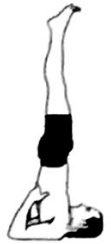


- continued -  
**all levels**  
 grounding sequence 3

See section on Ujjāyī prāṇāyāma on page 116  
 and mudrās on page 123. Do all poses on both  
 sides.



sarvāṅgāsana I



halāsana



(rest for a few breaths)



setu bandha sarvāṅgāsana



śalabhāsana  
 (opposite sides x 4 breaths each)



supta vīrāsana



uṣṭrāsana



ujjāyī prāṇāyāma  
 (5 minutes)



prthvī mudrā  
 (use during prāṇāyāma)



upaviṣṭa konāsana



pārśva upaviṣṭa konāsana  
 (both sides)



baddha konāsana

[ do all poses  
 on both sides ] →



jānu śīrṣāsana



parivrta jānu śīrṣāsana



mārīcīāsana III



parivrta supta  
 pādāṅguṣṭhāsana



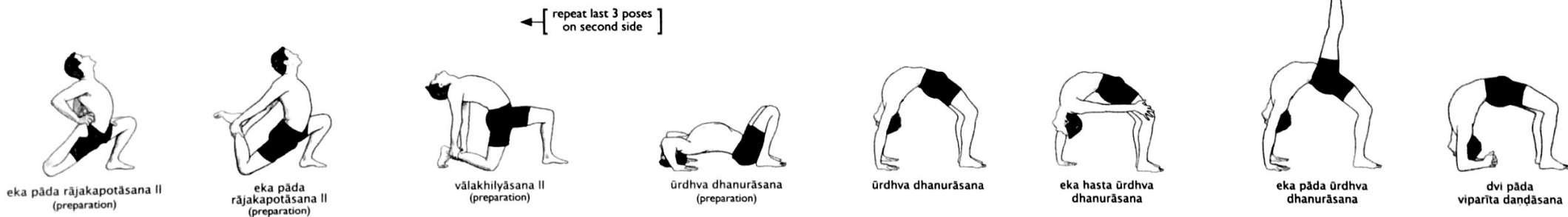
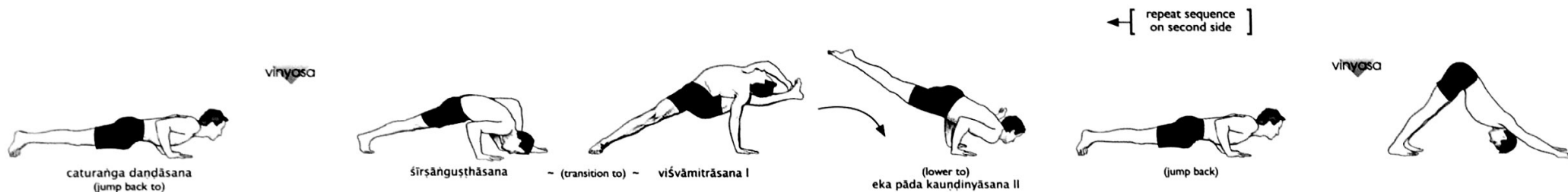
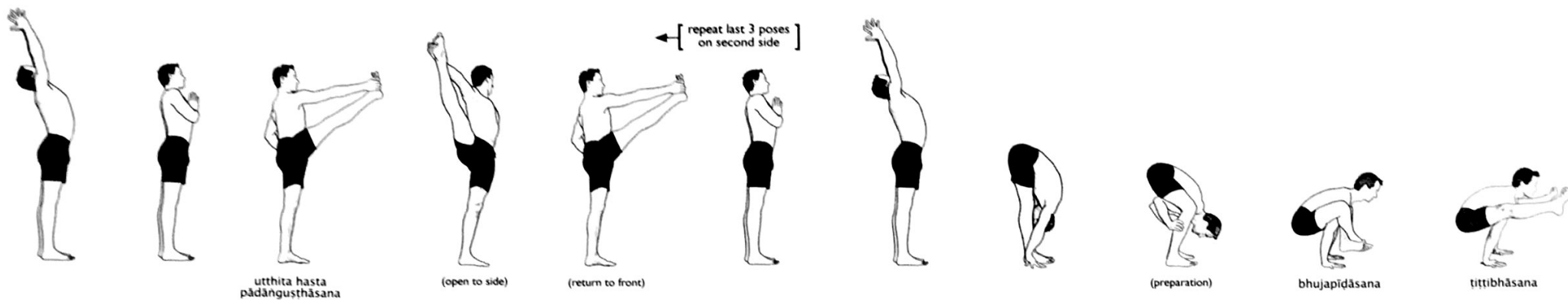
urasyubhayajānvāsana  
 (stay 30 seconds )



