

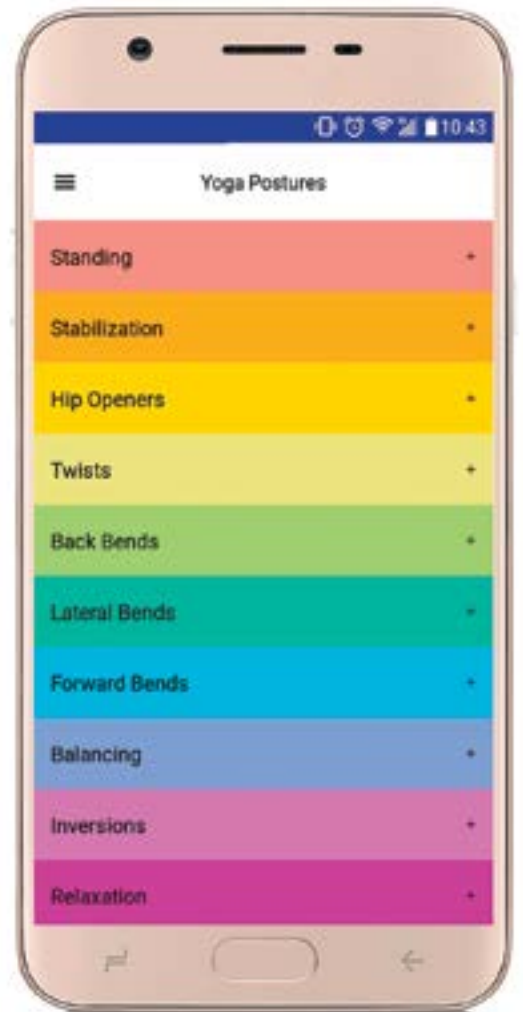
The Yoga Toolbox Project

Welcome to a sample of the Yoga Toolbox for Teachers and Students!

The overall focus of the Toolbox is to present a multidimensional approach to the practice of Yoga postures that includes physical health, balance in the subtle body, psycho-emotional integration and spiritual awakening. Within this approach, the Yoga postures are vehicles for the journey of transformation and awakening and the Yoga Toolbox Project is a support for your journey.

The Yoga Toolbox Online Version contains over 1,000 videos with the following information:

- Introductory videos for each posture including Sanskrit meaning, core qualities and affirmations, asana symbolism, benefits for the five koshas, three doshas and cautions.
- Instruction videos for each pose with alignment cues and an exploration of the subtle body.
- Modifications and variations for each posture.
- Complete 60-minute Integrative Yoga practices for Level I, Level II and Level III.
- Warm-up videos including somatic sequences, sun and moon salutations and more.



One posture from each of the asana categories is included in this sample. We hope you enjoy it!

Joseph Le Page & Lilian Aboim

Index

Introduction

Warm-ups

Standing

Stabilization

Hip Openers

Twists

Back Bends

Lateral Bends

Forward Bends

Balancing

Inversions

Final Relaxation

The Philosophy of the Yoga Toolbox

Yoga is a journey of transformation at all dimensions of the human being, and the Yoga postures are vehicles for this journey rather than ends in themselves. In order to make this journey successfully, it is helpful to have a map of these dimensions, which is described in the model of the Five Koshas. In this model, the human being is comprised of five facets or “sheaths” - physical, energetic, psycho-emotional, wisdom and bliss. It is important for Yoga teachers and students to understand the five koshas so that they can practice and teach Yoga as a holistic system in which the physical benefits are just one facet of a larger journey of Self-discovery.

The Five Koshas as a Model for the Practice of Multi-dimensional Asana

The Yoga Toolbox presents the Yoga postures as a path to health, healing and awakening that encompasses all levels of the human being. Each of the instructions for the asanas in the Toolbox begins with a colored symbol that designates the kosha that is being focused on.



Annamayakosha: the physical sheath - the physical body and the five elements.



Pranamayakosha: the energetic sheath - the chakras, prana vayus and nadis.



Manomayakosha: the psycho-emotional sheath - thoughts and emotions.



Vijnanamayakosha: the wisdom sheath - insight supporting transformation.



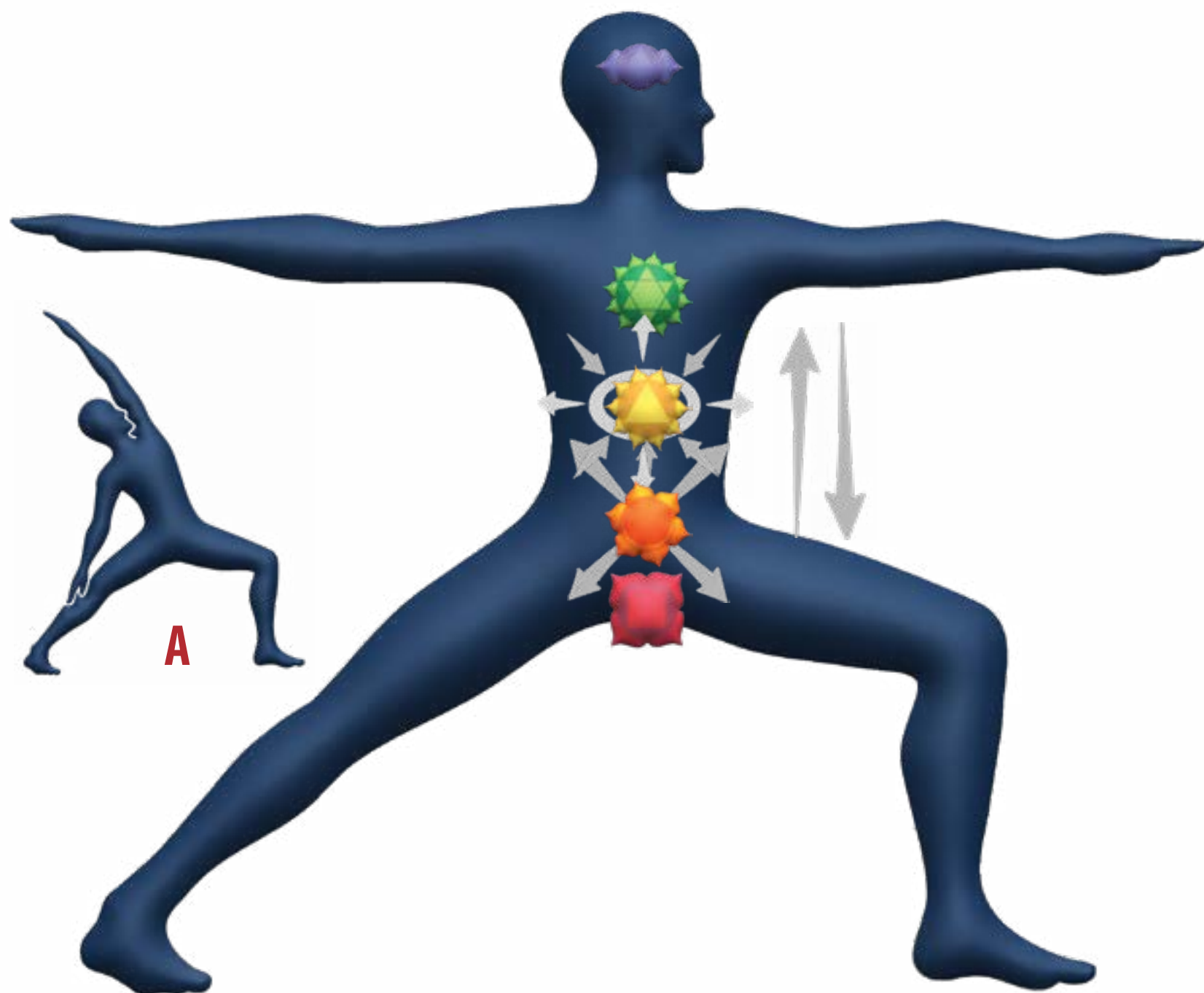
Anandamayakosha: the bliss sheath - awakening our inherent positive qualities.

Hero II

3

Virabhadrasana II

Vira = hero, heroic + Bhadra = virtuous, skillful + Asana = posture

**MODIFICATIONS**

- **With a short stance** - use a shorter stance, ensuring that the back foot is turned in at 30° and the front knee is directly over the front ankle.
- **With one arm raised** - raise and align the back arm first. Release the back arm, then raise and align the front arm. Finally raise and align both arms.
- **Supported by the wall** - align the entire torso against the wall with the back leg positioned a few inches away from the wall.
- **With a block against the wall** - press the front knee into a block while the front hand presses against the wall at shoulder height.

VARIATIONS

- **(A) Reverse Hero II** - from Hero II, slide the back hand down the outer line of the back thigh while simultaneously lifting the front arm overhead, creating space laterally along the forward side of the rib cage.
- **In Vinyasa** - from Hero II, inhale and straighten the front leg, lifting the arms overhead. Pivot the feet to come into Wide Standing. As you exhale, lower to Hero II on the opposite side. Repeat from side to side.
- **Reverse Hero II in Vinyasa** - from Wide Standing with the arms overhead, exhale to Reverse Hero II; inhale to return to Wide Standing with the arms overhead. Exhale to enter Reverse Hero II to the other side. Continue from side to side in synchrony with your breath.

CAUTIONS

- Those with knee, hip or shoulder weakness or injuries should begin with a modification against the wall.

ASANA SYMBOLISM

In Hindu mythology Virabhadra is the incarnation of Shiva who came into being to avenge the death of his wife, Sati, after she had consumed her own body in a self-created fire. In anger, Shiva threw a lock of his hair to the ground and Virabhadra, the archetypal hero, appeared to reestablish justice. Through this asana, we embody Shiva's strength, power, heroism and integrity.

SYSTEMS BALANCED



Muscular, Skeletal, Respiratory, Circulatory, Digestive, Eliminary, Reproductive and Urinary

ELEMENTS ACTIVATED



Fire, Earth and Air

AYURVEDIC DOSHAS BALANCED



Vata and Kapha

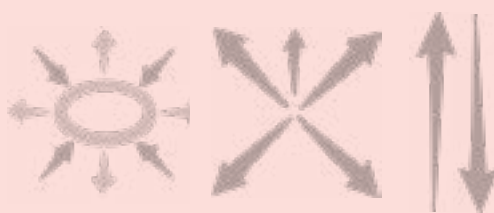
DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from grounding the legs and feet and fixing the gaze on the horizon.

Kapha - benefits from the energizing aspects, especially when practiced in Vinyasa.

Pitta - focus on heart-opening.

PRANA VAYUS



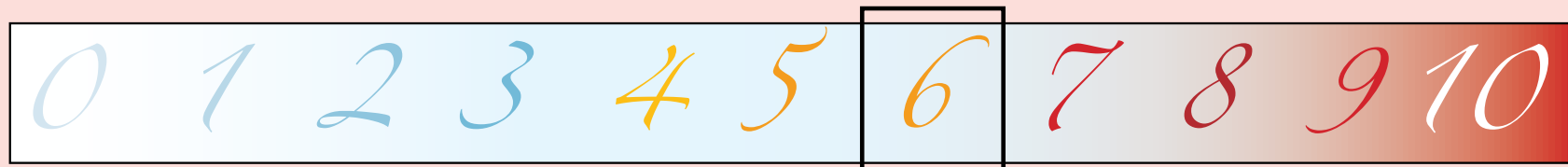
Activates Samana and Vyana vayus; balances Prana and Apana.

CHAKRAS



Activates the Third, First, Fourth, Sixth and Second chakras.

CALMING/ENERGIZING SCALE





STANDING

Hero II

3


Virabhadrasana II


Firmly grounded and aligned in my inner being, I awaken to my Hero's essential integrity.

TEACHING POINTS


 Begin in Wide Standing with your legs about one leg-length apart. Turn your right foot out at 90° and step your left heel back at 30°, with your right heel aligned with the arch of your left foot.

 Lift your toes and ground all four corners of both feet. Lift your kneecaps and hug the muscles around the bones, then set your toes back down while keeping your legs and feet active.


 Engage the bandhas and release your sacrum downward, creating space in your low back.

 As you exhale, bend your right knee directly over your right ankle, in line with the middle toes of your front foot.

 Keep your spinal column perpendicular to the earth with both sides of your torso lengthened evenly.

 Release your tailbone downward as you lift your torso upward, sensing a vertical axis from the base of your body to the crown of your head.


 As you inhale, raise your arms out to the sides to shoulder height while releasing your shoulders away from your ears. Your arms are parallel to the earth and your shoulders aligned over your hips.

 Rotate the undersides of your arms, wrists and hands upward in a spiral movement beginning at your shoulders. Maintaining this shoulder position, turn the palms of your hands downward.

