



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 (3rd 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