śavāsana

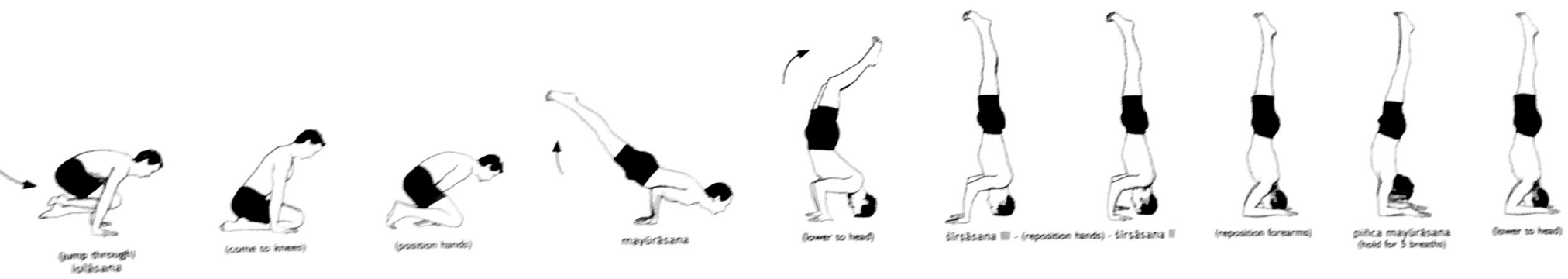
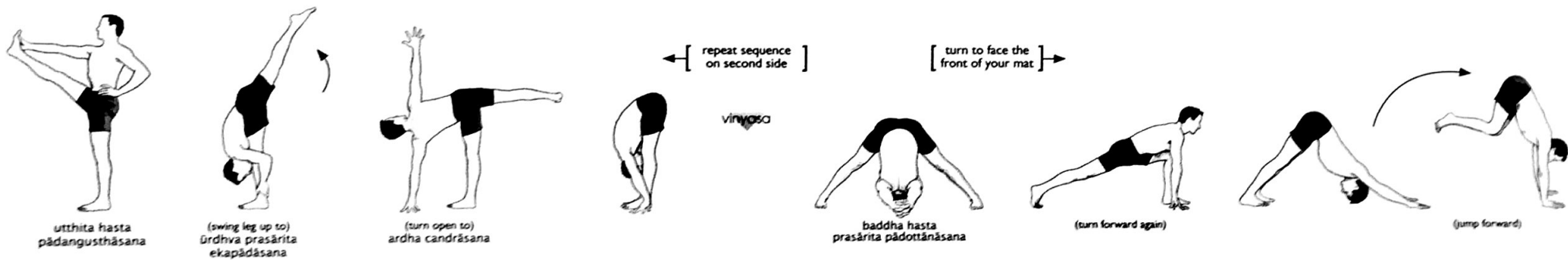
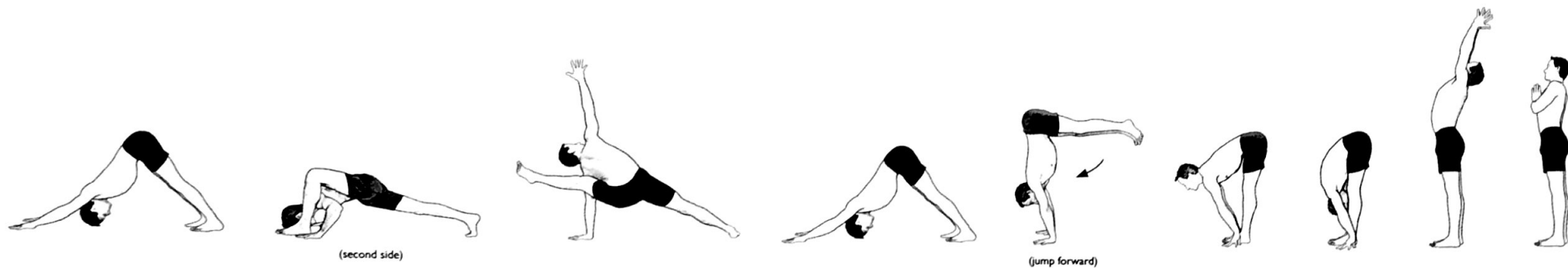
- continued -  
**intermediate**  
 invigorating sequence

Do all poses and sequences on both right and left sides.



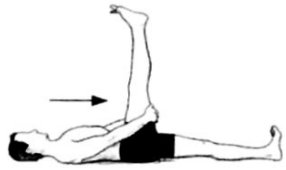
After Baddha Hasta Prasārita Pādottānāsana you will turn to face the front of your mat again. Carefully build familiarity with the inversion transitions over several practice sessions.

- continued -  
**advanced**  
 invigorating sequence



- continued -  
**restorative yoga**  
 for better digestion. sequence 1

Remain in inversions at least 2-3 minutes, longer if you are able. See section on Ujjāyī prānāyāma on page 116 and mudrās on page 123. Do all poses on both sides.



supta pādāṅguṣṭhāsana  
(variation)



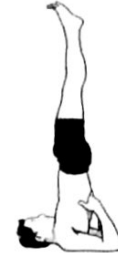
supta pādāṅguṣṭhāsana  
(side variation)



sālamba  
śīrṣāsana I



bālāsana



sarvāṅgāsana I



halāsana



śavāsana (30 seconds)



supta baddha koṅāsana  
(supported, 2-5 minutes)



ujjāyī prānāyāma  
(5 minutes)



samāna mudrā  
(use during prānāyāma)



śavāsana (5-10 minutes)

*"Happiness is the result of inner maturity. It depends on us alone, and requires patient work, carried out from day to day. Happiness must be built, and this requires time and effort. In the long term, happiness and unhappiness are therefore a way of being, or a life skill."*

- Matthieu Ricard

## poses for chakras moving the prana

Yoga āsana help tone the system of nādis and clear energy blocks. Various categories of poses work to achieve this in the area of each chakra. When an area of the body begins to open, the prānic flow in the chakra of that region is enhanced. While not a comprehensive list, below are examples of poses that work to open and balance the chakras.

● **Mūlādhāra chakra** - Standing poses stimulate and focus prāna in the pelvic floor, opening and strengthening this area.



virabhadrasana I



virabhadrasana II



uthhita pārsvakonāsana



uthhita trikonāsana



utkatāsana

● **Svādhiṣṭhāna chakra** - Hip openers expand the prāna in the hips and pelvis creating greater flow and release.



gomukhāsana



mārīcīyāsana III



mālāsana



agnistambhāsana



badhira konāsana

● **Maṇipūra chakra** - Poses that twist the waist or add pressure in the abdomen stimulate prānic movement in the mid-body.



śalabhāsana



dhanurāsana



bhekāsana



bharadvājāsana I



ardha matsyendrasana I