas (ignorance). He explains how these qualities bind the soul to the material world.

**Practical Example:** Observing your mood and actions, identifying which guna is influencing you, and striving to cultivate more sattva (goodness).

**Remember:** Rise above the gunas to achieve freedom.

## CHAPTER 15 : PURUSHOTTAMA YOGA (THE YOGA OF THE SUPREME DIVINE PERSONALITY)

**Summary:** Krishna explains the eternal nature of the soul and the supreme divine personality, Purushottama, who sustains the universe. Understanding this leads to liberation.

**Practical Example:** Meditating on the idea that you are connected to a higher power that sustains everything.

**Remember:** Connect with the divine within and beyond.

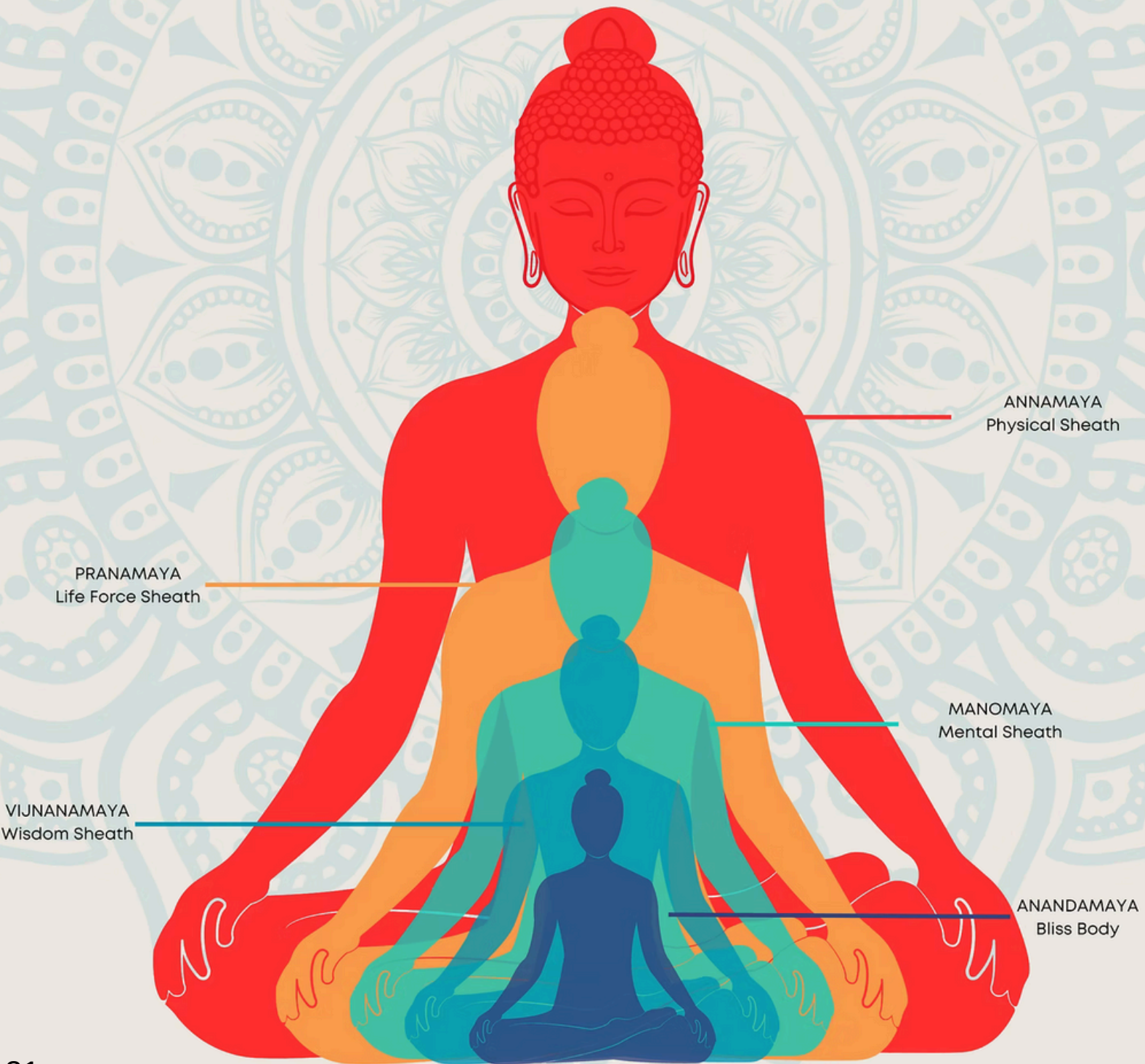
## CHAPTER 16 : DAIVASURA SAMPAD VIBHAGA YOGA (THE YOGA OF THE DIVISION BETWEEN THE DIVINE AND DEMONIC QUALITIES)

**Summary:** Krishna describes the divine qualities that lead to liberation and the demonic qualities that lead to bondage. Cultivating divine qualities brings peace and harmony.

**Practical Example:** Practicing humility, non-violence, and honesty in daily life.

**Remember:** Cultivate divine qualities for a peaceful life.

# THE FIVE KOSHAS

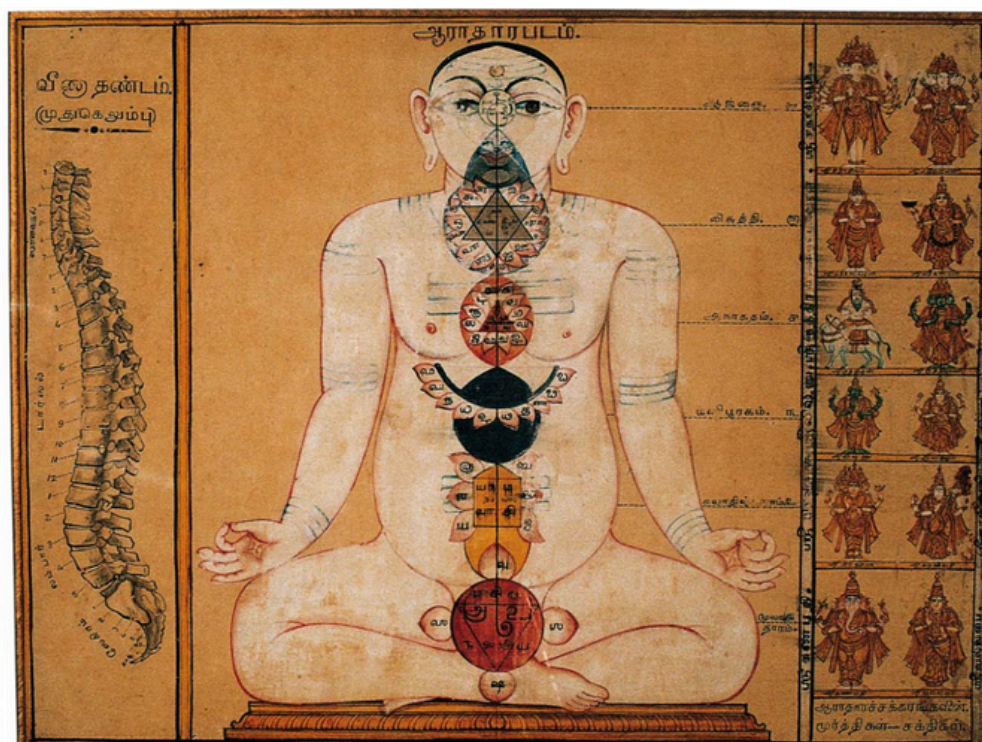


## 2.10 : Introduction to 7 Chakras

Chakras are energy centers in the body that help channel cosmic energy through us, influencing our physical, emotional, and spiritual well-being. They are closely linked to bundles of nerves, known as plexi, which are located along the spine. These nerve clusters send important signals to our central nervous system, organs, and glands, affecting everything from our thoughts and emotions to our bodily functions.

The chakras are also connected to 7,200 nadis, or energy channels, which distribute life force (prana) throughout the body. These nadis are similar to what Traditional Chinese Medicine refers to as meridians, ensuring the smooth flow of energy. When our chakras and nadis are balanced, energy moves freely, supporting health and inner harmony. However, blockages can lead to physical discomfort, emotional distress, or a sense of disconnection.

For thousands of years, especially in India, the chakra system has been used as a spiritual map to guide seekers on their journey to enlightenment—their reunion with the source. One way to understand this is to imagine a beautiful, multifaceted diamond, symbolizing our true, original self. When pure light passes through it, it breaks into the colors of the rainbow, just as our consciousness expresses itself through different aspects of life. Each of the seven main chakras holds one of these colors, representing a unique lesson we must learn: These lessons include : **security (root)**, **creativity (sacral)**, **true power (solar plexus)**, **unconditional love (heart)**, **elevated communication (throat)**, **wisdom (third eye)**, and **universal oneness (crown)**. As we integrate these lessons, we grow, becoming more radiant and aware. When all colors merge back into white light, it symbolizes wholeness, clarity, and divine consciousness—the realization of our fullest potential.



The 7 main chakras of the body

## Root Chakra (Muladhara)

**Location:** Base of the spine

**Function:** Connected to the physical body and survival needs

**Element:** Earth

**Color:** Red

**Mantra:** Lam

**Stagnation:** Fear, anxiety, physical ailments, feeling disconnected from the body

**Healing techniques:** Yoga, grounding exercises, spending time in nature, and eating grounding foods like root vegetables.

**Yoga poses for Root Chakra:** The best yoga poses for the Root Chakra are the standing poses as the Warrior poses, yoga balance poses like the tree, and grounding floor yoga postures like a butterfly, Squat.



## Sacral Chakra (Svadhishthana)

**Location:** Lower abdomen, below the navel

**Function:** Connected to sexuality, creativity, and pleasure

**Element:** Water

**Color:** Orange

**Mantra:** Vam

**Stagnation:** Shame, guilt, repression of sexuality, creative blocks

**Healing techniques:** Dancing, creative expression, practicing self-acceptance and self-love, working with the element of water

**Yoga Practice -** Standing Postures, Forward Bend, Twist, Core, Kapalabhati.



## Solar Plexus Chakra (Manipura)

**Location:** Above the navel, below the ribcage

**Function:** Connected to personal power and self-esteem

**Element:** Fire

**Color:** Yellow

**Mantra:** Ram

**Stagnation:** Low self-esteem, fear of rejection, inability to make decisions, feelings of powerlessness

**Healing techniques:** Building self-confidence, practicing assertiveness, setting boundaries, engaging in activities that make you feel empowered

**Solar Plexus Chakra Yoga Poses:** Practice Twists, backbends, sun salutation, and core poses. Kapalabhati (breath of fire) and HA breaths (deep exhales out through the mouth) can help be a help to balance this Chakra.



