

A/ **Pranayama Practice (15' – 3 rounds, for universe/ neighbor/ self)**

1. In Vajrasana or Padmasana, chant three **OMs** (a+u+mm ratio 1:1:2)
2. **Nadi Shuddhi** (nerve cleansing) – inhale/ exhale same side (ratio 1:2)
3. **Anulom/ Vilom** (alternate nostril) – inhale/ hold/ exhale (ratio 1:1:2).
4. **Ujjayi** (victorious) – inhale/ exhale from back of throat with sound (1:2)
5. **Brahmari** (bumble bee) – index above eyebrows/ middle finger at base of nostril/ ring finger over upper lip/ little finger below lower lip/ thumb over inner ear; inhale/ hold/ exhale to ratio 1:1:2..
6. **Shitkari** (cooling of tongue) – tip of tongue on ridge of upper teeth; inhale loudly from sides of tongue, withdraw tongue; release slowly to ratio of 1:1:2.
7. **Shitali** (cooling of teeth) – make a tube with tongue sticking out like a pipe; hold; exhale gently to ratio of 1:1:2.
8. **Bhastrika** (bellows breath) – inhale fists upward; forceful exhale aspirated through lower abdominal region until breath runs out; 30 strokes/ minute.
9. **Kapalbhaty** (breath of fire) – forceful inhale/ exhale 30 strokes/ minute.
10. **Simhasana** (lion breath) – on hands and knees, inhale deep and exhale forcefully through lower abdominal region, with tongue sticking out fully.

B/ **Warm Up** - thighs, calves, ankles, toes; shoulders, elbows, wrists, fingers.

C/ **Trataka** – create 3 slow circles with right (then left) hand; follow with eyes.

D/ **Surya Namaskara/ Sun Salutation (3 rounds, with breath/ focus) 10'**

1. Om hram, mitraya namaha (namaskara/ prayer) focus - eyebrow center
2. Om hrim, ravaye namaha (hasta uttana/ arms raised) focus – upper chest
3. Om hroom, suryaya namaha (pada hasta/ hands to feet) focus – back of legs
4. Om hram, bhanave namaha (ashwa sanchala/stallion) focus – low abdomen
-----(**parsva kona namaskara/ intense prayer twist**) focus – sides of waist -----
5. Om hraum, khagaya namaha (danda/ plank) focus – pelvic/ anal sphincters
6. Om hraha, pushne namaha (ashtanga namaskara/ 8 limb salutation) - knees
7. Om hram, hiranya garbhaya namaha (bhujanga/ cobra) focus – low back
8. Om hrim, marichye namaha (parvata/ mountain) focus – upper abdomen
9. Om hroom, adityaya namaha (repeat posture no..4.) focus – low left abdomen
10. Om hram, savitre namaha (repeat posture no..3.) focus – back of legs
11. Om hraum, orkaya namaha (repeat posture no. 2.) focus – upper chest
12. Om hraha, bhaskaraya namaha (repeat posture no.1.) focus - eyebrow center

D/ **Posture Practice** - Full sequence+yoga nidra (30') or ailment sequence (15')

E/ **Palming** – rub palms together and cup over eyes; in vajrasana, fold over fists

F/ **Inversion** - Close with shoulder stand or head stand (2-5 minutes).

G/ **Super Brain Yoga**/ standing squats (thopikaaranam) – with heels apart, use fingers to gently pinch opposite earlobes; exhale, bend knees in 10 standing squats.