



1

Nadi Shodana pranayama (palms on knees)

9 min.



left hand forms cup

the three middle fingers of the right hand are held in front of ajna chakra, not touching  
start inhaling left - exhaling right - inhaling right - exhaling left  
end exhaling left

begin to make the inhale and the exhale as even and gentle as possible  
looking for this gentle moving of the breath  
letting yourself sink in to just this one feeling of rightful breathing  
and your secondary levels of control  
have a feeling in your practise as if you are a mother of the entire world  
keep coming back to that feeling as if you are the mother to the entire world  
allowing also the secondary feeling of pleasantness to rise

keep coming back that you are a mother to the whole world  
internal state of pleasantness  
gentle and natural breathing

finishing up your round of breathing with an exhale on the left side  
bring your hands to rest palms up on your knees gyan mudra

2

Butterfly breathing (gyan mudra)

4 min.



Since it is called butterfly breathing,

It is as if you are going to take 250 tiny breaths in one minute, almost soundless  
It's like the flapping wings of a butterfly, it's not going to be even but you're looking for it to be even  
sometimes you get out of air and you have to reset  
It's a shallow breath in the chest (at the top of your lungs)

keep your mouth closed  
tilt your face just slightly up, as if there was a soft spring light coming onto your face  
bring awareness to the point between the eyebrows

keep trying, short, fast breaths

keep going, short, fast, quiet breathing



inhale fully, hold breath  
squeeze bandhas  
(jalandhara / uddiyana / mula)



exhale fully  
release jalandhara bandha



hold exhale  
squeeze bandhas  
(jalandhara / uddiyana / mula)



5 b

3

Pleasantness Meditation (palms on knees)

7 min.



Begin holding an internal state of pleasantness  
 like a bubble or ball that's just pleasant an easy and fills your belly and your heart  
 You come back to just this feeling of the internal state pleasantness  
 No excuses  
 I want you to feel this internal state of pleasantness  
 Allow that to relax all the muscles of your physical form  
 letting the pleasantness soften you  
 And at the same time allow that internal state of pleasantness to float your bones in space  
 Let's begin cultivating as if you are adding light to the pleasantness, a feeling of joy  
 You're having your heart shine with a ray of joy  
 Consciously do this, don't resist  
 With each inhale feeling, that a ray of joy shines from the heart  
 With each exhale feeling, that a ray of joy shines from the heart

Begin increasing that joy as if you were distilling the sky into a sun  
 Increasing the joy until it saturates the entire physical form and begins to move out from you  
 Like a golden glowing orb of joy  
 Naturally unsqueezing the brain and the physical body  
 Creating space in the atomy of your being  
 And bring in that space more and more and more joy

Increasing the joy

Keep increasing the joy, that you can hear every leave on every tree  
 You can hear a ray of joy  
 Every drop of water moving in the world is a joy in space  
 every molecule of everything around you

Slowly open your eyes

4

Downward Facing Dog (long hold)

3 min.



circle the ankles



transition



3 min.

spreading fingers and toes  
 lengthening your breath into the entirety of your physical form  
 find every tightness and constriction, add space and joy, constantly replacing  
 it's your body, it's your space, it's your experience  
 lengthening the breath, with each exhale it's like vacuum, hollowing your body  
 to the length, that just maybe you can suck energy up and in  
 breath delightfully, with a richness, keep washing the internal world with the power of your breath  
 and to still your mind, off to the side of your mat  
 you're not going to need it so much today, you can pick it up when we're done  
 lengthen your breath, full inhale, full exhale  
 stilling your awareness towards the centre line, Sushumna Nadi  
 any visitors come in, set them off to the side, coming back to your joy, your prana  
 just residing in the feel of internal vibrations  
 we'll be here about 10 more breaths  
 so don't start getting stressed out  
 just push the mat away, tuck your chin in, look for your belly button  
 joyful easy breathing, presence and joy

with your next inhale shifting out to the top of the push up

5

exhale      inhale / 5b      exhale      inhale      exhale      inhale 5b     

exhale      inhale / 5b      exhale / 5b      inhale      exhale      inhale      exhale