The Earthly concerns of survival, sex, and power are associated with the lower chakras, while the top three chakras are associated with higher consciousness, truth, intuition, and purpose. The heart chakra, situated in the middle, acts as a bridge between these two worlds, fostering empathy, love, and compassion.

## Heart Chakra (Anahata)

**Location:** Center of the chest

**Function:** Connected to love, compassion, and emotional well-being

**Element:** Air

**Color:** Green

**Mantra:** Yam

**Stagnation:** Heartbreak, grief, resentment, inability to forgive, closed-off emotionally

**Healing techniques:** Practicing gratitude, offering love and kindness to others, practicing forgiveness,

**Heart Chakra Yoga poses:** Focus on yoga backbends, chest opening stretches, arms opening and closing movements, gentle forward bends, and twists. Sternum tapping and flowing out and in with your arms, like big hugs.



## Throat Chakra (Vishuddha)

**Location:** Throat area

**Function:** Connected to communication and self-expression

**Element:** Space

**Color:** Blue

**Mantra:** Ham

**Stagnation:** Difficulty speaking up, fear of being judged, dishonesty, lack of creativity

**Healing techniques:** Singing, journaling, speaking your truth, practicing active listening, Saying Yes to life.

**Yoga Practice** - Throat Stretches, Backbends, Inversion, Ujjayi Pranayama,



## Third Eye Chakra (Ajna)

**Location:** Center of the forehead, between the eyebrows

**Function:** Connected to intuition, insight, and spiritual awareness

**Element:** Light

**Color:** indigo

**Mantra:** Aam

**Stagnation:** Overthinking, lack of clarity, disconnection from intuition

**Healing techniques:** Meditation, spending time in nature, practicing mindfulness, working with crystals

**Yoga Practice** - Forward bends, Back Bends, Inversion. Third eye meditation, Nadi shodan Pranayama,



## Crown Chakra (Sahasrara)

**Location:** Top of the head

**Function:** Connected to spiritual connection and enlightenment

**Element:** Beyond the elements

**Color:** White/ Violet

**Mantra:** Om

**Blockages:** Disconnection from spirituality, lack of purpose, attachment to material possessions

**Healing techniques:** Meditation, visualization, practicing gratitude, connecting with your inner wisdom

**Yoga Practice:** Inversion, Bandhas, Bharamri Pranayama, Meditation on the top of the head,





## SATTVA

( harmony, balance, joy, intelligence )

Fresh, juicy, light, nourishing, sweet and tasty.



## RAJAS

( energy, action, change, movement )

Bitter, sour, salty, pungent, hot and dry.



## TAMAS

( darkness, inactivity, material )

Dry, old, decaying, distasteful and/or unpalatable.

Leafy Greens	Citrus Fruits	Potatos	Caffeine	Burgers
Cucumbers	Lemons	Pasta	Refined Sugar	Pizza
Celery	Oranges	Root Vegetables	Spicy Foods	Oily Foods
Bell Peppers	Grapefruit	Grains		Processed Food
Apples		Legumes		Meat
Pears		Beans		
Melons		Mushrooms		
Berries		Bananas		

# YOGIC LIFESTYLE

## SLEEP

There is a fundamental pulsation in the universe called “Spanda.” From this pulsation comes the dual nature of manifestation — cold and heat, male and female, light and dark. A cool and quiet dark place and a comfortable bed to sleep on restores the body’s vital energies and is the natural complement to physical activity.

The cycle of one day is a model of life, just as a yoga practice and the resting posture Savasana is a model of one day. Live fully and sleep deeply. Allow the previous day to dissolve, bringing your attention as fully as possible to the present moment

## RELATIONSHIPS

Everything in the universe is innately Divine. Open up to this reality first and then make skillful choices. The practice of yoga is not something that happens just on a mat. Remaining fully conscious in relationship with other human beings is perhaps one of the most challenging aspects of practice. Here is the place where our ability to remember our innate divinity and the divinity of others is revealed. Notice patterns in your relationships. Notice your habitual reactions and habitual desires. Embrace relationships as a part of, not separate from, your practice. In this way you will affirm the sacred nature of others. Honor those you love and those you have loved.

## EVOLUTION OF PRACTICE

Teaching yoga requires the assimilation and embodiment of the teachings, presented in your own voice and in your own way. As we grow as teachers, we add our own voice to the lineage of teachers. This is how the yoga tradition stays alive and evolves. By practicing on your own, your inner wisdom begins to emerge. By embracing knowledge that has been revealed and by also honoring your teachers, you grow individually as a teacher, and simultaneously become more connected to the universal energy.

Pick a time and place to practice daily. The body changes from day to day.

Some days our energy is high and the body feels like a feather. Other days the body's energy is less available and we feel like wet concrete. On the days of higher energy, your practice can be a celebration that is dynamic and challenging. On the harder days, develop a sequence of more restorative postures to help alleviate fatigue. Thus there is never a reason to miss a practice, and your skill in teaching a variety of students will increase.

## YOGA & INTENTION

The fundamental process of creation, in our human experience, is that what we focus on most becomes our reality. Everything from a sound wave, a color, an emotion or a thought carries a vibration. What we experience inwardly, we see outwardly. Conscious yoga practice is an excellent way to manifest your intentions. If the thought is the seed, the practice of yoga is the soil into which you deliberately plant the seed. Regular practice hones both your ability to focus on an intentional thought and feel it—to make it real physically and emotionally.

Taking a few moments to create an intention for practice that is in alignment with your desires—with what you want to attract and what you would like to be attracted to. **As you practice asana, or the physical postures of yoga, every inhale and every exhale becomes a physical manifestation of your intention.** Every time you root your feet into the ground and reach up, you remember the intention you planted. As a sapling grows into a tree, the roots of your desires become stronger and the branches and leaves extend up and out from that firm foundation.

In this way you not only think about what you want to create, you feel it in the body—you literally make the non-physical real. **Your yoga practice should be enjoyable to you. Breath and movement combined with your deliberate intention is what is important to the process of creation.**

## RECEIVING

For most of us, the idea that we can create something out of nothing is both exhilarating and not completely foreign. We see examples of creation all around us in nature. Being part of nature and having the human ability to discern, feel, move, remember, and reflect, it becomes clear that we are powerfully creative beings. The tough part for many of us is not actually creating, but allowing ourselves to receive. Think about the discomfort involved in receiving a compliment without somehow re-directing it or diminishing it. When we do not allow ourselves to receive, we do not allow others to give. Giving and receiving are not two different things, they are simple two aspects of the current of life. A tree is nourished by the sun and rain so that it can enjoy itself and it turn give shade, beauty, and nourishment back. A tree never tells the sun to stop shining on it. In order to complete the cycle of life, you must be willing to receive.

## PRACTICE

Take some time every day, preferably in the morning, to consciously create what you would like to experience. The principle of attraction is always aligning itself with the vibration and the emotion you are sending out. Practice seeing value in every situation. Resolve to take a few minutes every day to reconnect with your inner wisdom and guidance—it will always feel good.

# 4 : YOGA ASANA



**GOAL** TO UNDERSTAND CORRECT ALIGNMENT, APPLICATION AND INTELLIGENCE OF YOGA POSTURES

**Asana keep your body, as well as your mind, healthy and active"**

According to 'Gheranda-Samhita', an ancient Indian text on Hatha Yoga, this earth originally contained 8.4 millions species of animals, humans included. The yogis created Asanas by observing these animals. According to Lord Shiva, out of these 84 lakhs (8.4 million) Asanas, only 1600 are great. Out of those, only 84 are generally known and of special importance, and out of those 84 postures, only 32 are said to give good results, and only 2 can be practiced by anyone.

Different Asanas are described in detail in different books of yoga. The Hatha Yoga Pradipika describes 14 Asanas, the Gheranda Samhita 32, the Vishva Kosha 32, the Anubhava Prakasha 50 postures. All however agree that the number of the chief postures is 84, although there exists some technical differences in defining them.

## CLASSIFICATION OF POSTURES & THEIR BENEFITS

Asanas or yoga postures should always be practiced with normal breathing and minimum effort. To attain maximum benefit from an Asana, one should hold it for a minimum of 15 to 30 seconds in the initial stage and rest for a few seconds after each Asana by adopting the appropriate relaxation posture. After a few weeks of regular practice, the time for holding each Asana can be increased according to one's capacity.

**Asanas can be divided into the following categories (some may fall under more than one category)**

1. Warming-Up Postures
2. Standing Postures
3. Seated Postures
4. Hip-Opening Postures
5. Forward-Bending Postures
6. Backward-Bending Postures
6. Twisting Postures
7. Inverted Postures
8. Arm-Balancing Postures
9. Relaxation Postures
10. Meditative Postures

## 4.1 WARMING UP POSTURES

### 1) The Pawanmuktasana Series

Pawanmuktasana means “wind-release pose” and refers to a series of gentle asanas that help remove energy blockages in the body and mind. This practice opens major joints, relaxes muscles, and supports overall health. Except for the Energy Block Postures, the series is suitable for all levels and serves as a powerful preparatory and therapeutic tool.

#### • Anti-Rheumatic Group (Joint-Freeing Group)

This group focuses on loosening the body's joints and is excellent for those with rheumatism, arthritis, high blood pressure, heart problems, or other ailments where vigorous exercise is not advised.

- |                   |                   |                              |
|-------------------|-------------------|------------------------------|
| 1. Base Position  | 6. Half Butterfly | 10. Wrist Joint Rotation     |
| 2. Toe Bending    | 7. Full Butterfly | 11. Elbow Bending            |
| 3. Ankle Bending  | 8. Hand Clenching | 12. Shoulder Socket Rotation |
| 4. Ankle Rotation | 9. Wrist Bending  | 13. Neck Movements           |
| 5. Knee Bending   |                   |                              |

#### • Digestive/Abdominal Group

This group focuses on strengthening the digestive system and is excellent for those suffering from indigestion, constipation, acidity, excess wind or gas, lack of appetite, diabetes, disorders of the male and female reproductive systems and varicose veins.