 Draw your upper arm bones back into your shoulder sockets. Hug the triceps muscles into your upper arm bones, straightening your elbows to lengthen your arms out toward the horizon.

 Lift your upper rib cage while drawing your lower ribs gently down and in, aligning your torso over your pelvis.

 Tuck your chin slightly back and in and reach up through the crown of the head to lengthen your cervical spine.


 Turn your head slightly to the left and then all the way to the right, aligning your chin over your forward shoulder as much as possible to gaze out over the middle finger of your front hand.


 Anchor your back heel as you press your front shin forward, moving toward a position with your front thigh parallel to the earth.

 Affirm your full engagement of the bandhas and sense the opening across the front of your pelvis.

 Hold to your level of comfort. . . release and rest in Wide Standing.

 Now, come into Hero II to the second side.

 Visualize an axis of energy from the base of your body to the crown of your head and breathe along it, balancing the upward current of Prana vayu with the downward current of Apana vayu.

 Now, visualize a horizontal line running through your arms to your fingertips and breathe along it, sensing your ability to reach out to life, while remaining grounded in the present moment.

 Find the place where these lines meet and rest in your heart space, sensing your essential integrity and your ability to reach out to life courageously while remaining centered in your true being.

 Hold the pose for several breaths, centered in your inner Hero.

 Release and return to Wide Standing.

BENEFITS

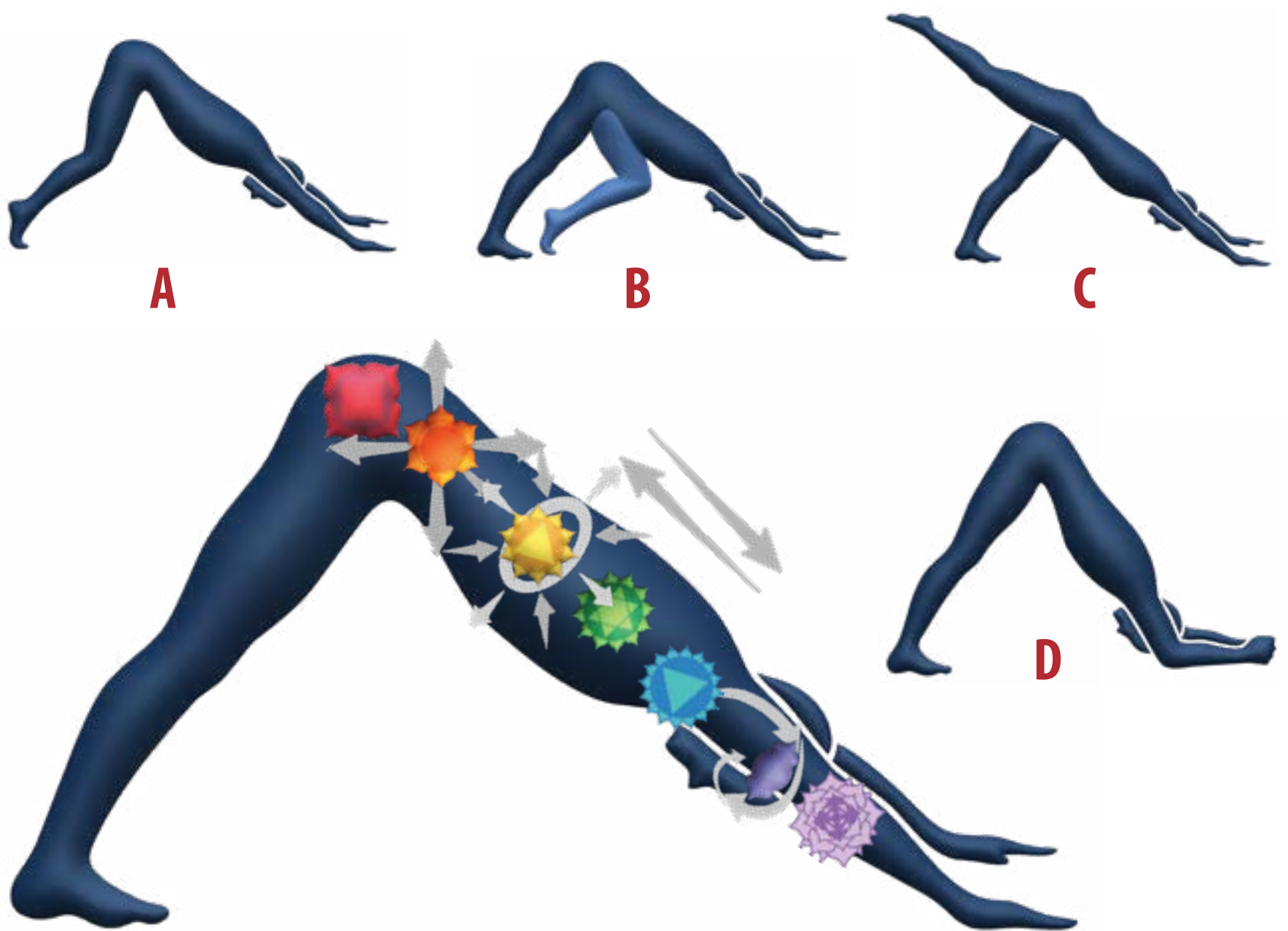
- Strengthens the legs and feet.
- Improves circulation to the extremities.
- Enhances resilience to stress.
- The toning of the pelvic floor supports the health of the reproductive and urinary systems.
- Cultivates strength and integrity.

Downward Dog



Adho Mukha Svanasana

Adho = downward + Mukha = face + Svana = dog + Asana = posture



MODIFICATIONS

- **With the palms pressing onto the seat of a chair**
- **(A) With the knees bent** - come into the pose with the knees bent and the heels and tailbone lifted.
- **(B) Walking the heels** - alternate lifting one heel while pressing the opposite heel toward the earth.
- **With a strap** - place a strap around the upper arms and/or the thighs and press into the strap.
- **With a block** - place a block between the thighs and press into it.
- **With a wedge under the wrists or heels** - use a wedge as needed to provide support and grounding.

VARIATIONS

- **In Vinyasa** - start in Table pose. Exhale to come into Adho Mukha Svanasana and inhale to return to Table pose. Repeat several cycles.
- **(C) Three Legged Dog** - lift one leg into alignment with the torso, making sure the hips remain level.
- **With Tiger Movements** - inhale to lift one leg and align it with the torso, making sure the hips remain level. Then exhale to bend the leg, bringing the knee towards the chest.
- **(D) Dolphin** - begin in Table. Place the forearms on the earth and interlace the fingers and press back into the pose.

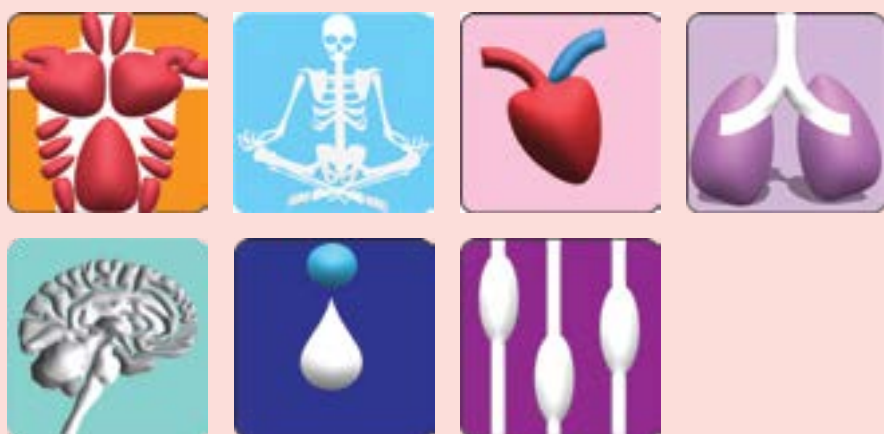
CAUTIONS

- Those with ankle, wrist, elbow, shoulder, neck or spinal issues should practice a modification.
- Contraindicated during pregnancy.

ASANA SYMBOLISM

In the Mahabharata, one of the most important mythological tales of India, the god Dharma tests Yudishthira's compassion by taking the form of a dog. Yudishthira attempts to enter heaven with the animal, but is refused entry because the dog is considered lowly in Indian culture. Yudishthira refuses to enter heaven without his companion, and Dharma recognizes his loyalty and compassion.

SYSTEMS BALANCED



Muscular, Skeletal, Circulatory, Respiratory, Nervous, Endocrine and Lymphatic

ELEMENTS ACTIVATED



All Five Elements

AYURVEDIC DOSHAS BALANCED



Vata, Pitta and Kapha

DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from grounding and stabilizing.

Pitta - benefits from the reverence cultivated.

Kapha - benefits from the warming aspects of the pose (C).

PRANA VAYUS



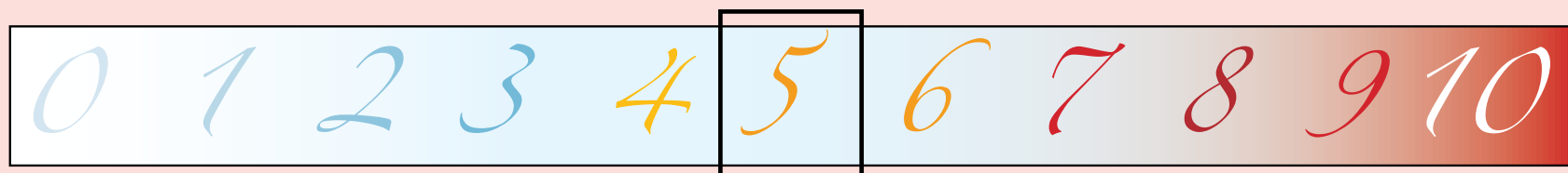
Balances Prana and Apana; activates Samana, Udana and Vyana vayus.

CHAKRAS



Balances all seven chakras.

CALMING/ENERGIZING SCALE





STABILIZATION

Downward Dog


14


Adho Mukha Svanasana

Through support and stability, body, mind and spirit are integrated naturally.


TEACHING POINTS


 Begin in Table pose with your wrists under your shoulders and your knees under your hips.


 Spread your fingers wide apart and press down through the base of your palms and the base of each finger, leaving a small hollow under the center of your palms to engage the arms.


 Curl your toes under and with your next exhalation, lift your sits bones high into the air with your heels raised off the floor. Keep your knees bent.


 On your next inhalation, return to Table. Practice this warm-up several times, straightening the legs a little more each time as comfortable by pressing the heels toward the earth.

 Now, hold the pose, walking your heels one at a time, lengthening the back of one leg as the other knee bends.

 Now, straighten both legs as you lift your sits bones while pressing your heels toward the earth.

 Press your tailbone up and back, creating a long line from your wrists to your coccyx. Your neck and head are a natural extension of your spine and your gaze rests at a point on the earth between your feet.

 If your spine is rounding, bend your knees slightly so that you create a long line of energy from your wrists to your tailbone.


 Press your hands into the earth as you rotate the creases of your elbows slightly forward, naturally widening your shoulders to create space between your shoulder blades.

 Draw the base of your sternum down and in naturally lengthening your spine.


 Hold for several breaths, sensing the stability created by all of the alignments.


 Release and rest in Child pose.


 Now come into the pose a second time to experience its subtle benefits while re-engaging all the alignments.



 Bring awareness to the secondary chakra at the center of the soles of your feet, Pada bandha. Visualize an ascending spiral of energy that draws your lower legs toward each other while widening your hips and grounding the heels.

 Now, activate the secondary chakra in the palms of your hands, Hasta bandha, by pressing your arms and hands downward into the earth.

 Visualize an ascending spiral of energy that draws your forearms toward each other while widening your shoulders, stabilizing your upper extremities.

 With a firm base in your arms and legs, inhale up through your feet and into your legs and hips, naturally activating your First chakra. As you exhale, allow this energy to flow down your spine and out through the palms of your hands, releasing tension from the entire Chakra system.

 With your next inhalation, draw earth energy up through your hands and arms, along your spine into your pelvis. As you exhale, it flows down your legs and out through your feet, releasing tension from your lower extremities.

  Take several breaths to sense how this triangular breathing creates support and stability that integrates your body, mind and spirit naturally.

 Slowly bend your knees to return to Child pose, resting in the integration of body, mind and spirit.

BENEFITS

- Traction and aligns the spine.
- Strengthens the legs and arms.
- Integrates body, mind and spirit.

Lotus

Padmasana

Padma = lotus + Asana = posture



MODIFICATIONS

- **(A) Rock the baby** - cradle one leg with the arms and draw it toward the chest, rocking from side to side. Keep the spine neutral.
- **(B) Sukhasana, Easy pose** - sit in a simple cross-legged seated pose. Alternate practicing with the right shin in front and then with the left shin in front.
- **(C) Half Lotus pose** - tuck one heel into the hip crease of the opposite leg.