6

9 Sun Salutations  
15 min.

inhale      exhale      inhale      exhale      inhale      exhale      inhale      exhale

inhale      exhale      inhale      exhale      inhale      exhale      inhale      exhale

inhale      exhale / 5b      inhale      exhale      inhale      exhale               

7

equal standing      left leg in front of the right  
draw left arm to the right      standing forward fold     

8

inhale      exhale      inhale      exhale      inhale      transition

forward fold / 5b      upward plank      forward fold / 5b      transition

contracted boat  
cross both ways      bound angle forward fold  
5 b      fingers interlaced      transition

9

shift forward exhale inhale exhale inhale exhale inhale exhale

inhale exhale inhale exhale inhale exhale inhale exhale / 5b

shift forward knee to armpit transition

10 x exhale fold forward  
inhale straighten arms / look up

fingers interlaced / 5b

10 x shift leg into hands wide legged stance

10

shift forward exhale inhale exhale inhale exhale inhale exhale

inhale exhale inhale exhale inhale exhale inhale

exhale / 10b

11

Bhastrica Pranayama (palms on knees)  
1:30 min. (80 breaths) each side

hero pose on heels / hands flat / become absolutely still / stop fidgeting

bhastrica left channel  
right hand thumb covers right nostril  
forceful exhale and forceful inhale

3 full clearing breath

12

dolphin pose with block  
10 b

extended puppy pose  
10 b

sphinx pose  
10 b

sleeping crocodile  
10 b

shoulder stretch both sides  
10 b

sleeping crocodile  
10 b

reverse push up to down dog

13

10 b    inhale    exhale    inhale    exhale    inhale    exhale    inhale

exhale    inhale    exhale    inhale    exhale    right leg up    pigeon pose / 20 b

take your left leg around to the front / cross foot over    spinal twist half lord of the fishes    grab outer edge of left foot with right hand / extend / twist    back to centre core hold

nice transition back to pigeon    pigeon pose / 20 b    transition

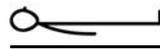
14

10 b    inhale    exhale    inhale    exhale    inhale    exhale    inhale

exhale    inhale    exhale    inhale    exhale

camel pose / 10 b    transition    easy pose (3<sup>rd</sup> time stay for 10 min.) become still / no fidgeting

15



begin your internal practise of unsqueezing the brain  
 unsqueezing the brain  
 let waves of relaxation to move from the brain down the spinal cord  
 this is where we begin to let go of any identification of what has happened during your practise  
 whether you think you did good / whether you think you did bad / or somewhere in between  
 it doesn't matter  
 consciously release any identification of the physical practises  
 creating waves of relaxation from your brain down the spinal cord  
 unsqueezing the brain

18 min.

bring your awareness back into your body  
 naturally, easily awakening, wiggling fingers and toes  
 with the method you prefer, bring yourself up to a seated position



extend your arms out, palms facing down  
lean back slightly and relax the arms

2 min.

inhale, bring your arms over your head  
exhale, hands in front of your body

Namasté

This is a practise, using the psychic emotional states  
When we start, using the psychic emotional states  
we become aware of all the things that are coming up, all the resistance  
We see that, If I ask you to become still, you want to fidget  
If I ask you to move, then you resist just in another way

This whole practise was designed to trigger all of these things, I did disturb you  
I did not tell you how long  
I made you move very quickly and very precisely

This is the level of the personality, saying  
I like this, I don't like this  
I want that, I don't want that  
This habit of disliking and liking, of fidgeting is a habit  
And its loud and you don't even notice it's there and it holds all your attention and all your energy  
You have to catch this, this is a trap  
there is little energy left for your live path, its being absorbed completely  
It's this personality with all its likes and its wants is waving and its very, very heavy  
You need to put in a lot of energy to keeping it up

You want to drop it, just doing your practise  
Come back to joy, come back to courage  
no complaining, no liking, no disliking

I want your personality to become flexible and joyous  
Not attached

something else arises  
I'm trying to train you in a way that you touch this  
And you can see, that your liking and disliking stops

The mind is super tricky, if you are used to following your discomfort (excuses)  
You have to find an honesty inside yourself  
As to when something is injuring you and when something is just uncomfortable

This way of training Is not commonly done because western people don't like it