- |                               |                                |                          |
|-------------------------------|--------------------------------|--------------------------|
| 1. Single & Double Leg Raises | 4. Wind Releasing (Leg Cradle) | 7. Sleeping Spinal Twist |
| 2. Leg Rotation               | 5. Rocking & Rolling           | 8. Boat Pose             |
| 3. Cycling                    | 6. Sleeping Abdominal Pose     |                          |

#### • Energy Enhancing Postures

This group focuses on improving the energy flow within the body and breaking down neuron-muscular knots especially in the pelvic region where energy tends to stagnate. It is useful for those with reduced vitality, stiff back, menstrual problems, weak pelvic organs and muscles. Those with serious ailments should seek professional advice before attempting.

- |                         |                    |                        |
|-------------------------|--------------------|------------------------|
| 1. Pulling the Rope     | 4. Rowing the Boat | 7. Wind Releasing Pose |
| 2. Dynamic Spinal Twist | 5. Chopping Wood   | 8. Crow Walking        |
| 3. Churning the Mill    | 6. Salutation Pose |                        |

# SUN - SALUTATION

## Surya Namaskar / Sun- Salutation

Surya Namaskar—the Salutation to the Sun—is not merely physical exercise, but a sacred movement ritual rooted in yogic reverence. "Surya" represents not just the external sun, but the inner light, the solar force or Pingala Nadi—the dynamic, masculine energy within the body. "Namaskar" is an offering of humility, a bow to the source of life, light, and consciousness.

Though not originally a part of classical Hatha Yoga.

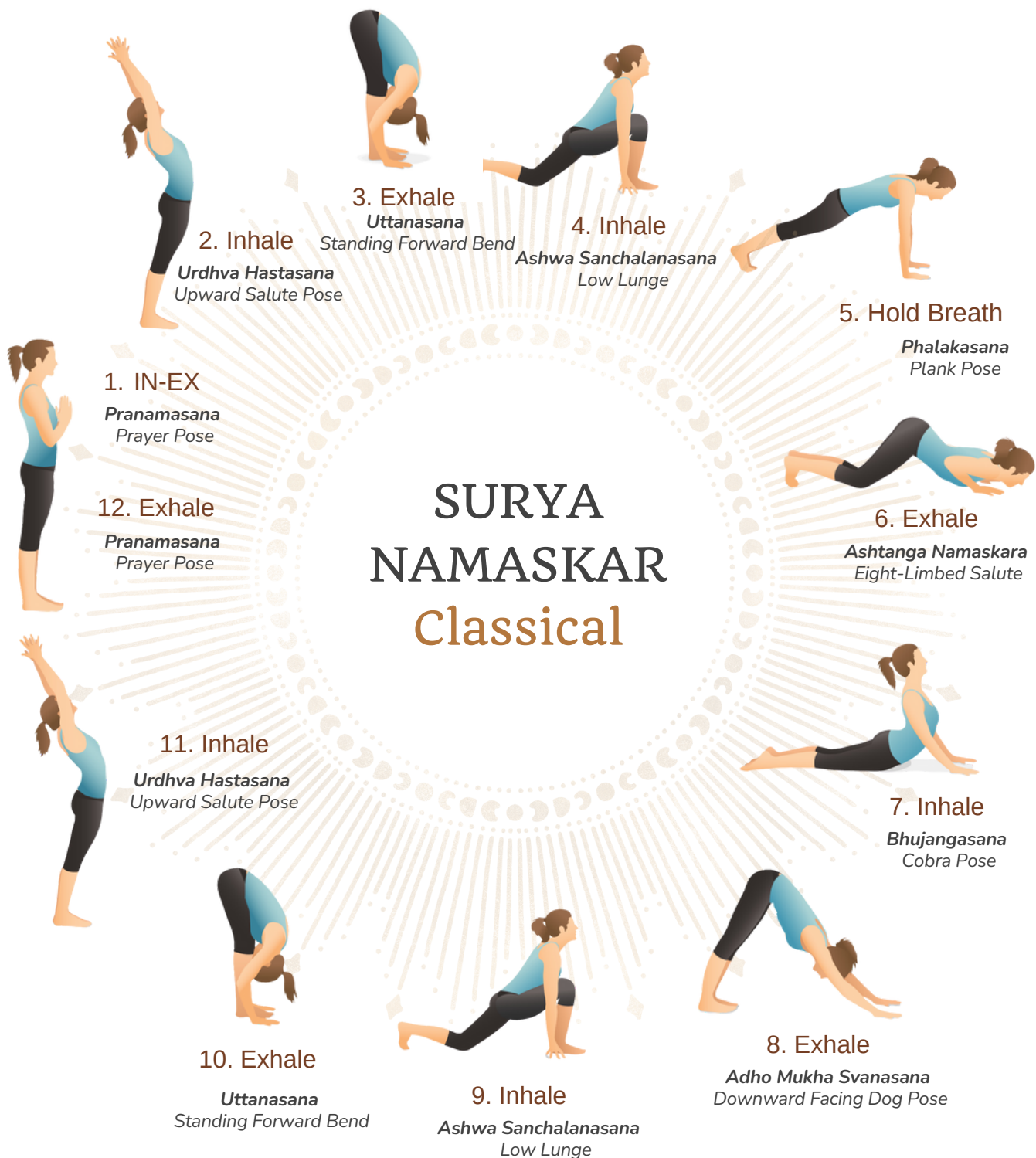
Surya Namaskar became a vital yogic practice for awakening the pranic body. As the sequence flows with breath and movement, it harmonizes the solar and lunar energies, purifies the nadis (energy channels), and ignites the Manipura chakra—the seat of inner power and will.

The alternating expansion and contraction of the chest mirrors the cosmic rhythm of inhale and exhale, sun and moon, action and stillness. Each round becomes a moving prayer—energizing the body, centering the mind, and invoking presence.

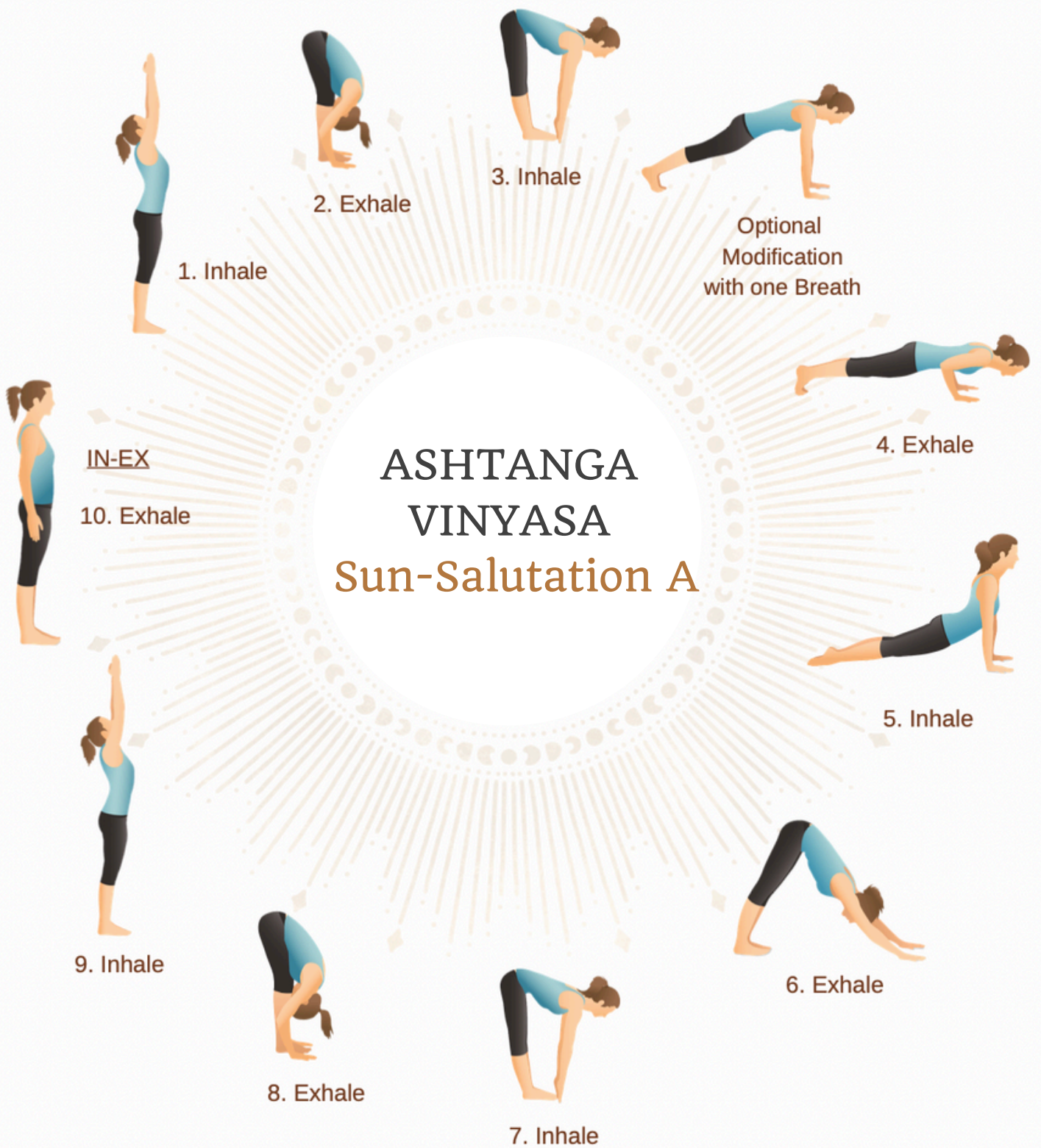
Surya Namaskar is thus both sadhana and upasana—discipline and devotion—uniting the practitioner with the deeper cycles of the cosmos and the radiance of the Self.