VARIATIONS

- **(D) Seated Fire Log, Agni Stambhasana** - align your right shin parallel to your body. Stack your left shin over your right leg. Your left ankle is over your right knee and your left knee is over your right ankle. Keep your ankles flexed with your toes pointing toward your knees.

- **(E) Baddha Padmasana, Bound Lotus** - come into Padmasana and cross the arms behind the back, reaching around the waist to hold the big toes of the opposite feet with the middle and index fingers.
- **Lolasana, Balancing Lotus pose** - come into Padmasana and press the hands into the earth next to the hips with the fingers facing forward. Lift the body from the earth, rocking gently forward and back.

CAUTIONS

- Those with pain or stiffness in the knees, ankles or hip joints should begin by practicing the modifications.

ASANA SYMBOLISM

In Hindu mythology, the god Vishnu is awakened by the sound of OM, after which a Lotus flower blossoms from his navel. The god Brahma then appears, sitting atop the Lotus and follows Vishnu's command to create the world. The Lotus flower is a symbol of spirituality in many cultures because it maintains its connection to the earth and to the water in which it grows. Yet it opens into a perfect, untouched blossom of striking beauty, representing spiritual awakening.

SYSTEMS BALANCED



Skeletal, Muscular, Reproductive, Eliminary, Urinary and Nervous

ELEMENTS ACTIVATED



All Five Elements

AYURVEDIC DOSHAS BALANCED



Vata, Pitta and Kapha

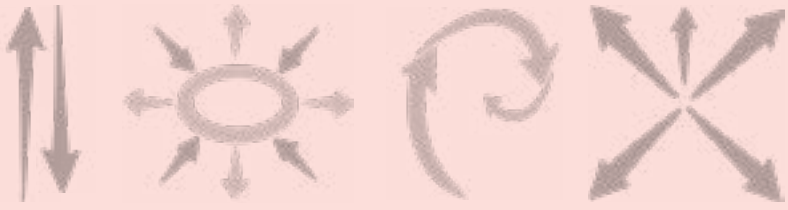
DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from stabilizing and grounding.

Pitta - benefits from the peaceful and centering effects.

Kapha - benefits from the upward movement of prana into the chest.

PRANA VAYUS



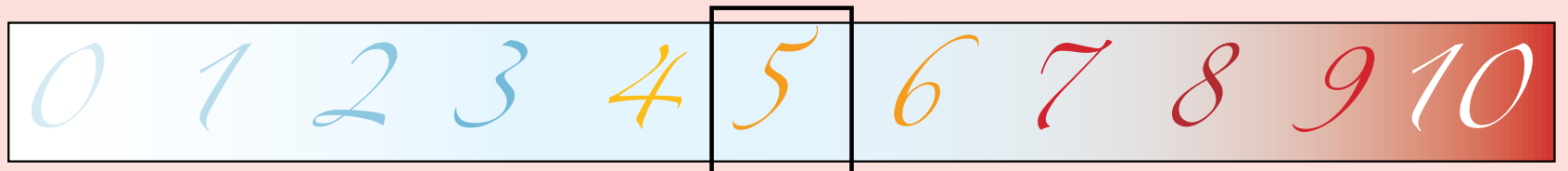
Balances Prana and Apana; activates Samana, Udana and Vyana vayus.

CHAKRAS



Balances all seven chakras with an emphasis on the First, Second and Sixth chakras.

CALMING/ENERGIZING SCALE





HIP OPENERS

Lotus

Padmasana


24


*Aligned and centered within my authentic being,
I experience perfect peace.*


TEACHING POINTS

- 🧘 Begin in a comfortable cross-legged seated position with your right leg in front. If your thighs don't rest on the earth, sit on a prop so that your hips are level with your knees.
- 🧘 Place your hands on your thighs and rotate the thighs outward to open your hips and ground your sits bones.
- 🧘 Engage the bandhas and lift your rib cage, creating space in your abdomen.
- 🧘 You will prepare for full Lotus by practicing Half Lotus pose.
- 🧘 Bring your right foot as far up onto your left thigh as possible, with your right heel touching your left hip joint.
- 🧘 Flex your right ankle so that the creases are removed from your inner ankle as much as possible. Flex your toes so that the top of your right foot hugs your left thigh.
- 🧘 Traction your right heel and right knee in opposite directions.
- 🧘 Place your left foot under the crease between your right thigh and calf, pressing your right knee downward.
- 🧘 Rest your palms on your knees and hold Half Lotus for several breaths. Release and repeat to the other side.
- 🧘 Now, return to the cross-legged seated position with your right leg in front in preparation for Full Lotus.

 Bring your left foot up onto your right thigh with your left heel touching your right hip. Your left knee is on the earth.

 Bring your right ankle up onto your left thigh with your right heel as close as possible to your left hip.

 Flex the ankles and toes of both feet so that the tops of the feet hug the tops of the thighs with as few creases in the ankle joints as possible.

 Press your sits bones down and your knees diagonally outward to create space in your hip joints.

 Draw your chin slightly back and in to align your head directly over your torso.


 Lift up through the crown of the head, lengthening the spine and lifting the ribcage evenly from all four sides.


 Take several breaths to experience the centering that Padmasana cultivates.

 Release and rest in Sukhasana.

 Now come into Padmasana to the second side to experience the pose's subtle benefits, engaging all of the alignments.

 Place your hands in Jnana mudra, with the tips of your thumbs touching the tips of the index fingers.

 Gently close your eyes and sense the axis of energy from your coccyx to the crown of your head and breathe along it, cultivating inner alignment.

 Take several breaths to sense the blossoming of each of the chakras along this line of energy: 4 red petals at the base of the body; 6 orange petals within the pelvis; 10 golden-sunlight petals at the solar plexus; 12 emerald-green petals at the heart; 16 sky-blue petals at the throat; 2 violet petals at the third eye and a thousand petals of crystal light at the crown of the head.

  With all of the energy centers aligned within your being, you experience perfect harmony and inner peace.

 Take several breaths to rest in this experience of inner peace as a reflection of your true being.

 Release, and rest in Sukhasana.

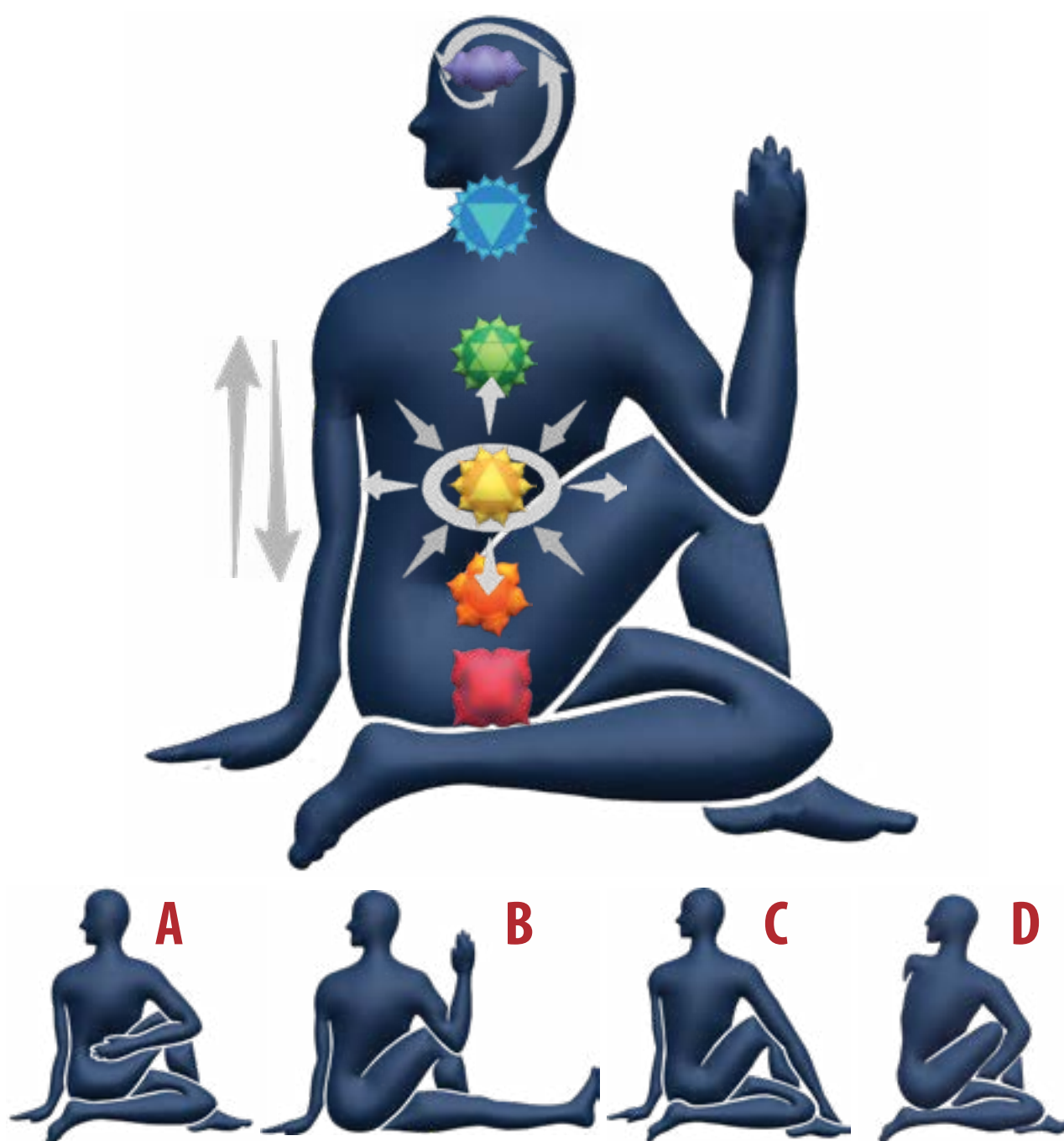
BENEFITS

- Opens the hips and stretches the ankles and knees.
- Supports the nervous, reproductive, eliminatory and urinary systems.
- Cultivates inner alignment and peace.

Seated Spinal Twist

Ardha Matsyendrasana

Ardha = half + Matsya = fish
+ Matsyendra = name of a yogi (King of Fish) + Asana = posture



MODIFICATIONS

- **(A) For easier alignment** - wrap the hand or crease of the elbow around the raised knee. Use a prop as needed to keep the sits bones grounded.
- **(B) With one leg extended** - makes the pose more accessible for those with tight hips.

VARIATIONS

- **(C) Holding the toes or foot** - bring the forward arm to the outside of the raised knee and grasp the toes or arch of the forward foot. Optionally, wrap the rear arm around the back with the middle finger reaching toward the navel.

- **(D) Bound Spinal Twist** - reach the forward arm around and under the bent leg. Reach the other arm behind the back and clasp the hands together. Use a strap if needed to maintain a neutral spine.

CAUTIONS

- Contraindicated for spinal disc issues.
- Those with knee or hip issues should practice modifications.

ASANA SYMBOLISM

In Hindu mythology, Matsyendra was given the title "King of Fish" after living in a fish's belly for 12 years where he overheard the teachings of Yoga as Shiva taught them to his wife Parvati. With that knowledge, he established Hatha Yoga. The ocean represents the unconscious, which Matsyendra brought into the light through Yoga.

SYSTEMS BALANCED



Respiratory, Skeletal, Digestive, Eliminatory, Nervous, Circulatory, Lymphatic and Immune

ELEMENTS ACTIVATED



All Five Elements

AYURVEDIC DOSHAS BALANCED



Vata, Pitta and Kapha

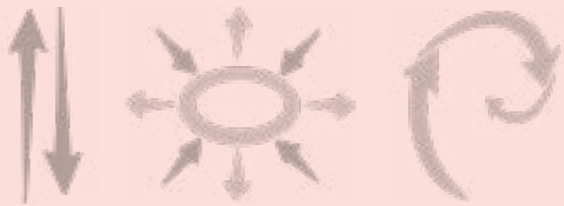
DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from focus & grounding, centering & alignment.

Pitta - benefits from connecting to the breath and learning to surrender into the pose instead of using muscular force.