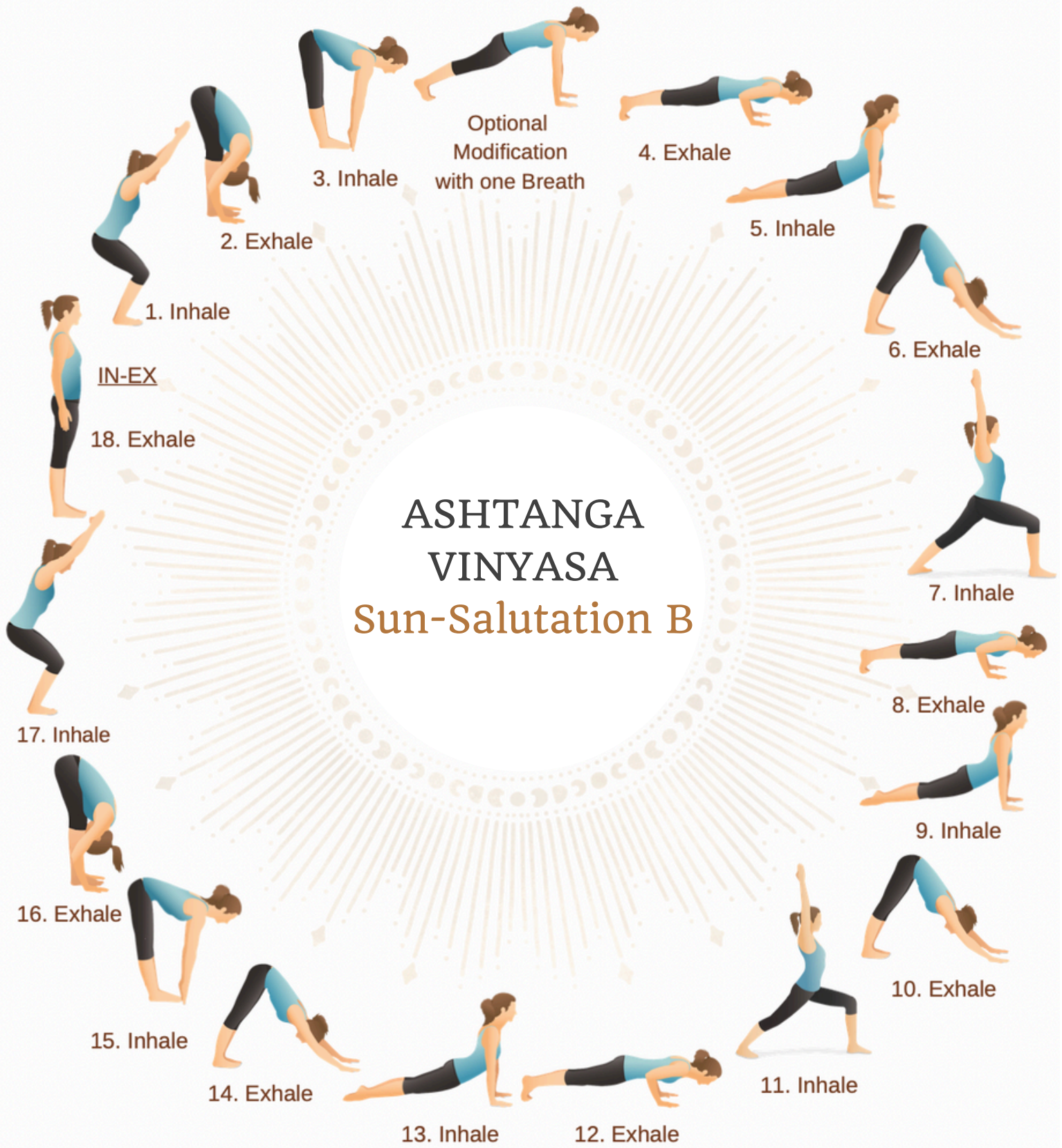
# Hatha Traditional Sun-Salutation



# Ashtanga Vinyasa Sun Salutation A



# Ashtanga Vinyasa Sun Salutation B



# 4.3 : STANDING POSES

## MOUNTAIN POSE : TADASANA

Tadasana is the map or the blueprint to all the other asanas.



Your feet are the foundation of your body. They should be pointing forward, with your weight equally distributed on all three points of each foot, and toes relaxed.



Never hyper-extend your knees by pushing them back. Keep them relaxed so that the middle of your knees come directly above the middle of your ankles

### PHYSICAL BENEFITS :

- Practicing Tadasana with proper alignment will guide the practitioner in developing a clear picture of all asanas.
- When the mechanics of this pose are fully understood, it is easier to gain and maintain the alignment for most other poses, especially standing poses and inversions.

### ENERGETIC BENEFITS :

- The energy flow of the physical body and the subtle body (mind) depends on the space we sustain and create on the physical body.
- Therefore, Tadasana stands for its name like a mountain grounded, helping yogi's mind and body to be steady and stable at all times, rising above all the challenges in our lives.

### CONTRAINDICATIONS :

- Whether we are aware of it or not, Tadasana is applied throughout the day. But people with headaches, low blood pressure, insomnia, or dizziness are advised against practicing the pose for long periods.
- Menstruating and pregnant women are advised to practice Tadasana with their backs against a wall.

# WARRIOR 2 : VIRABHADRASANA II



REVERSE WARRIOR :  
OPTIONAL FOLLOW UP

## PHYSICAL BENEFITS :

- This pose helps relieve lower back cramps and strengthens the region simultaneously.
- Spreading your arms to the side opening your chest cavity, promoting healthy lungs.
- Virabhadrasana helps in strengthening and toning the legs and buttocks.

## ENERGETIC BENEFITS :

- It is not easy being a warrior, especially when we have to fight our own minds and habits. The warrior in us should work to bring the best out of us in all situations.
- The warrior pose reminds us that ferocity exists not only to destroy but also to cultivate strength to achieve integrity, compassion, and love in our mind.

## CONTRAINDICATIONS:

- Those who are menstruating or pregnant should not hold this pose too long.
- A simple variation of the same asana can be taken on a chair.

# PLOUGH POSE : HALASANA



## PHYSICAL BENEFITS :

- This pose rejuvenates the abdominal organs and is useful in dyspepsia, hernia, gastric disorders and certain types of diabetes.
- Halasana improves our immune system by stimulating the pineal, pituitary and thyroid glands. ,

## ENERGETIC BENEFITS :

- This posture promotes a meditative state, guiding your thoughts towards introspection and your higher self.

## CONTRAINDICATIONS:

- This pose is not for those with high blood pressure, cervical spondylitis. enlarged thyroid, slipped disc or operative stage hernia.
- This pose should be avoided during menstruation or the advanced stages of pregnancy.

# 4.11 : MEDITATION POSES

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## EASY POSE : SUKHASANA



### PHYSICAL BENEFITS :

- Sukhasana opens the hips and lengthens the spine. Due to the lengthening of the spine, one's breathing becomes deeper and easier, which also results in the relaxation of the nervous system.
- This is a good replacement pose for Padmasana.

### ENERGETIC BENEFITS :

- Sukhasana is one of the poses recommended by Sage Vyasa for meditation.
- This pose is easy on the hips and keeps the spine straight. This pose is usually used for meditation.

### CONTRAINDICATIONS:

- This pose should be avoided by those with knee injuries or a sprained ankle.
- Sit on a folded blanket and lean against a wall to keep the spine erect.

## 4.12 : YOGA FOR MENSTRUATION

The practice of yoga is a journey and is cyclical, like our lives. During certain times, modifications will be needed to continue to take care of your body and mind.

Menstruation is one of those times to approach with an awareness towards healing and understanding. Menstruation can cause symptoms like bloating, backaches, cramps, heavy bleeding, headaches, fatigue and mood and emotion swings.

During menstruation, energy and physical strength can be lower than usual, so higher energy practices like Vinyasa and Power Yoga may need to be modified or avoided. Practicing challenging flows with less energy may result in poor alignment, loss of balance and greater risk of injury.

### Common Poses to Avoid

- AdhoMukhaVriksasana (Handstand)
- SalambaSarvangasana (Shoulderstand)
- Halasana (Plow Pose)
- Bakasana (Crow Pose)
- UrdhvaDhanurasana (Full Bridge Pose)
- Navasana (Boat Pose)

### Pranayama/Bandhas to modify/avoid

- Kapalabhati Pranayama
- Uddiyana Bandha
- Mula Bandha
- Any Pranayama to be done in a supine/ laying position, as opposed to sitting.

Particularly avoid inversions during menstruation. The reason for this is that during this period, the uterus is saturated with blood and gravity pulls on uterine ligaments and veins. The excessive weight and pressure can cause the veins to collapse, which will limit the ability of blood to exit through the veins and will increase vascular pressure. Also avoid poses with significant abdominal contraction, arm balances and deep back extensions.

## SUGGESTED POSES

### Poses that encourage groundedness

Standing and seated forward extensions, like :

- Uttanasana,
- Adho Mukha Svanasana,
- Paschimottanasana and Janu Sirsasan
- Supine poses (like Supta Baddha Konasana and Supta Vajrasana)
- Seated poses (like **Virasana**, **Baddha Konasana** and **Gomukhasana**)
- Supported backbends (like **Setu Bandha Sarvangasana**)
- **Savasana** during menstruation IS MEDICINE. It helps to calm the nervous system and balance emotions. This time of restoration is exactly what the body needs.

## Do's

- Continue to practice
- Take it easy
- Modify based on needs, including using props or the wall, especially for balance
- Stay hydrated
- Take a wider stance
- Engage the pelvic floor
- Connect with breath
- Take Savasana lying on the left side

## Don't

- Practice in the heat
- Do deep back extensions
- Do deep, closed twists
- Lay on belly
- Lay on back if it is uncomfortable
- Do core work outside of prenatal-approved practices
- Push past pre-pregnancy flexibility
- Try new advanced poses where it would be possible to fall
- Retain breath

## Poses that can help alleviate pregnancy symptoms and discomfort.

### FOR BACKACHE:

- **Seated Chest Circles** – While sitting in a comfortable cross-legged position with hands-on knees, move the chest in circles, expanding the chest to the front and rounding at the back end of the circle.
- **Gentle Seated Twist** – While sitting in a cross-legged position, bring one hand to the opposite knee, and twist gently.
- **Balasana (Child's Pose)** – Take this pose with wide knees and for additional comfort, place the forehead on the backs of the hands or rest on a bolster.
- **Gentle Marjaryasana-Bitilasana (Cat-Cow)** – Don't enter the full expression of these poses, but arch the back while looking forward and round the back while looking down.
- **Paschimottanasana (Seated Forward Bend)** – Seated with legs out long in front, separate the legs to make space for the baby, concave the back and fold over the legs. Knees can also be bent here.

### FOR CONSTIPATION:

- **Malasana (Deep Yogi Squat)** – Come into a deep, low squat and sit on a block or bolster.
- **Balasana (Child's Pose)** – Take this pose with wide knees and for additional comfort, place the forehead on the backs of the hands or rest on a bolster.
- **Paschimottanasana (Seated Forward Bend)** – Seated with legs out long in front, separate the legs to make space for the baby, concave the back and fold over the legs. Knees can also be bent here.

### For Headaches:

- **Garudasana (Eagle Pose) Arms** – While seated in a comfortable cross-legged position, take Eagle arms to release neck and shoulder tension.
- **Supported Supta Baddha Konasana (Reclined Bound Angle/Butterfly Pose)** – Use bolsters and blankets to elevate the chest and passively open the chest and release tension in the neck.

# 5 : PRANAYAMA & BANDHA



## GOAL

TO PREPARE YOU FOR BASIC PRANAYAMA PRACTICE AND TEACHING IN YOUR YOGA CLASS

### 5.1 What is Pranayama?

Pranayama is the fourth stage in Patanjali's 8 limb yoga system, to be practiced after Asana is mastered.

Pranayama is generally understood as yogic breathing, breath control, or control over vital energy. In Sanskrit, "Prana" means "Vital energy" or "Lifeforce" and "Ayama" means "Extension or Expansion".

Therefore, Pranayama literally means the "Expansion of Vital Energy."

Pranayama is a process in which inhalation and exhalation take place in a stable rhythm and in harmony, which leads the mind to a state of peace and tranquility. Based on the Yoga Sutras of Patanjali, it is the fourth stage of Ashtanga Yoga and should be practiced after mastering Asana.

The Main Benefits of Practicing Pranayama:

- Pranayama makes the body lighter
- It is the only natural way to strengthen the immune system
- Maintains good physical & mental health
- Increases life span
- Prepares one for higher yoga practices like concentration and meditation.

### THREE COMPONENTS OF PRANAYAMA.

The Pranayama breath involves three basic phases of breathing: inhalation, exhalation and retention:

- **Puraka**- it is the inhalation controlled in a yogic way.
- **Rechaka** is the phase of exhalation, controlled in a yogic way.
- **Kumbhaka** is the phase of retention, controlled in a yogic way.
- When the breath is retained inside the body after inhalation, it is known as **Abhyantara or Antara or Purna Kumbhaka**.
- On the other hand, when the breath is retained outside the body after exhalation, it is known as **Bahya or Shunya Kumbhaka**.

Though the use of Bahya Kumbhaka is found sporadically in some practices of Pranayama, it is mainly the Abhyantara Kumbhaka that is used in the majority of Pranayama practices, especially when they belong to the hatha yoga tradition.

#### The Best Time For Pranayama Practice.

As recommended by yogi masters, the five following times of the day, according to the position of the sun, are beneficial for Pranayama practice:

- Morning - 6am
- Noon - 12pm
- Evening - 6pm,
- Midnight - 12am
- Early morning - 4am.



## 3.2 : Types of Pranayama

### 1.KAPALABHATI

According to an ancient text known as Gheranda Samhita, Kapalabhati is not a pranayama but a cleansing practice.

Kapalabhati literally means 'the practice that makes the forehead and entire face lustrous'. It helps clean the sinuses and all other respiratory passages and stimulates the abdominal muscles and digestive organs. A sense of exhilaration is experienced with this practice.

**According to the Hatha Yoga Pradipika:** 'Inhalation and exhalation should be done quickly like a blacksmith's bellows. This is the very renowned practice of Kapalabhati which removes diseases caused by excessive mucus in the body'.

(Ch II:35)

#### **BENEFITS :**

- Digestion: Massages and improves the functioning of the digestive system.
- Brain: Clears the brain's frontal lobe by speeding up blood flow.
- Subtle level, it also stimulates pranic flow in the same region.
- Alertness. Kapalabhati wakes up the mind. So, if you have much mental work to complete yet feel tired, we suggest you energize the mind with a few rounds of Kapalabhati.

#### **LIMITATIONS:**

- Kapalabhati should not be done by those who suffer from ailments such as high blood pressure, vertigo, hernia and heart problems. To be avoided during menstruation.

### 2.BHASTRIKA

The word Bhastrika means 'bellows'.

This practice is so-called because air is drawn forcefully and quickly in and out of the lungs like the bellows of a village blacksmith.

The blacksmith increases the flow of air into the fire in order to produce more heat. Bhastrika Pranayama can be said to do the same thing; it increases the flow of air into the body, which produces inner heat, both gross and subtle. The inner fire of the mind-body is stoked. This heat burns up impurities, whether physical impurities such as toxins, pranic blockages, or mental neuroses. Bhastrika, on the other hand, is done through the chest and engages the lungs. Here, unlike Kapalabhati, both inhalation and exhalation are forced.

#### **BHASTRIKA TECHNIQUE :**

In this practice, the diaphragm and abdominal muscles are used as in Kapalabhati, but here both inhalation and exhalation are vigorous and forceful. Between seven to twenty one cycles should follow each other in quick succession.

One should breathe in and out rapidly using only the abdomen. The movement of the chest should be minimized. The respiration must be performed by conscious and accentuated movement of the abdomen.

#### **BENEFITS :**

- Brain oxygenation.
- It benefits the nervous and the motor system.
- It is great for energizing the body and the mind
- Strengthens immunity
- helps in fibrosis
- Helps in relieving anxiety

#### **LIMITATIONS :**

- Bhastrika should not be practiced in case of:
  - High blood pressure
  - Any heart ailments
  - Hernia
  - Vertigo
  - And During Menstruation

### 3.UJJAYI

The word Ujjayi may be interpreted as ‘controls or victory arising from a process of expansion’. This Pranayama enhances the ventilation of the lungs, removes phlegm, calms the nerves, and fills the whole body with vitality. Most techniques based on tantric yoga utilize this Pranayama.

#### **UJJAYI TECHNIQUE :**

Inhalation and exhalation during Ujjayi is slow and deep, and take place with partial closure of the glottis. This produces a sobbing-like sound, but is even and continuous. During inhalation, the incoming air is felt on the roof of the palate and is accompanied by the sobbing sound `sa`. During exhalation, the outgoing air is felt on the roof of the palate and is accompanied by the aspirate sound `ha`. During inhalation, the abdominal muscles are kept slightly contracted, and during exhalation, the abdominal pressure is exerted until the breath is completely expelled.

#### **UJJAYI BENEFITS :**

Tension and stress are associated with high blood pressure. Ujjayi Pranayama, by applying a slight pressure on these sinuses in the neck, causes them to react as though they have detected high blood pressure, which result in the heartbeat and blood pressure being reduced below normal. One becomes physically and mentally relaxed. This is the reason why Ujjayi is so important in many meditational practices. It induces overall relaxation, which is essential for success in meditation.

People who suffer from insomnia will find it very useful. Those who suffer from high blood pressure will find that Ujjayi helps to reduce their blood pressure, even if only for a short period of time at first. In general, we can say that Ujjayi is helpful for all ailments that originate from nervousness or chronic stress.

### 4.NADI SHODHAN/ANULOM-VILOM

According to the great Rishi Gheranda, Nadi Shodhanam (also known as Nadi Suddhi, Anuloma Viloma, or Alternate Nostril Breathing) should be practiced religiously over a certain period before practicing other Pranayamas.

Nadi Suddhi is required because prior to the actual yogic practices, one has to prepare the base (physical body) by cleaning out all impurities and obstructions from the body.

#### **Three Main Nadis / Channels:**

- Sushumna - Central
- Ida - Left
- Pingala - Right

#### **NADI SHODHAN TECHNIQUE :**

Sit in any steady and comfortable posture with the back straight, eyes closed and hands on knees. With the right thumb, close the right nostril and slowly inhale through the left without making any sound, for as long as is comfortable. After complete inhalation, close the left nostril with the ring and little fingers and exhale very slowly through the right nostril, taking a longer period of time. The duration of exhalation will be double that of inhalation. After complete exhalation, inhale through the right nostril and exhale through the left. Practice this for 5 - 10 minutes.

#### **BENEFITS:**

- Infuses the body with oxygen
- Clears and releases toxins
- Reduces stress and anxiousness
- Calms and rejuvenates the nervous system
- It helps to balance hormones
- Supports clear and balanced respiratory channels
- It helps to alleviate respiratory irritants
- Balances solar and lunar, masculine and feminine energies
- Fosters mental clarity and an alert mind
- It enhances the ability to concentrate
- It brings balance to the left and right hemispheres of the brain

## 4. BHRAMARI (Humming Breath)

In Sanskrit, Bhramari means 'bee', and the sound produced during exhalation in this practice sounds like the humming of a bee.

### **TECHNIQUE :**

Sit in any steady and comfortable posture with back straight, eyes closed and hands on knees. Close both the ears with the thumbs, place both the index fingers on the eyebrows and place the middle, ring and little fingers on both the eyes very gently. Inhale through both nostrils as much as you can, hold the breath for as long as is comfortable and then exhale through the nostrils very slowly, producing an 'OM' sound with the mouth closed. This sound will create a vibration inside the head and after a few days, it will descend to all the parts of the body. Repeat 10 - 15 times at a stretch.

### **BRAHAMARI BENEFITS :**

- Lowers high blood pressure and reduces hypertension
- Calms the mind and reduces anxiety
- Balances the nervous system
- Bolsters heart health
- Sharpens focus and concentration



## 5. SHEETAKARI (Hissing Breath)

In this practice, the sound 'shee' or 'sheet' is made during inhalation. The Sanskrit word kari means 'that which produces'. Therefore sheetakari can be translated as 'the pranayama that produces the sound shee.' In English, the practice is called 'the Hissing Breath'.

This practice is mentioned in the Hatha Yoga Pradipika, which states, 'Make the sound 'shee' while breathing through the mouth. By practicing this, one will become like Kamadeva (Cupid, the god of love)'. (3:54)

### **Shape of the mouth:**

Press the lower and upper teeth together. Separate the lips as much as is comfortable. Fold the tongue backwards into Khechari Mudra, so that the lower surface gently presses the upper palate.

### **TECHNIQUE :**

Sit in a comfortable posture. Close the eyes. Shape the mouth as described above. Breathe in slowly and deeply. At the end of inhalation close the mouth, keeping the tongue in Khechari Mudra. Hold the breath and do Jalandhara Bandha for a few seconds. Then release the bandha, and raise the head. Slowly breathe out through the nose.

### **SHEETAKARI BENEFITS :**

- The action of pulling the air through the teeth creates a cooling effect on the body.
- Sheetkari relaxes the body and the mind.
- According to Hatha Yoga Pradeepika, Sheetkari removes hunger, thirst, sleep and lassitude.
- Sheetkari is good for health of teeth and the gums.