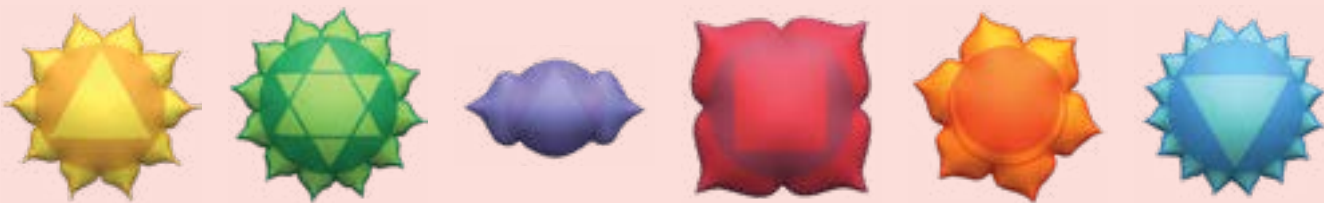
Kapha - benefits from expanding the lungs and opening to new horizons

PRANA VAYUS



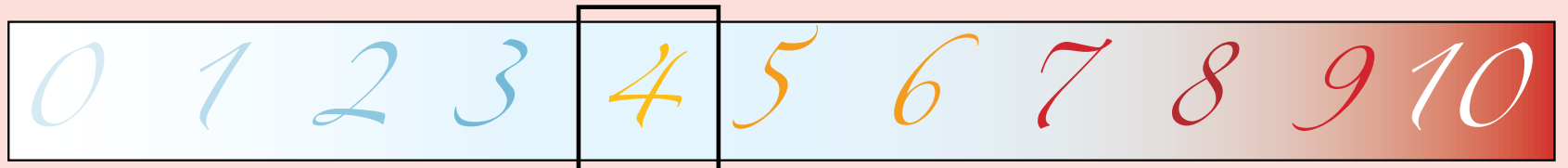
Balances Prana and Apana; activates Samana and Udana.

CHAKRAS



Activates the First through Sixth chakras with a focus on the Third, Fourth and Sixth.

CALMING/ENERGIZING SCALE





TWISTS

Seated

30

Spinal Twist


Ardha Matsyendrasana


*I expand my horizons and ways of seeing to focus my gaze on
awakening my true being.*


TEACHING POINTS


 Begin in a simple cross-legged seated position with your right leg in front. Your hands press into the earth at the sides of your body. If your knees are higher than your hips, sit up on a wedge.

 Place the sole of your right foot on the earth directly in front of your right hip with the toes pointing forward.


 Bring your left heel to touch your right hip, naturally sliding your left knee toward the midline of your body.

 Bring the sole of your right foot to the outside of your left thigh with the right toes aligned with your left knee.

 Interlace your fingers around your right shin just below the knee. Engage the bandhas and ground your sits bones to lift your rib cage and lengthen up through the crown of your head.


 Press your hands in against your right shin as you press your shin out against your hands, hugging your thigh toward your torso to lengthen your spine.


 Ground the sole of your right foot into the earth, lifting the toes and aligning them to face directly forward with your right shin perpendicular to the earth as much as possible.


 Tuck your chin gently back and in to align your head over your torso, resting your gaze on the horizon.

 Wrap the crease of your left elbow around the front of your right knee, initiating a twist to the right.

 Place your right hand onto the floor behind you, with your palm near the sacrum and your fingers pointing backward. If needed, use a prop under your right hand to level your shoulders.

 If comfortable, come into the full pose, bringing your left arm to the outside of your right thigh with your forearm perpendicular to the earth. Press your upper arm against the thigh and the thigh against your upper arm.

 With each inhalation, lengthen your spine upward. With each exhalation, deepen your twist, using core strength rather than the leverage of your arms.


 Turn your head to gaze out over your right shoulder, keeping your head aligned with your spine.

 Take several breaths in your optimal twist, sensing the opening of your entire rib cage.

 Release and rest in Sukhasana.

 Now come into the pose on the second side to experience its subtle benefits, engaging all of the alignments from the first side.

 Visualize a spiral of energy from your tailbone to the crown of your head. With each inhalation lengthen upward along this line and with each exhalation, ground your sits bones into the earth beneath.

 Now, sense the current of Samana vayu at your solar plexus. As you inhale, allow your solar plexus to expand and as you exhale, draw the solar plexus inward, naturally deepening your twist around the axis of energy that runs from the earth to the crown of your head.

 As you twist from a place of grounding and centering, you naturally direct your focus toward your true being.

 Take several breaths to sense the presence of your authentic self.

 Release and rest in your true essence.

BENEFITS

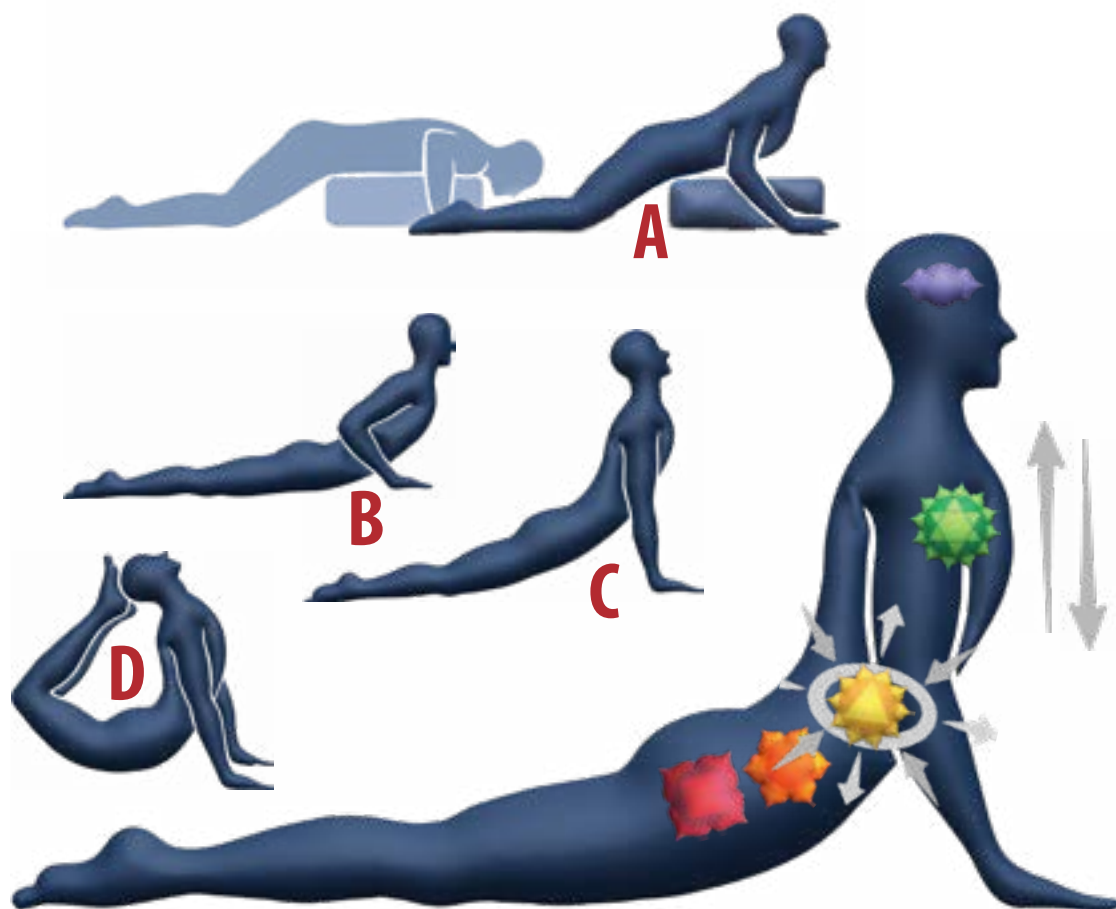
- Enhances lung capacity.
- Maintains flexibility of the spine in rotation.
- Supports digestion and elimination.
- Calms the nervous system.
- Allows for wider perspectives.

Cobra

38

Bhujangasana

Bhujanga = cobra + Asana = posture



MODIFICATIONS

- **(A) With a bolster** - place a bolster lengthwise under the torso with the lower edge at the pubic bone.
- **(B) Ardha Bhujangasana, Half Cobra** - use only the back muscles to lift the chest, keeping the elbows bent and hugging the ribcage.

VARIATIONS

- **In Vinyasa** - inhale and lift into Half Cobra or Cobra, then exhale to return to the earth. Lift and lower the spine one rib at a time. Repeat for several cycles.
- **(C) Urdhva Mukha Svanasana, Upward Dog** - press into the tops of the feet and lift the legs and pelvis while gazing forward or slightly upward.

- **(D) Raja Bhujangasana, King Cobra** - move the crown of the head and the soles of the feet toward each other, touching if possible.

CAUTIONS

- Those with inguinal hernia should practice the modifications.
- Contraindicated during pregnancy.
- Those with back issues, uncontrolled high blood pressure, heart disease or a history of stroke should practice the modifications.

ASANA SYMBOLISM

The snake represents the forces of the natural world including connection to the earth and fertility. As the cobra rises up, it represents receptivity to spiritual energy. Grounded in the earth and open to receiving spiritual energy, we meet life with a willingness to embrace all experiences, both positive and negative, as part of our process of learning and awakening.

SYSTEMS BALANCED



Muscular, Respiratory, Skeletal, Digestive, Eliminary, Urinary, Endocrine and Nervous

ELEMENTS ACTIVATED



Air, Fire, Earth and Water

AYURVEDIC DOSHAS BALANCED



Vata, Pitta and Kapha

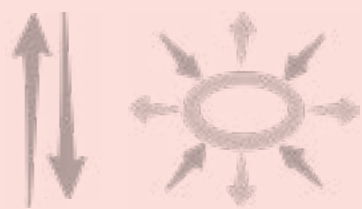
DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from focusing on grounding and bringing a steady gaze toward the horizon.

Pitta - benefits from cultivating lightness and open-heartedness.

Kapha- benefits from the energizing effects, as well as expansion of the chest, the seat of Kapha.

PRANA VAYUS



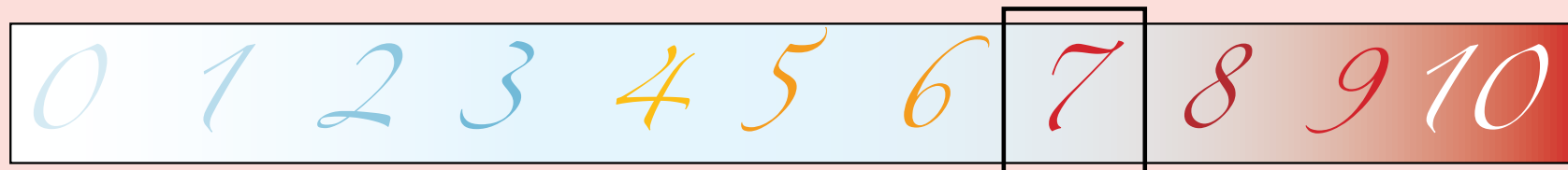
Balances Prana and Apana vayus; activates Samana vayu.

CHAKRAS



Activates the first four chakras, with a focus on the Fourth. The Sixth chakra is activated with the gaze.

CALMING/ENERGIZING SCALE





BACK BENDS


Cobra


Bhujangasana

38

I rise up and open my heart to meet the spiritual being within me.


TEACHING POINTS


 Begin lying on your abdomen with your feet hip-width apart and your arms extended overhead, with your forehead resting on the earth.

 Engage the bandhas, drawing your pubic bone up toward your navel as your tailbone releases downward, naturally lengthening your low back.


 Flex your elbows and place your hands under your shoulders with your fingers spread wide apart and the middle fingers pointing forward. Your upper arms hug the sides of your ribcage.

 Ground your hands by pressing down into the web between your thumbs and index fingers, as well as the base of each finger.

 Press your hands forward and your elbows backward, naturally drawing your shoulders away from your ears. Widen your shoulders horizontally to create space between your shoulder blades and across your chest.

 As you inhale, ground your pelvis, legs and feet. Lengthen your spine and lift your chest and head off the earth to a comfortable height, using only the strength of your back.


 As you exhale, release down, softening all the muscles of the back of your body. Repeat this three times.


 Now, lift and hold Half Cobra with your upper arms hugging your body, using back strength primarily. Your neck and head are a natural extension of your spine.

 Now, release the pose and rest with your forehead on the earth.

 To enter Full Cobra, engage the bandhas, rising up higher into the pose by using both back and arm strength. Your elbows remain slightly bent and hug the sides of the body.

 Re-engage the bandhas, keeping your hips and pubic bone grounded.


 Lengthen from your toes to the crown of your head as you draw the lower floating ribs slightly down and in, maintaining openness at both the front and back of your body.

 Draw your shoulders back and down as you guide your chest forward through the gateway of your arms. Draw your chin slightly back with your head as a natural extension of your spine with your gaze on the horizon.

 Take several breaths to sense the expansion of your chest in Bhujangasana.

 Release the pose and rest.