## 3.3 MUDRAS, BANDHAS & KRIYAS

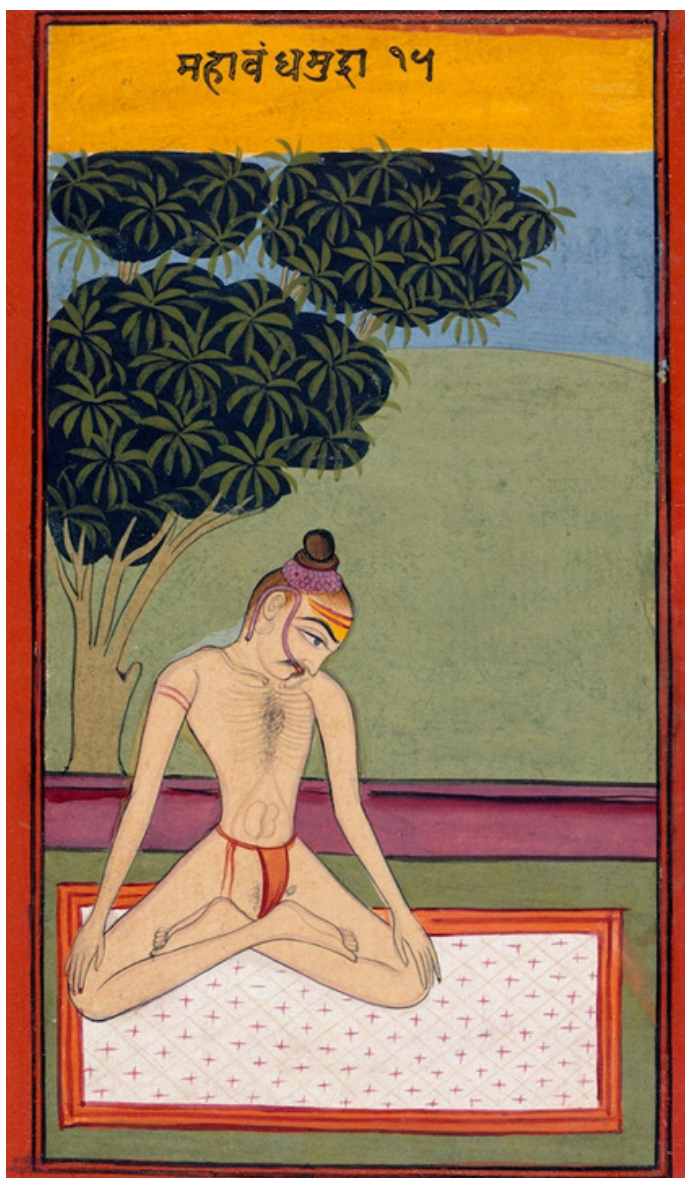
### Introduction :

Mudras, Bandhas and kriyas are considered advanced practices of yoga. Once Asana and Pranayama are mastered, there are additional, more specific instructions in yoga that help the student cleanse, purify, and move energy inside themselves in subtler ways.

### WHAT IS BANDHA ?

The word Bandha means 'to hold, tighten or 'lock' and this exactly describes the physical action necessary to perform these practices. Specific parts of the body are contracted.

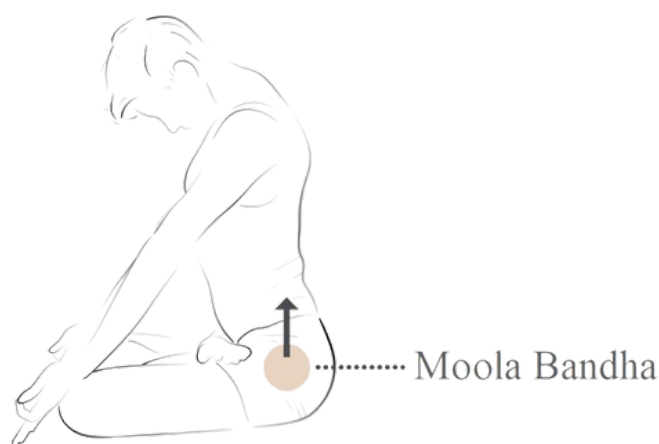
The physical contraction or lock has an extensive influence on the psychic body. The whole body and mind is tranquilized and made receptive to higher states of awareness by channeling the flow of prana into the sushumna nadi.



**There are four types of bandhas: Jalandhara, Moola, Uddiyana and Maha.** Traditionally, Bandhas were part of Mudras. Bandhas may be practiced on its own or combined with Mudra and Pranayama practices.

### MOOLA BANDHA

The Sanskrit word 'moola' means root and 'bandha' means lock. Here, the word 'moola' refers to the mooladhara chakra and also to the root of the spine, the perineum.



## Technique

In a comfortable seated position, with palms on your knees, fully exhale the air out from your lungs, while contracting the abdominal and chest muscles. Hold the breath and do Jalandhara Bandha. Expand the chest as if you are breathing in, but do not inhale. This mock inhalation will raise the diaphragm and cause the abdomen to become concave, without contraction of the abdominal muscles.

## Benefits

- Massages and strengthens the abdominal muscles. Alleviates stomach issues, constipation, indigestion, enlarged liver and spleen.
- Improves digestion.
- Cures depression,
- Awakens and energizes the energetic body.

## WHAT IS MUDRA ?

Mudra means 'gesture', and it can be described as a psychic gesture. Mudras are physical positionings of the body that have a profound influence on the energetic system of the subtle body.

**Mudras can be categorized into the following groups:**

- **HASTA** – Hand Mudras, such as Gyana Mudra, Chin Mudra
- **MANA** – Head Mudras, such as Khechari Mudra
- **KAYA** – Postural Mudras, such as Yoga Mudra, Viparita Karani Mudra
- **ADHARA** – Perineal Mudras such as Ashwini Mudra

## WHAT IS KRIYAS ?

Kriya means 'action'. Kriya Yoga are techniques which involves cleansing actions of the physical and mental bodies. These techniques are to purify and balance a practitioner's physical and mental aspects before going deeper into the spiritual path.

Kriyas can be grouped into six categories, otherwise known as the shatkarma or shatkriya. They affect almost all the vital systems in the body as well as the individual organs like the eyes, ears, lungs and colon. There are as many as 21 shatkarmas listed in the Gherand Samhita and Hatha Yoga Pradipika, here are six of them:

Shatkarma	Effect On The Body
Kapalabhati	Cleanses and strengthens the digestive and respiratory systems
Tratak	Relaxes the eyes and its surrounding muscles
Neti	Cleanses the sinus and nasal passages.
Nauli	Cleanses and strengthens the abdominal organs.
Dhauti	Cleanses the head and thoracic organs.
Basti	Cleanses and tones the large intestines.

# 6: MEDITATION



## GOAL

BECOME MORE AWARE OF YOUR BODY, BREATH, THOUGHTS, AND EMOTIONS ALSO BE ABLE TO TEACH BASIC MEDITATION WITH YOUR YOGA CLASS.

## 6.1 What is Meditation ?

The quality of observation, the quality of being aware and alert - that's what meditation is. Remember one thing: meditation means awareness.

Whatever you do with awareness is meditation. The action is not the question but the quality you bring to your action.

**Walking** can be a meditation if you walk alertly.

**Sitting** can be a meditation if you sit alertly with inner relaxation.

**Listening to the birds** can be a meditation if you listen with awareness.

**Listening** to the inner noise of your mind can be a meditation if you remain alert and watchful.

**Then whatever you do is meditation.**

**When you are not doing anything at all - bodily, mentally, on any level - when all activity has ceased, and you simply are just being, that's what meditation is.**

- **The First step** is in awareness to be watchful towards the body
- **Second** start becoming aware about your thoughts
- **Third** then start becoming aware about your feelings, moods and emotions.
- **Slowly slowly** one settles into the present. The moment you are here and now you have tasted it.

## 6.2 : Misconceptions About Meditation

**CONCENTRATION is not Meditation;** it can be a preparatory step, Concentration has its uses, but it is not meditation. Meditation means relaxed awareness. One simply relaxes into oneself with awareness.

### **INTROSPECTION is not meditation**

Introspection is thinking about yourself. It has great value. However, Meditation means Self-remembrance. Meditation is not thinking at all: It is becoming aware of oneself.

**Modern Psychology** insists on introspection; it has its use, but Eastern psychology insists on self-remembering, Being aware of yourself

**Eastern psychology says,** "Be aware. Don't try to analyze; there is no need. Just look at it, but look with awareness.

The beauty of it is if you are face to face with any thought or emotion inside of you and you can look at it clearly, slowly, slowly, it disappears. Now you have the key to meditation.

## Gifts of Meditation

- Inner\_Silence and Stillness - Peace
- Growing in Sensitivity- Friendliness
- Lovingness for your surrounding
- Compassion - Mediation and Love together
- Inner Joy for no reason at all
- Intelligence - Ability to Respond rather than reaction
- Your Authentic self -Your Presence is Awaken
- Creative Awakening

## How do you know that you are doing the Right Meditation?

If you are doing it right, then Meditation brings you more Sensitivity, Relaxation, Lightness, and Watchfulness and gives you a feeling of immense well-being and ease. This is the only criterion that you are doing right and going on the right path.

If you become more miserable, more angry, more of an egoist, more greedy, more lustful, those are the indications that you are moving on the wrong path.



## 6.3 THE SCIENCE OF MEDITATION

Methods and Meditations Techniques are helpful because they are scientific. You are saved from unnecessary wandering, unnecessary groping; if you don't know any techniques, you will take a long time.

### Experiment and Effort

Enter into meditation with an attitude of experimentation and curiosity to find out how it works. So superficially, all meditation techniques are doings. But more profoundly, they are not because if you succeed in them, the doing disappears. It becomes a natural state.

### Meditation Methods

Meditation is witnessing. To meditate means to become a witness. Meditation is not a technique at all! In the ultimate sense, meditation is not a technique but an understanding and awareness. But we need techniques because that final understanding will happen, hidden deep in us but still very far away. Techniques will bridge the gap; they are to bridge the gap.

### The right method will click

When you try the right method, it clicks immediately. The right method, whenever you happen upon it, relates. **Something explodes in you, and you know, "This is the right method for me."** But the effort is needed, and you may be surprised that suddenly one day, one method has gripped you.

**Take one method:** Do it for three days. If it gives you a certain feeling of affinity, if it gives you a certain feeling of well-being, if it gives you a certain feeling that this is for you, then be serious about it. Then forget the others. stick to it—at least for three months.