 Now come into Bhujangasana a second time.

 Ground your pelvis and sense the opening of your First and Second chakras, centers of stability and centering that support your pose.

 Your breath now ascends up into your Third chakra, providing energy and vitality to support longer holding.

 As you embody support, centering and vitality, your breath naturally rises into your heart center, allowing you to hold the pose with lightness and ease.

 Breathe into your heart, visualizing there an emerald-green six-pointed star, a symbol of rising up in spiritual awakening. Take several breaths to allow this energy to infuse your entire being.

 Gradually release the pose, resting in the heart energy that guides your path toward complete awakening.

BENEFITS

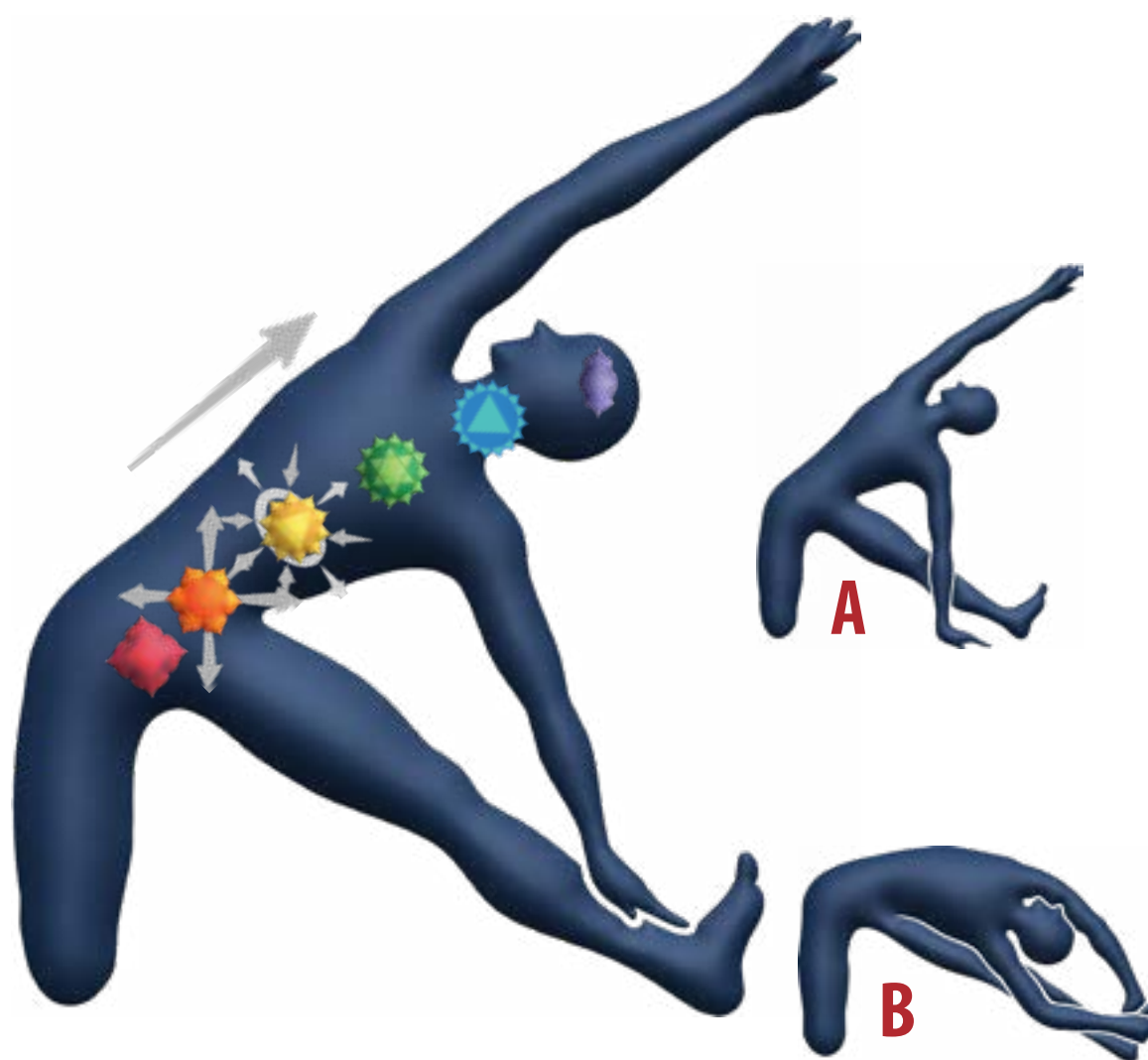
- Strengthens and lengthens the back.
- Stretches the front of the torso.
- Supports digestion and elimination.
- Opens the heart as a doorway to our spiritual being.

Gate

51

Parighasana

Parigha = gate + Asana = posture



MODIFICATIONS

- **With the supporting hand on the thigh** - rest the lower hand on the thigh just above the knee and keep the head facing forward. A folded blanket may be placed under the knee for greater comfort.
- **With the foot against the wall** - press the ball of the foot of the extended leg into the wall.

VARIATIONS

- **In Vinyasa** - begin with the torso perpendicular to the floor, the right leg extended and the left arm overhead. Exhale to lower the torso into the pose. Inhale, using core strength to return the torso upright. Repeat for several cycles.
- **(A) With the hand on the earth or a block** - bring the lower hand to press onto the earth or a block.

- **(B) Holding the foot with both hands** - hold the foot of the extended leg with both hands while lengthening the sides of the torso parallel to the earth.

CAUTIONS

- Contraindicated for those with knee issues.
- Those with neck or shoulder issues should keep the gaze forward or downward and rest the upper arm along the side of the body.

ASANA SYMBOLISM

Parigha is a gate or barrier. In this pose, we stretch our boundaries and limitations in order to open to new possibilities. These possibilities include greater health and equanimity as well as opening to our true inner being. As we practice Gate pose, we envision Yoga as a gateway to our true Self.

SYSTEMS BALANCED



Muscular, Skeletal, Respiratory, Circulatory, Lymphatic, Digestive, Eliminatory and Reproductive

ELEMENTS ACTIVATED



All Five Elements with a focus on Air, Space and Fire

AYURVEDIC DOSHAS BALANCED



Vata, Pitta and Kapha

DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from grounding and opening of the pelvis, the seat of Vata.

Pitta - benefits from heart-opening.

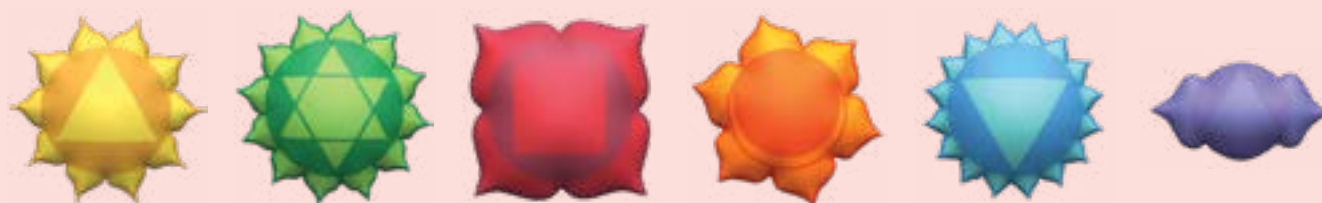
Kapha - benefits from opening the chest, the seat of Kapha.

PRANA VAYUS



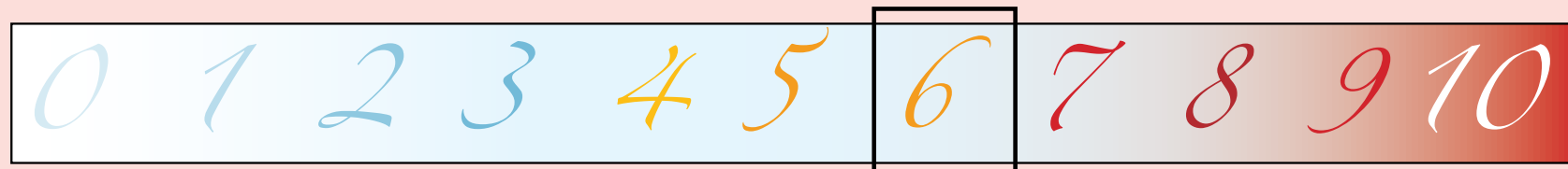
Activates Prana, Samana and Vyana vayus.

CHAKRAS



Activates the First through Sixth chakras, with a focus on the Third and Fourth.

CALMING/ENERGIZING SCALE






Gate


Parighasana

Opening to new possibilities, I encounter health, equanimity and recognition of my true being.

TEACHING POINTS

- 🧘 Begin standing on your knees with your knees and feet hip-width apart.
- 🧘 Engage the bandhas and press down through your knees and tops of your feet. Lift your rib cage as you lengthen up through the crown of your head.
- 🧘 Extend your left leg out to the side of your body in line with your torso. The heel of your left foot presses onto the earth in alignment with your right knee while your toes point upward.
- 🧘 Your right thigh is perpendicular to the earth and your right lower leg forms a 90° angle with your thigh. Your hands rest on your hips.
- 🧘 Draw your left toes back toward your knee, activating your left thigh as you draw your left kneecap up.
- 🧘 Keep your torso facing straight forward and the sides of your waist and rib cage parallel to each other.
- 🧘 Inhale to lift the left arm parallel to the earth. As you exhale, press down into the right knee and left heel and bend at the hinge of your left hip, lengthening your torso and arm out directly over your left leg. The arm remains parallel to the earth.
- 🧘 With your inhaling breath, return to center. Repeat this movement for several breaths.

 Now, lengthen out over your extended leg as far as possible and place your left hand onto your knee, shin, ankle or clasp the left big toe with the index and middle finger of the left hand.


 Bring your right arm overhead in line with your torso, palm facing down. Draw your right upper arm into your shoulder as you lengthen out through your right fingertips.


 Draw your chin slightly back and in, allowing your neck and head to be a natural extension of your spine. Gaze forward or, if comfortable, rotate your head to gaze upward.


 Breathe deeply and sense the opening of the side body in Parighasana.

 Release the pose and rest in Child pose.

 Now come into Parighasana to the second side to experience its subtle benefits, re-engaging all of the alignments.

 Visualize a radiant golden sun at your solar plexus, your Third chakra. Experience this energy center as a gateway to all of your possibilities for health and vitality.

 As sunlight radiates throughout your being, you attune to the inherent self-esteem that supports you in realizing your possibilities.

 Now bring your awareness to your Fourth chakra at your heart center, visualizing a radiant green energy expanding out from your heart to encompass your entire being.

 Sense how this heart opening allows you to see yourself and others more openly, with greater potential for compassion and understanding.

 Next, bring your awareness to your Sixth chakra, located at your third eye. From this center, allow violet energy to radiate outward, cultivating the clarity that allows you to recognize your true being.

 Take several breaths to rest in the light of your true Self.

 Release and rest in Child pose.

BENEFITS:

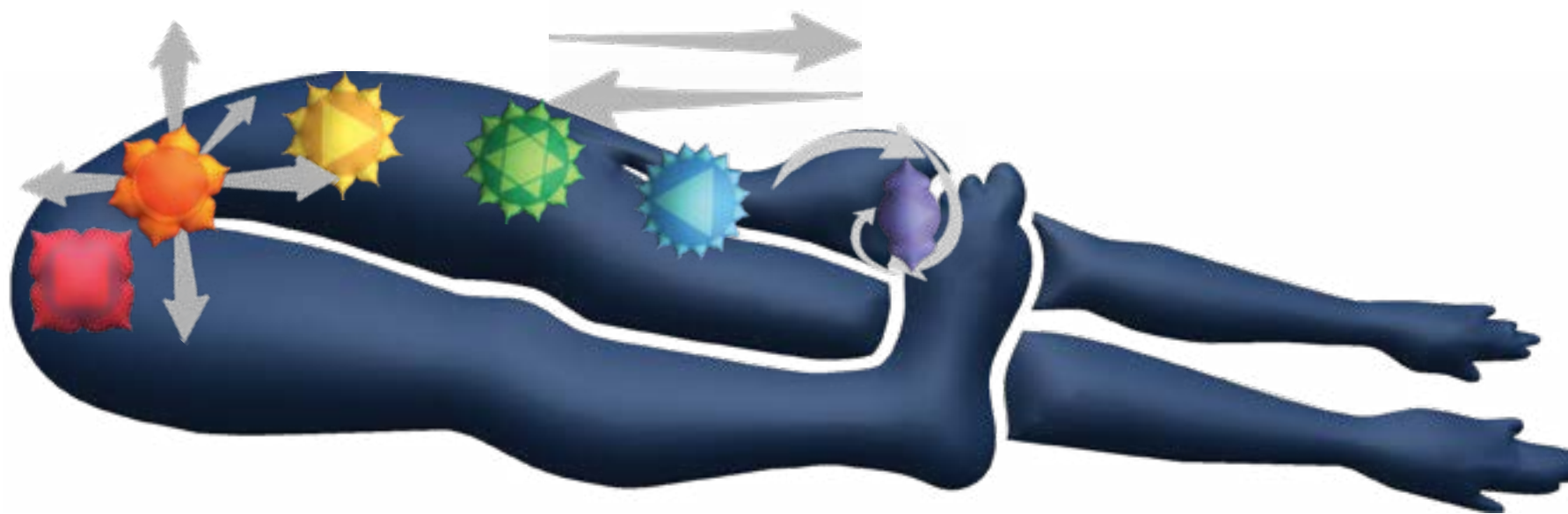
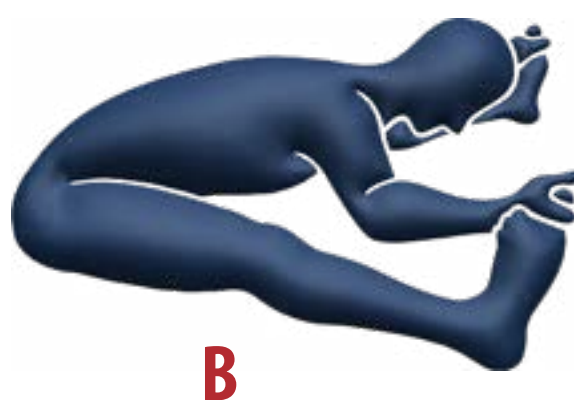
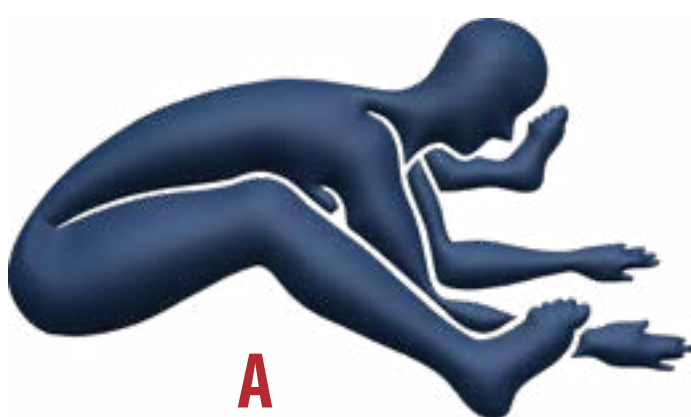
- Stretches the hamstrings and pelvic floor.
- Opens the ribcage for fuller breathing.
- Enhances circulation to the extremities and the groin and armpit lymph nodes.
- Cultivates self-esteem and compassion that support healthy boundaries.

Seated Angle

58

Upavishtha Konasana

Upavishtha = seated, upright + Kona = angle + Asana = posture



MODIFICATIONS

- **Sitting on a prop** - rest the sits bones on a bolster, folded blanket or wedge and place the hands on the floor in front of you. Maintain a neutral spine as you enter the pose.
- **(A) With the knees bent** - bend the knees as you enter the pose. Optionally, place bolsters or a rolled blanket under the knees. The hands or forearms rest on the earth.
- **With straps** - place a strap around the ball of each foot. Hold the straps, keeping the shoulders relaxed down away from the ears.

VARIATIONS

- **(B) With the hands holding the big toes** - hold the big toes with your index and middle fingers or hold the outer borders of the feet. Keep the spine neutral and move toward a position with your forehead on the earth.
- **Facing toward one leg** - align the spine over one leg, keeping the spine neutral as you enter the pose. Clasp the foot with both hands. Repeat to the second side.
- **Restorative variation** - place a blanket under the sits bones and bolsters under the chest and head as you come forward to rest the torso on the bolsters. If there is sufficient flexibility, a sandbag can be placed onto the sacrum or low back.

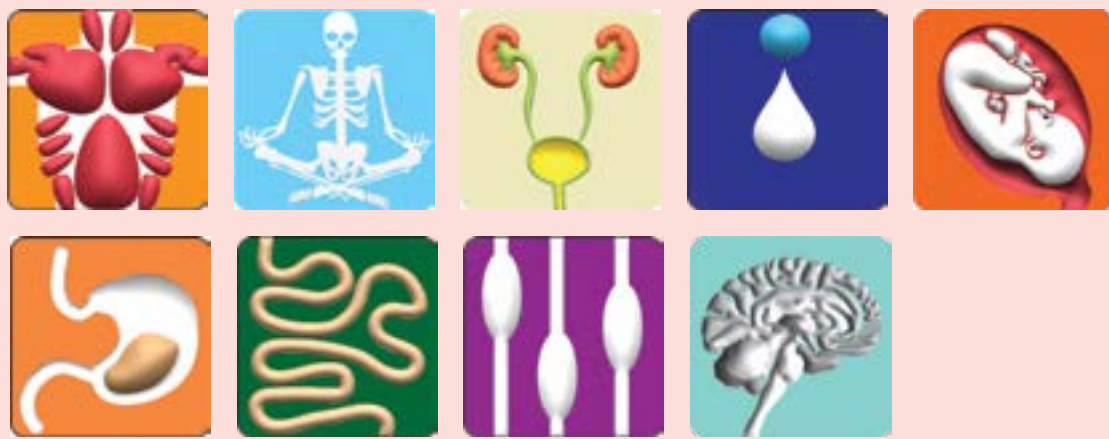
CAUTIONS

- Those with knee, back, hip or groin issues should practice a modification with the knees bent.

ASANA SYMBOLISM

In some forms of traditional Yoga, the yogi creates or consecrates a sacred space in which to perform the practice. The konas are the four corners of this sacred space. The wide legs in this asana demarcate this space, showing that the yogi has become centered within their true being, thereby allowing the practice to proceed smoothly and easily.

SYSTEMS BALANCED



Muscular, Skeletal, Urinary, Endocrine, Reproductive, Digestive, Eliminary, Lymphatic and Nervous

ELEMENTS ACTIVATED



Earth, Water and Space

AYURVEDIC DOSHAS BALANCED



Vata and Pitta

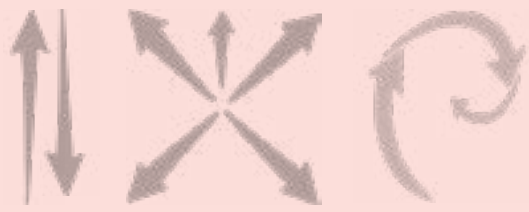
DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from grounding and the massage of the colon, the seat of Vata.

Pitta - benefits from the surrender cultivated in the pose.

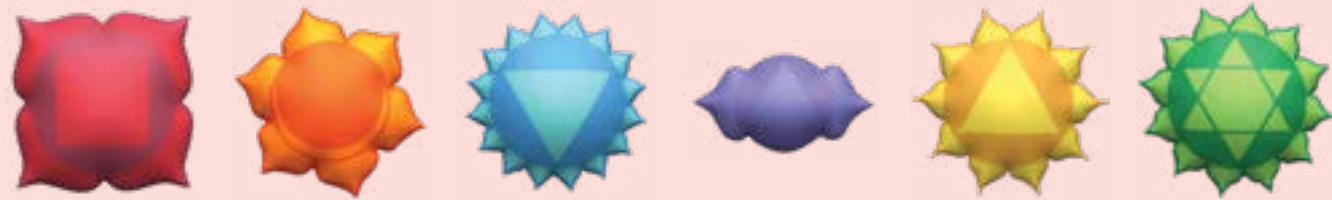
Kapha - focus on the space and openness cultivated.

PRANA VAYUS



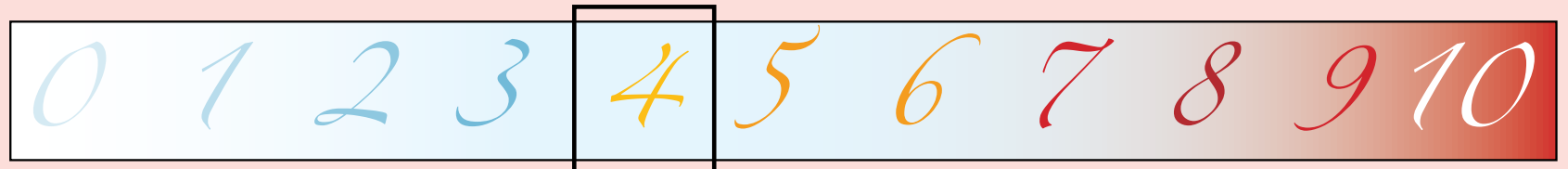
Balances Prana and Apana vayus; activates Vyana and Udana.

CHAKRAS



Activates the First through Sixth chakras with a focus on the First, Second, Fifth and Sixth.

CALMING/ENERGIZING SCALE



FORWARD BENDS



Seated Angle ⁵⁸

Upavishtha Konasana


*Centered in the sacred space of my true being,
I naturally deepen my Yoga journey.*


TEACHING POINTS


- 🧘 Begin seated with your legs stretched out in front and your hands resting on the earth beside your hips. Use a prop under your sits bones as needed to keep your torso comfortably upright.
- 🧘 Widen your legs out into a “V” shape, separating them as much as is comfortable.
- 🧘 Place your hands on the earth in front of your torso, shoulder-width apart, with your fingers spread wide.
- 🧘 Draw your shoulders away from your ears, widening them horizontally, to create space between your shoulder blades and across your chest.
- 🧘 Draw your chin slightly back and in, allowing your neck and head to be a natural extension of your spine.
- 🧘 Activate your legs, drawing your kneecaps up as you press out through your heels. Flex your ankles and point your toes back toward your body, making sure your feet don't roll outward.
- 🧘 Engage the bandhas, grounding your legs into the earth as you hinge slightly forward from your hips by pressing your sits bones down and back.
- 🧘 Now, come into the pose gradually. With each inhalation, lift and lengthen, creating space between your ribs.

 With each exhalation, draw your abdomen in and incline forward from the hinge of your hips while keeping your spine lengthened.

 Attune to your body's center of gravity just below your navel, creating an intention to bring this area to the earth first, followed by your abdomen, solar plexus, chest and forehead.

 Lengthen on the inhale and descend on the exhale until you come to a place of comfortable holding.

 Press out through your heels, lengthening evenly through the inner and outer borders of your legs.


 If flexibility permits, bring your forearms to the earth, shoulder-width apart or extend your arms out in front of your body, parallel to each other.


 Hold for several breaths to sense the connection with the earth that Upavishtha Konasana supports.

 Release the pose by gently clasping the inside of the knees, using the arms to help bend the knees and bring the legs together. Rest in Sukhasana.

 Now come into Upavishtha Konasana a second time to experience the pose's subtle benefits, re-engaging all of the alignments.

 With each inhalation, breathe in from the soles of your feet all the way up to the crown of your head.

 With each exhalation, allow your breath to flow down and out through the soles of your feet, releasing tension from your entire body.

 As tension is released, you surrender toward the earth in a gesture of reverence to the sacred space you have created for your unfolding.

 As you release into the support of the earth, you naturally deepen your connection to your true inner being.

 Take several breaths to surrender deeply into the sacred space of practice you've created in Seated Angle pose.

 Release the pose and rest.