### Three Essential

- Playfulness
- Patience
- No Agenda



### Obstacles in Meditation

- Continuing Chatter of the mind
- Judgments
- Egoistic Nature

## 6.5 : PHYSICAL PREPARATION FOR EFFECTIVE MEDITATION

### The connection between catharsis and trauma recovery



## TRAUMA STORED IN THE BODY

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- ✓ Trauma is an emotional reaction to a stressful, frightening, or disturbing incident or series of events. Nearly everyone has faced some form of trauma in their lives.

Trauma is an emotional reaction to a stressful, frightening, or disturbing incident or series

- ✓ of events. Nearly everyone has faced some form of trauma in their lives.

It is a shock to the system. And when that shock is stored instead of released, it can cause physical and mental health issues down the road.

- ✓ Trauma can have various physiological effects on the body, including increased heart rate and blood pressure, changes in breathing patterns, muscle tension, and increased levels
- ✓ of stress hormones like cortisol. These responses are part of the body's fight-or-flight response and can have both short-term and long-term impacts on overall health and well-being.

Here is a summary of catharsis steps you can use to begin releasing trauma trapped in your body:

- 1. Move your body** - Take a walk, go for a run, do jumping jacks.
- 2. Progressive muscle relaxation** -Tightening and relaxing specific muscle groups in sequence.
- 3. Make some noise** - Screaming into your pillow is an obvious and accessible option. Try Singing
- 4. Purge your words** - Telling your story — either by writing it down or speaking it aloud — or Gibberish — is known to leave us feeling cleansed.
- 5. Act out on inanimate objects** -Imagine throwing or smearing paint on a canvas or digging into the clay with all your strength. Even some furious pencil sketching could provide a cathartic outlet.
- 6. Breathe of fire** - Breath of Fire is a yoga breathing technique for building up to rapid, forceful breaths in order to cleanse and calm.
- 7. Get cathartic the old-fashioned way** - Take a deep dive into funny YouTube videos that make you laugh out loud.
- 8. Catharsis Breath** - Shaking - Dancing together can be a powerful way to release emotional stress

# 7 : MANTRAS - The Sonic Sounds



## GOAL

OPEN YOUR HEART TO THE ENERGY OF SONIC SOUNDS OF MANTRAS TO UPLIFT YOUR CONSCIOUSNESS

All existence is simply an arrangement of silence and sound. Or simply, sound at different frequencies, for silence, too, is a type of sound. - Om Swami

## What is Mantra

For thousand of years, yogis have known mantra (or japa), whether chanted, whispered, or silently recited, to be a powerful tool for meditation and therapy. Western science is catching up.

Neuroscientists, equipped with advanced brain-imaging tools, are confirming some of the health benefits of this ancient practice, such as its ability to help clear your mind and calm your nervous system.

## The Root of Mantra

The word mantra is derived from two Sanskrit words — manas (mind) and tra (tool). Mantra literally means “a tool for the mind,” and was designed to help practitioners access their true natures and a higher power.

## Why do we chant Mantras?

Mantra is not just sound; it is energy, vibration, and an access point to the infinite.

We chant Mantras for purification, connection, and Removing energetic blockages, for Mantras are the energy of the sound that bonds us with the universal energy around us.

Some Mantras are invoked by the Sages and Enlightened beings, so when we chant those mantras, we tap into that invoked energy in the Universe.

When chanted with awareness, mantras shift our frequency, clear energetic blockages, and align us with higher states of consciousness. **Each mantra carries a unique resonance—some ignite fire within, others soften the heart, some expand awareness, and others invoke deep silence.**

*Science believes that there are two types of energies: potential and kinetic. Mantra science says the same thing but takes it a step further. In mantra yoga, while kinetic energy is an aspect of potential energy, the movement in energy causes sound. When this sonic aspect of energy is harnessed or channelized, it becomes the creative energy.*

*-Ancient Science of Mantras*

Throughout history, people have used the ancient practice of repetitively chanting or singing mantras with musical instruments as a form of meditation to attain freedom, love, compassion, and a sense of unity with the universe.

Mantras have the power to transform the mind, but it's crucial that the chanter has a deep understanding of the mantra's meaning. It's not the mantra itself that brings liberation but rather the understanding behind it that imbues it with spiritual energy.

Therefore, for the mantra to be an effective tool for healing, it must be linked to the chanter's direct experience. By singing these mantras with love and understanding, it's still possible today to attain a sense of oneness within and without.

## How Mantras are Powerful ?

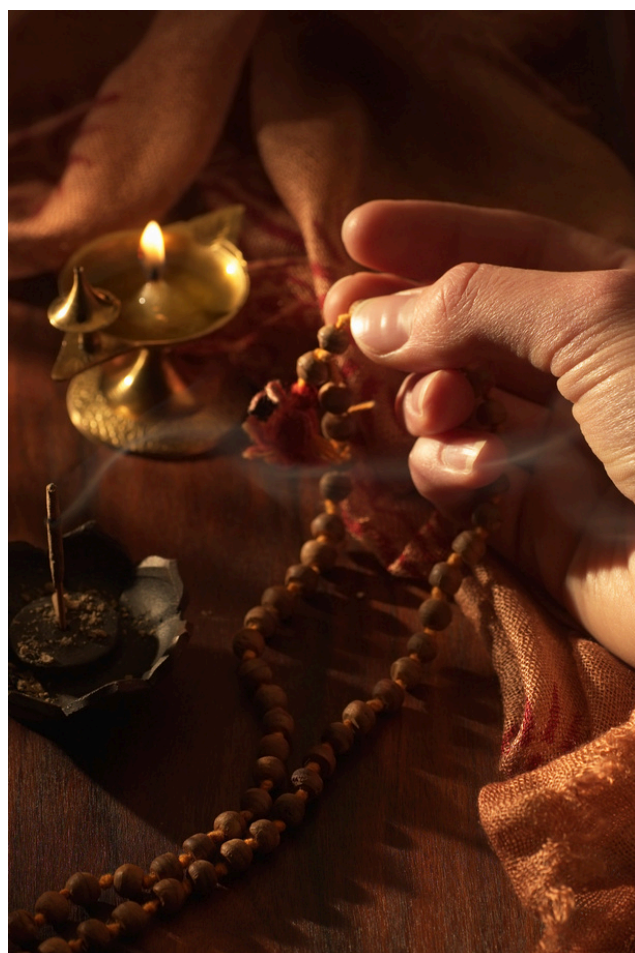
- They reprogram the subconscious, dissolving old patterns.
- They awaken dormant energies, aligning body, mind, and soul.
- They create protective fields, shielding us from negativity.
- They bring the mind into stillness, making meditation effortless.

## How to Chant Mantras ?

Chanting Mantras is also known as Japa. You can chant Mantras as a part of your meditation, personal prayer, or during before/after Meditation..

You can chant Mantras internally, loudly, or softly. When you chant a Mantra softly, it aids in soothing your nerves. When you recite it as a musical note, it can enchant your heart.

- **Set an Intention** – Feel into the purpose of the chant. Are you calling in strength, healing, clarity, or devotion?
- **Correct Pronunciation** – The vibration matters. If you're unsure, listen to authentic sources before chanting.
- **Use Mala Beads (Optional)** – Chanting 108 times deepens the imprint in your being.
- **Focus on the Vibration** – Let the sound resonate in your body, especially in the heart, throat, or third eye.
- **Surrender to the Mantra** – Let go of effort. Allow the mantra to chant through you.



# 8 : ANATOMY



## GOAL

UNDERSTANDING OF MUSCULOSYSTEM AND BE ABLE TO APPLY IN PRACTICE AND TEACHING

## 8.1 THE SKELETAL SYSTEM

The skeleton is a collection of bones that supports the rest of our body. It gives us shape and a framework to protect the vital organs, such as the brain (protected by the skull), the heart and the lungs (protected by the ribcage).

It also produces blood cells, stores important minerals especially calcium till it is needed by the body; and enables us to move. Without bones, we would not be able to stand, walk, run or even sit!

The skeleton makes up about 20% of the human mass. When we were born, our skeleton had around **350 bones**.

By the time we become an adult, we will have only around **206 bones** as when we grow, some of the bones fuse (join) together to form one larger bone. The outside of a bone is hard, but the inside is softer, made of marrow. Young children have soft bones which keep on growing; once we reach twenty years old, our bones stop growing.

**Bones do not work on their own; together with ligaments, tendons, and cartilage, the bones join together to form joints. .**

**Some joints**, like those connecting the skull's series of bones, allow no movement. Others permit only limited movement; the joints in the spine will enable some movement in several directions. Most joints have a greater range of movement, and these are called "synovial" joints

**Ligaments** are stretchy bands that bind the bones to prevent dislocations and limit the joint's movements. The bones are hence held in position and controlled in movement by the ligaments.

Tendons are the fibrous structures that connect the muscle to the bone.

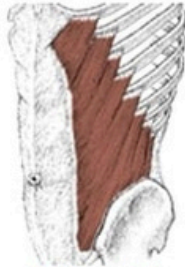
**Cartilages** are the tough, smooth, shiny substances that cover the end of each bone. They help reduce friction and cushion the bones against jolts. The cartilage-coated bone ends are kept apart by a thin film of slippery fluid (called synovial fluid) which works like a lubricant. In a narrow space, the joint "cavity" is between the bones, which gives us freedom of movement.

**Bones** are of differing size, weight and composition. The longest bone in our bodies is the femur (thigh bone). The smallest bone is the stirrup bone inside the ear. Each hand has 26 bones in it. Your nose and ears are not made of bone; they are made of cartilages.