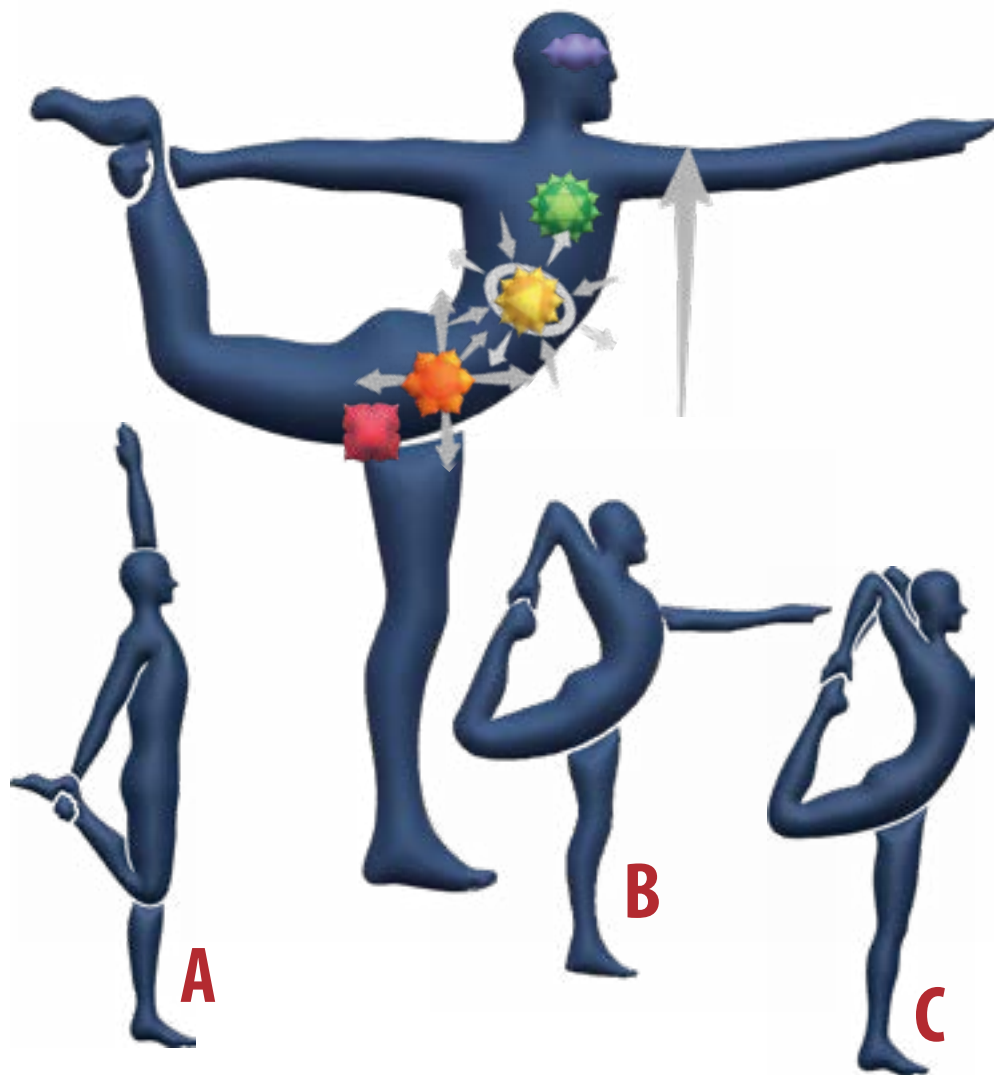
BENEFITS

- Lengthens the hamstrings.
- Traction and lengthens the spine.
- Enhances circulation to the kidneys and adrenal glands.
- Optimizes the functioning of the reproductive and lymphatic systems.
- Calms the nervous system.
- Cultivates reverence and surrender.

Dancer

Natarajasana

Nata = dance + Raja = king + Asana = posture



MODIFICATIONS

- **(A) Half Dancer** - clasp one ankle, stabilize the pelvis and position the thighs together while maintaining the torso upright.
- **With a strap** - with both feet on the floor, place a strap around the ankle of the leg to be raised, and then come into the pose, resisting the ankle against the strap.
- **With a wall** - place the forward hand on the wall for added stability and come into the pose.

VARIATIONS

- **(B) Holding the raised foot** - reach one arm overhead to hold the raised foot with one hand, or use a strap.
- **(C) With both hands holding the foot** - bring both arms overhead and bend the elbows to clasp the lifted foot with both hands or use a strap.

CAUTIONS

- Those with back issues should practice the Half Dancer.
- Contraindicated for hip, knee and ankle issues.

ASANA SYMBOLISM

Nataraja is the name for Shiva in his form as the king of dancers. In Hindu mythology, Shiva's dance sets the universe in motion and when the dance ends, creation dissolves, resting in its embryonic state, called pralaya, until the next cycle begins. We embody this same dynamic balance as we enter this pose, learning to embrace all that is created and released along our life journey.

SYSTEMS BALANCED



Muscular, Skeletal, Nervous, Immune, Endocrine, Respiratory, Digestive, Reproductive, Eliminator, Urinary and Lymphatic

ELEMENTS ACTIVATED



Air, Water, Earth, Space and Fire

AYURVEDIC DOSHAS BALANCED



Vata, Pitta and Kapha

DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from grounding and centering while focusing the gaze.

Pitta - benefits from opening the heart.

Kapha - benefits from the increased energy and vitality as well as the opening of the chest, the seat of Kapha.

PRANA VAYUS



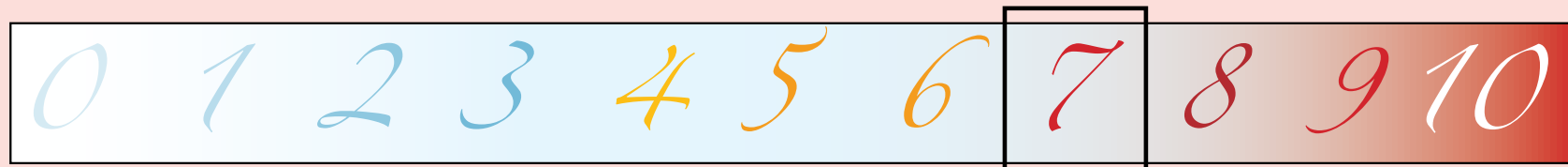
Activates Prana, Samana and Vyana vayus.

CHAKRAS



Activates the first four chakras with the Sixth chakra activated with the gaze.

CALMING/ENERGIZING SCALE





BALANCE

Dancer

Natarajasana

62

*With lightness and ease,
I embody the cosmic dancer, always in movement while balanced perfectly.*

TEACHING POINTS


- 🧘 Begin standing with your feet hip-width apart. Lift your toes, grounding all four corners of your feet. Engage the bandhas and lift your rib cage, lengthening up through the crown of your head. Keeping the legs active, set the toes back down.
- 🧘 Transfer your weight onto your left foot. Rotate your right palm outward, so that your thumb points backward. Your left hand rests on your left hip.
- 🧘 Bring your right heel toward your right buttock. Hold your right ankle from the inside while keeping your knees close together. If necessary, hold your ankle from the outside or use a strap.
- 🧘 Flex your right ankle, pointing your toes downward to activate your right leg.
- 🧘 As needed, level your hips by drawing your right hip and knee downward, lengthening your right waist.
- 🧘 Bring your left arm overhead with your palm facing forward. Reach up through your left fingertips as you draw your upper arm into your shoulder socket.
- 🧘 Press your right ankle down into your right hand. Lift your right thigh, pressing the sole of your right foot back and up, naturally allowing your torso to incline forward.


 Your left arm descends toward a position parallel to the earth.

 Press the sole of your right foot skyward as your right shin presses away from your buttock, naturally arching your spine.

 Engage the bandhas to maintain space in your low back, forming a uniform arc along your spine.

 Your neck and head follow the natural curve of your spine with your gaze focused on the horizon.

 Keep your torso facing forward with your hips level. Your right leg extends directly behind your body rather than opening out to the side.


 Hold for several breaths, feeling the openness and balance cultivated.


 Release and return to standing.

 Now come into Natarajasana on the second side to experience its subtle benefits, re-engaging all of the alignments from the first side.

 Visualize your body as a bow with just the right amount of tension created as your torso moves forward and your raised leg presses back and up.

 Sense the activation of your first three chakras, cultivating support, centering and energy to sustain your flexed bow as a uniform arc.

 Supported by this arc of energy, your heart chakra opens naturally, allowing you to sense greater lightness and ease that allow you to dance through life gracefully.

 As you cultivate lightness, grace and ease, your awareness naturally rests at your third eye, the seat of the cosmic dancer, Shiva Nataraja, the archetype of dynamic balance.

 Take several breaths to embody Shiva Nataraja, the cosmic dancer, gracefully balanced in the present moment.

 Release the pose, resting in dynamic balance.

BENEFITS:

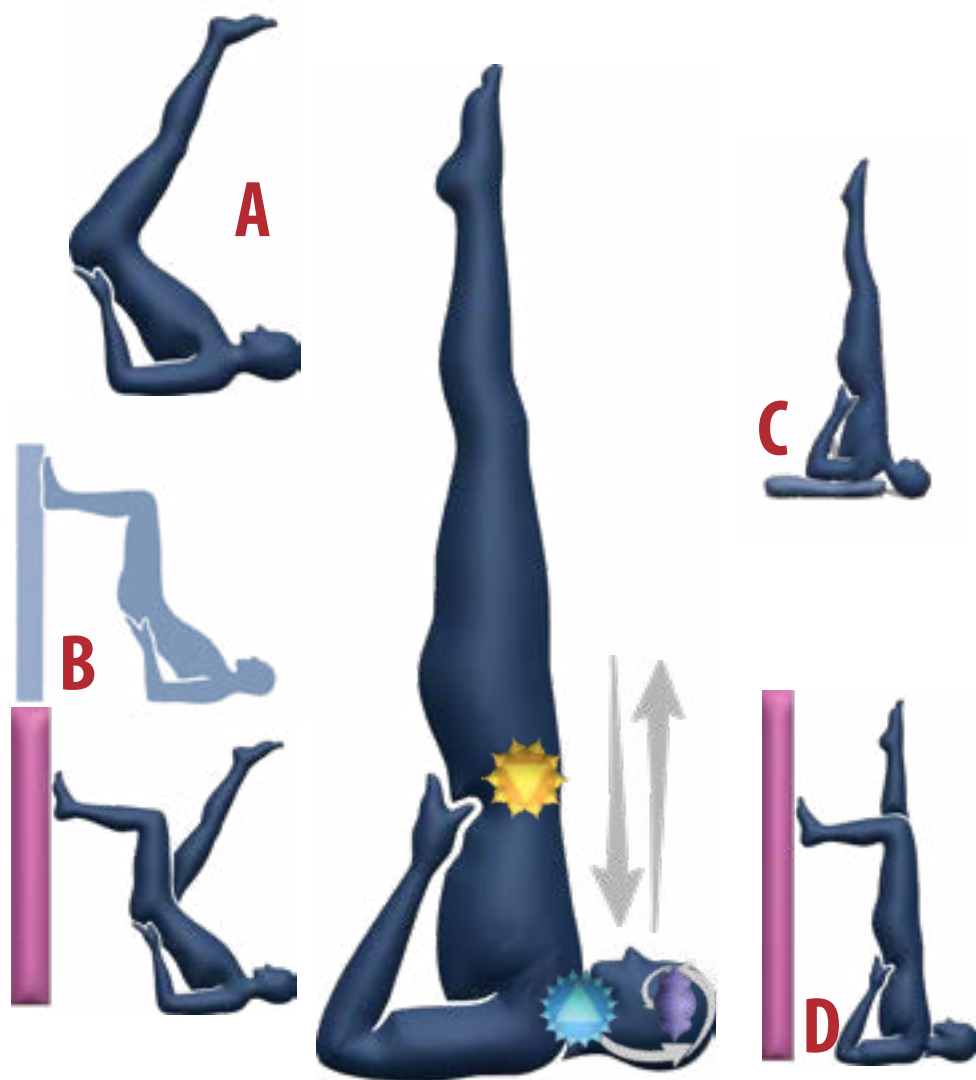
- Opens the entire front of the body.
- Strengthens the muscles of the legs.
- Expands the ribcage and breath capacity.
- Massages the thymus and adrenal glands.
- Teaches us to dance through life lightly with an open heart.

Shoulder Stand

71

Sarvangasana

Sarva = all + Anga = limbs + Asana = posture



MODIFICATIONS

- **(A) Ardha Sarvangasana, Half Shoulder Stand** - rest the weight of the hips onto the heels of the cupped hands placed on the pelvic crest.
- **(B) Half Shoulder Stand with a wall** - with one or both legs bent, rest one or both feet on the wall.
- **(C) With a blanket to support the neck** - use a folded blanket under the shoulders to support the natural curve of the neck.
- **(D) With a wall** - keeping the knees bent, walk the feet up a wall. With a strong core, lengthen one leg upward while pressing the sole of the other foot into the wall for support.

VARIATIONS

- **With legs in Lotus or Eagle pose** - when in Shoulder Stand, place the legs in Lotus or Eagle pose.

CAUTIONS

- Contraindicated for those with uncontrolled high blood pressure, history of stroke, migraine headache, glaucoma, acid reflux, neck and/or shoulder issues.

ASANA SYMBOLISM

At a symbolic level, “all limbs” refers to the limbs of Yoga. When practiced consistently, these eight limbs instill a sense of peace and integration at all levels of our being. The Shoulder Stand allows us to embody the limbs of Yoga experientially, thereby supporting us in integrating them more fully in daily living.

SYSTEMS BALANCED



Endocrine, Circulatory, Nervous, Lymphatic, Immune, Muscular and Skeletal

ELEMENTS ACTIVATED



Space, Air, Earth and Fire

AYURVEDIC DOSHAS BALANCED



Pitta and Kapha

DOSHAS - BENEFITS & ADJUSTMENTS

Pitta - benefits from the calming aspect of the pose.

Kapha - benefits from the presence of Air and Space which counteracts Kapha's Earth and Water content.

Vata - use modifications at the wall with a focus on support.

PRANA VAYUS



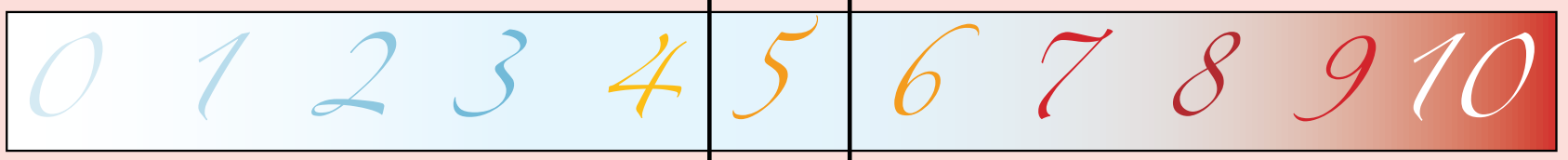
Balances Prana and Apana; activates Udana vayu.

CHAKRAS



Activates the Fifth, Sixth and Third chakras.

CALMING/ENERGIZING SCALE





INVERSIONS


Shoulder Stand 71

Sarvangasana

Aligned in serenity, I journey with greater equanimity.


TEACHING POINTS


 Lie on your back with a folded blanket under your upper back with the folded edge at your shoulder line to maintain the natural curve of your neck.

 Bend your knees and place your feet on the earth hip-width apart with the arms resting alongside your body.

 Draw your knees into your chest and engage the bandhas. Press down firmly into your arms and hands to roll your hips off the earth, bringing your palms onto your low back.

 Cup the pelvic crest with the heels of your hands, bringing your bent knees to a position directly above your head.


 Walk your upper arms toward a position parallel to each other, pressing them into the earth, naturally widening your shoulders.

 Slowly straighten your legs so that your feet are aligned over your head. Re-engage the bandhas and press the palms of your hands against the pelvic crest to lengthen the lumbar spine.

 Adjust the angle of your torso and legs to find a place where you can hold comfortably with your gaze directed toward your big toes.


 Take several breaths to hold Half Shoulder Stand.

 Now, if comfortable, transition into full Shoulder Stand by walking your hands down toward your shoulder blades.


 Roll up toward the tops of your shoulders by pressing your palms into the upper back, coming toward a position with your trunk and legs perpendicular to the earth.

 Make sure that your prop supports the natural curve of your neck.

 Spread your fingers wide apart to provide firm support.

 Use the pressure of your upper arms, elbows and shoulders against the earth together with core strength to support your upright position.


 Activate the legs by squeezing them together and lifting them toward the sky, engaging the bandhas. Soften your neck, jaw and eyes.


 Hold Sarvangasana for several breaths to experience the enhanced circulation to your entire upper body.

 Release by bending your knees and rolling down one vertebra at a time.


 Hug your knees into your chest and then rest with your feet on the earth.

 Now come into Sarvangasana a second time to experience its subtle benefits, re-engaging all of the alignments.


 Once fully upright, sense the vertical axis of energy from the base of your shoulders to your upward pointed toes.

 With each inhalation, vital energy ascends from your neck to your toes. With each exhalation, refreshing energy cascades down from your feet to your head, softening your facial expression.

 Repeat this energetic circuit several times, deepening your serenity.

 Finally, sense a subtle nectar, called amrita, bathing your throat and allow this nectar to flow down into your third eye, further deepening your sense of serenity.

 Take several breaths to rest in serenity as a reflection of your true Self.

 Release the pose and rest with your knees drawn into your chest.

BENEFITS

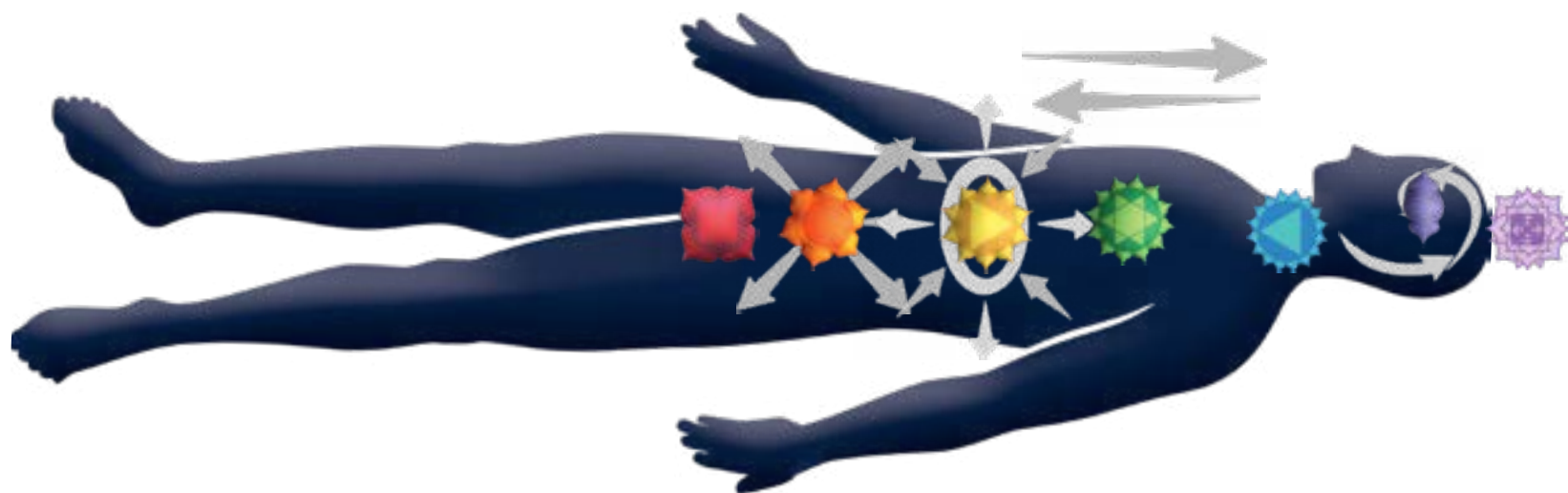
- Strengthens and aligns the musculo-skeletal system
- Increases circulation to the brain, face, heart and lungs.
- Cultivates a deep sense of serenity.

Corpse



Shavasana

Shava = corpse + Asana = posture



MODIFICATIONS

- **With a bolster under the knees** - place a bolster under the knees to relax the lumbar area.
- **Constructive Rest** - lie on your back with the knees bent and soles of the feet resting on the earth wider than the hips. Rest the knees inward against each other. The arms rest by the sides, palms facing up.
- **Side-lying Shavasana** - preferably on the right side. The hips and knees are bent to 90° with a folded blanket or bolster between the knees. A blanket, bolster or pillow may be used under the head to keep the neck aligned with the spine.
- **Restorative Shavasana** - prop a bolster up on a block placed at medium height under your back. Place another bolster under the knees, propped up by a block. Blankets may be placed under the head and hands for added comfort. Sandbags may be placed along the sternum and abdomen for grounding.

CAUTIONS

- Those with depression, anxiety or other mental health conditions should begin with brief periods of practice.
- Side-lying is an option if you experience discomfort lying on the back or are pregnant.
- Those who experience discomfort in the low back may use a bolster under the knees.

ASANA SYMBOLISM

At a symbolic level, the corpse represents the death of our limited beliefs, whose corresponding thoughts and feelings are dissolved along the Yoga journey. In Shavasana, we remain present and conscious, experiencing complete release of all duality and suffering related to the limitations of the personality. Although this release is temporary, it serves as a glimpse of the possibility of complete freedom through spiritual awakening.

SYSTEMS BALANCED



All systems

ELEMENTS ACTIVATED



All Five Elements

AYURVEDIC DOSHAS BALANCED



Vata and Pitta

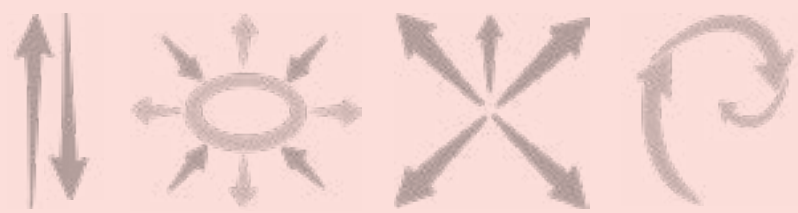
DOSHAS - BENEFITS & ADJUSTMENTS

Vata - benefits from the grounding and stillness.

Pitta - benefits from surrendering to the pose.

Kapha - focus on remaining slightly alert with the eyes open as needed.

PRANA VAYUS



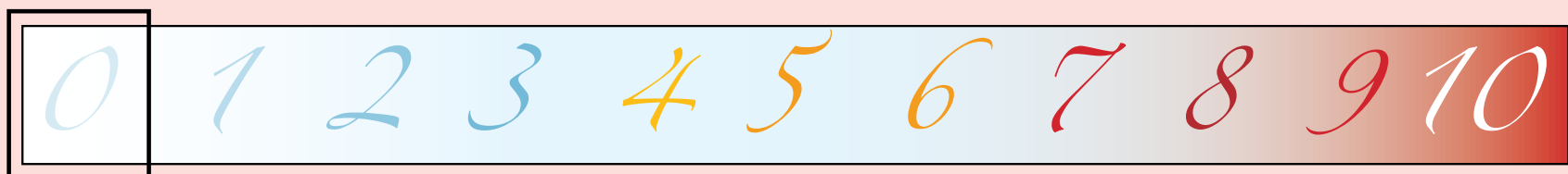
Balances all five Prana vayus.

CHAKRAS



Balances all seven chakras with a focus on Sixth and Seventh.

CALMING/ENERGIZING SCALE






Corpse

Shavasana

*As I release deeply and completely,
I naturally align with my authentic being.*

TEACHING POINTS

- 🧘 Lie on your back with your knees bent and the soles of your feet on the earth. Your arms rest alongside your body with the palms facing down.
- 🧘 Gently engage the bandhas and lift your hips off the earth, tucking your tailbone. Now, lower your spine one vertebra at a time, creating length along your entire spinal column.
- 🧘 Extend your legs out along the earth, hip-width apart, allowing your feet to naturally turn outward.
- 🧘 Draw your shoulders away from your ears. Rotate your palms upward and allow your arms and hands to rest at a comfortable distance from your torso.
- 🧘 Tuck your chin slightly in to lengthen your neck with your forehead parallel to the earth. Gently close your eyes.
- 🧘 Relax your spine, one vertebra at a time from your neck to your tailbone, allowing all the muscles along your spinal column to release and relax.
- 🧘 Relax each of the main areas of your body, beginning with your feet and legs... pelvis and buttocks... abdomen and lower back... solar plexus and mid- back... chest and upper back.
- 🧘 Release the weight of your fingers, hands, arms and shoulders. Finally, relax your throat, neck and head.


 Soften all of your internal organs, especially your heart, lungs and entire digestive system.


 Now, inhale gently from the soles of your feet to the crown of your head, filling your body with life force energy.

 As you exhale, allow all tension to be released down and out through the soles of your feet.


 Repeat this cycle for several breaths, and as you relax more deeply, allow your senses to turn inward naturally.

 In deep serenity, your chakras come into balance naturally.


 Sense your First chakra at the base of your spine and visualize there four red petals that open outward as you inhale and fold inward toward their center as you exhale. With each exhaling breath, silently chant the bija mantra, "LAM."



 Now, attune to your Second chakra at the center of your pelvis, with six orange petals opening and releasing. As you exhale, intone "VAM" internally.

 Next, visualize ten golden petals at the solar plexus opening and releasing, as you chant the sound "RAM."

 Now visualize twelve emerald-green petals at your heart and with each exhale, chant the sound "YAM."

 At your throat, visualize sixteen sky-blue petals, fluidly unfolding and releasing as you chant the sound "HAM" with each exhalation.

 Now your awareness rests at your third eye, where two violet petals unfold and release with your breath. As you exhale, allow the sound of "OM" to resonate throughout your being.

  Finally, allow your awareness to rest at the crown of your head where a thousand petals of crystal light unfold infinitely. Surrender to this light completely, allowing all of your energy centers to rest in perfect harmony.

 Take several breaths to rest in the harmony of your true being.

 Now, bring your awareness back to your body, gently moving your hands and feet. Bend your knees and roll onto your right side to rest before coming back up to a seated position.

BENEFITS

- Balances all body systems, especially the nervous, endocrine and digestive.
- Beneficial for anxiety, stress and high blood pressure.
- Cultivates deep relaxation.