## Muscles of the Core



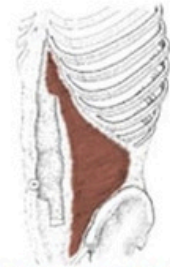
**Rectus Abdominus**



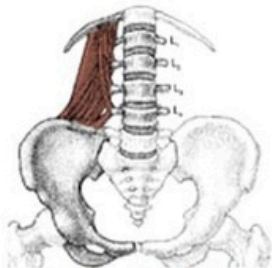
**External Obliques**



**Internal Obliques**



**Transverse Abdominis**



**Quadratus Lumborum**



**Multifidus**



**Erector Spinae**

## Muscles of the Hip & Pelvic Girdle



**Gluteus Maximus**



**Gluteus Medius**



**Gluteus Minimus**



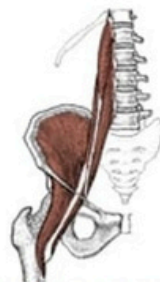
**Tensor Fasciae Latae**



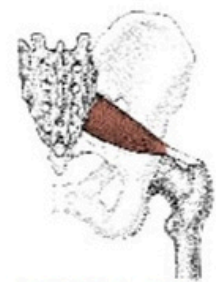
**Rectus Femoris**



**Sartorius**



**Iliopsoas**



**Piriformis**

# 9.1 : FOUNDATIONS OF A CLASS

## Essential Key Components of a Class

- 1 OPENING - OM/MANTRA CHANTING
- 2 INTENTION SETTING
- 3 WARM UP
- 4 SUN SALUTATIONS
- 5 STANDING POSES
- 6 SEATED POSES
- 7 BACKWARD BEND POSES
- 8 TWIST & FORWARD BEND
- 9 INVERSION
- 10 SAVASANA
- 11 PRANAYAMA / MEDITATION
- 12 CLOSING

### 1 OPENING

Center yourself and  
come in your presence

Call in the Presence of Ascended Master,  
Your Teacher, Divine Energies

### 2 WARM UP

Warm up the Joints ,  
Digestion System

Warm up Spine in all  
6 directions

### 3 SUN SALUTATIONS

A



B



### 3 STANDING SEQUENCE



Repeat other side  
with Vinyasa Transition



Repeat other side  
with Vinyasa Transition



Repeat other side  
with Vinyasa Transition

### 4 SEATED SEQUENCE



### 5 BACKWARD BENDS



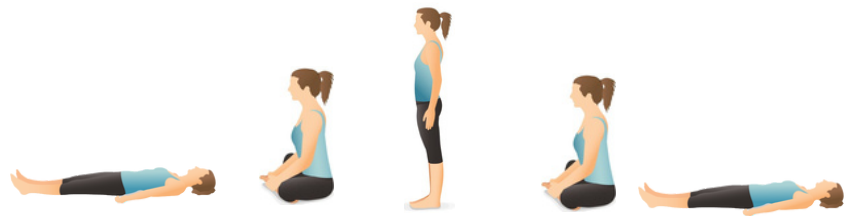
# 9.2 : SEQUENCING INTELLIGENCE

## Useful Sequencing Considerations

- 1 PATH OF LIFE
- 2 TIME OF DAY
- 3 ASCENDING / DESCENDING ENERGY
- 4 MOVING ENERGY UP
- 5 THE ENVIRONMENT
- 6 STUDENTS LEVEL
- 7 WORKING INTO A PEAK POSE
- 8 COUNTER MOVEMENTS

### 1 PATH OF LIFE

When we are born, we begin life lying down and then seated. As we develop, we learn to stand. As we age, we move back toward the ground, eventually into death. The yoga sequence mirrors our movements through life in this way (Are you sensing a Theme?)



Grounding poses

Standing poses

Relaxing poses

### 2 TIME OF DAY

Teachers must factor in the time of day into how they sequence and design a class. The energetics of the class can be structured with the movement and sequencing of the sun.



MORNING CLASSES

- ✓ Slower & more warmups
- ✓ Energizing Intention
- ✓ Cleansing Intention
- ✓ Backbends & Openers



AFTERNOON CLASSES

- ✓ Slower & more warmups
- ✓ Stable, Consistent energy
- ✓ More peak poses

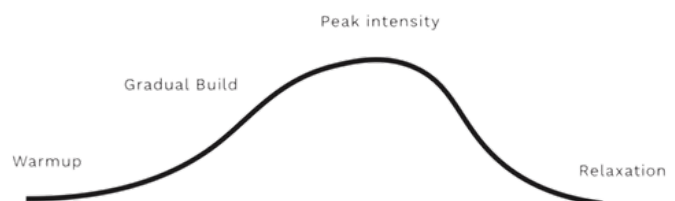


NIGHT CLASSES

- ✓ Descending energy
- ✓ Longer relaxation
- ✓ No backbends
- ✓ Longer exhalations

### 3 ASCENDING / DESCENDING ENERGY

Classes should always have gradual ascensions and descensions of energy. Avoid abrupt shifts in energetics from highly active to highly passive.



## ADJUSTING



### DEMO > CUE > ADJUST

Physical adjustment is your last go to thing as a yoga teacher. First is to demo, then cue them to get into the right alignment. If they don't get it, demo again and add more cues. If someone still doesn't get it, go up, right next to them and do it with them, cueing one on one for them. If even after this they don't get it, then use physical touch.



### FEEL CONFIDENT

Only adjust if you're 100% in the adjustment you are giving. Your students feel your energy and if you approach them with fear they will not comfortably move into the new position. **No trembling hands please.**



### ASK PERMISSION

Ask at the beginning of the class who doesn't wanna be touched. In today's world, you must have clear verbal consent from all students before you touch them. Most studios have consent cards. People take one at the beginning of every class and put the card in the corner of their mat with the side facing up that has their answer. If your studio doesn't have these, you can recommend introducing it.



### DON'T TOUCH THE JEWELS

Don't touch women near the chest, or near the pelvis, even if it would help. cue them instead. Don't touch people's feet, or sensitive parts.



### BE GENTLE ALWAYS. DON'T PUSH OR PULL

The art of adjusting is similar to cueing. You want to do as little as is necessary. You aim to touch the students so they realize the adjustment on their own, without you forcing it. All touches should be gentle. Your touch should guide them into the pose, not force them. Never push or pull a student. Touch as if you weren't even touching.



### NO SURPRISES

Sneak up behind your students and offer them surprise adjustments. Just kidding. Don't happen to ever do this. Even for those who have given consent, ensure the students know your presence before you begin adjusting. The best way to do this is to get in their eyesight, or whisper something to them before you start.



BE GENTLE



GET CONSENT



DON'T OVER  
ADJUST

# 10 : DEEP SAMADHI SEQUENCE

## Yoga and the Mind-Body Connection

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### HOW IT WORKS

Our modern culture is deeply affected by fear, anxiety, depression, shame, guilt and insecurity. A simple moment of peace, love, and joy is becoming difficult for a modern human being.

**Yoga is based on the understanding that a person is a unitary being, where what happens in the mind is reflected in the body, and vice versa.** If a person is caught in despair, helplessness, and failure, their body will mirror these states—exhibiting tightness in muscles, reduced range of motion, restricted breathing, and low energy levels. Every bodily function, including metabolism and vitality, will be affected.

The mind can certainly influence the body (Raja Yoga), just as the body affects the mind (Hatha Yoga). A positive shift in mental attitude can temporarily improve bodily functions, but unless deep-seated patterns within the body are addressed, such changes will not last. On the other hand, directly improving bodily functions—such as Postural movement (Asana), breath (Pranayama), Bhakti Yoga and Creative emotional releases (Catharsis like Lion pose, Mantra, Dance, Kirtan, Laughter) and Active and Passive Meditation (Awareness).



**Working on being present—has an immediate and lasting effect on mental well-being. In essence, increasing one's life energy is the fundamental shift required to free an individual from past restrictions and present limitations.**

### THE PURPOSE OF DEEP SAMADHI SEQUENCE

Yoga aims to help an individual reclaim their full potential. Many people live with limitations, there is no self-acceptance, self-awareness, Self-love, self-mastery, and no power to create.

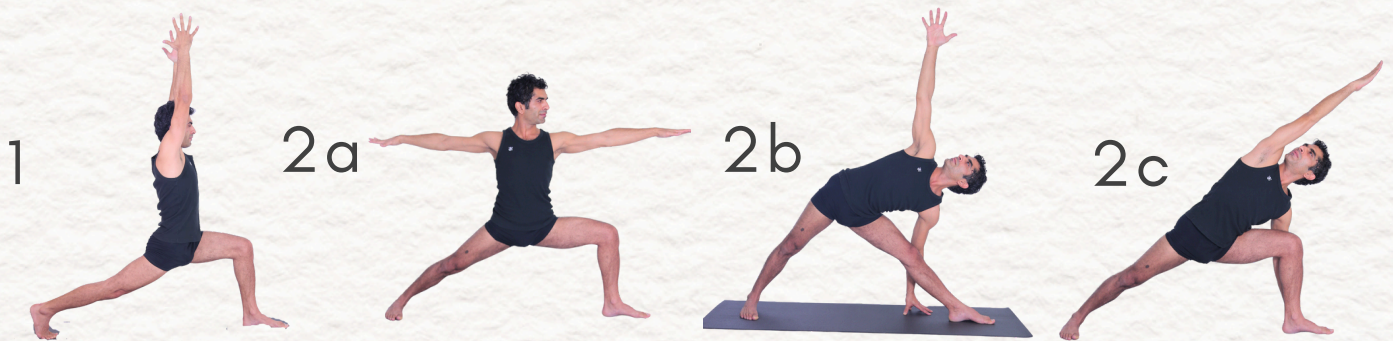
These aspects form the foundation of a strong and liberated self. If they are weakened, a deep-seated insecurity arises, making it difficult to experience the peace and joy that give life its deepest meaning. Overcoming these limitations is a significant challenge, but with a clear understanding of yoga's purpose, one can navigate the internal conflicts that often cause confusion and frustration.

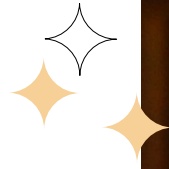
# DEEP SAMADHI SEQUENCE

Level-1 : Beginners to Intermediate



## Map of Sun B





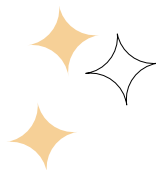
Yes, Dear friend, This is  
the time; Let the fire of  
Awareness  
Burn the past.

Yes, Beloved Soul Allow  
The flower of your  
Presence to bloom; Just  
be here in this moment.

Yes, Shine, Oh Beloved  
Divine Being Shine With  
the loving Acceptance of  
Yourself, Relax in your  
Presence Open to the  
Gratitude.

Enjoy the REAL ESSENCE  
OF YOU !  
SAT-CHIT-ANANDA

JAI HO !  
DEEP





Om purnamadah purnamidam purnat purna-mudachyate purnasya  
purnamadaya purnameva vashisyate Om Shaantih Shaantih Shaanti

This is purna (complete/whole), That is the Whole;  
From the Whole, the Whole arises; taking away the Whole from the Whole,  
What remains is also whole,  
You are whole, I am whole, We are whole,  
This world is whole !  
Om Peace Peace Peace