

Yoga Education Teacher Training

2024

Module 1: Week 6

Yoga Asana Sangraha

Level 1

Full Practice



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श्री गुरुभ्यो नमः हरिः ॐ

Om Om Om

Sri Gurubhyo Namah Harih Om

Salutations to the Gurus!

ॐ सह नाववतु ।
सह नौ भुनक्तु ।
सह वीर्यं करवावहै ।
तेजस्वि नावधीतमस्तु मा विद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

oṃ saha nāvavatu saha nau bhunaktu
saha vīryaṃ karavāvahai
tejasvi nāvadhītam astu mā vidviṣāvahai
oṃ śāntiḥ śāntiḥ śāntiḥ

May that Brahman protect us together. May it nourish us together. May we both gain great vitality. May our learning be brilliant. May we never argue. Om peace, peace, peace.

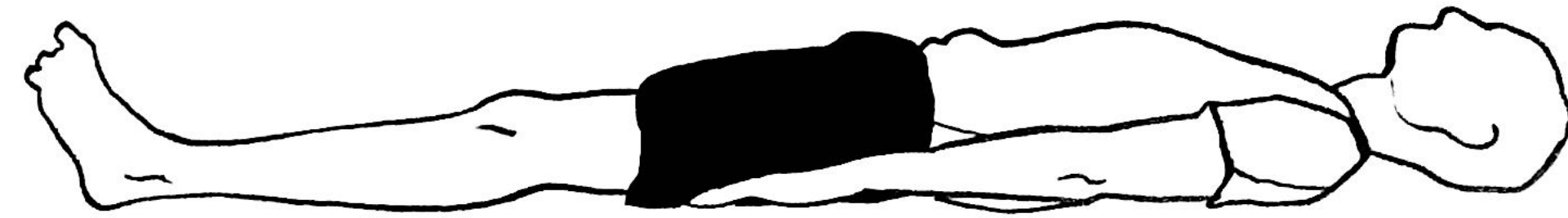
Lying Down Resonance Practice

- **Level 1 Intro Breathing Practices**
 - Lying down with knees bent
- **Hands on abdomen**
 - Two minutes of resonance breathing
- **Hands on ribs**
 - Two minutes of resonance breathing
- **Hands on upper chest**
 - Two minutes of resonance breathing

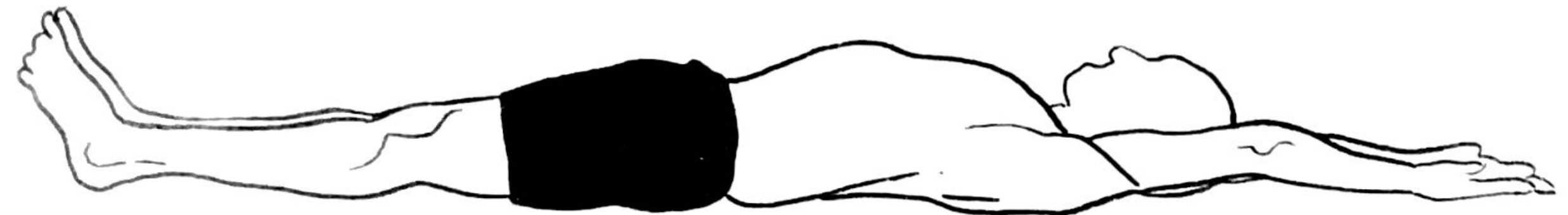
Tadagi Mudra Sequence

- **Tadagi Mudra**

- Lying down, legs together, hands flat



- Inhale and extend the arms over the head to the floor behind you, keeping the hands shoulder-width apart



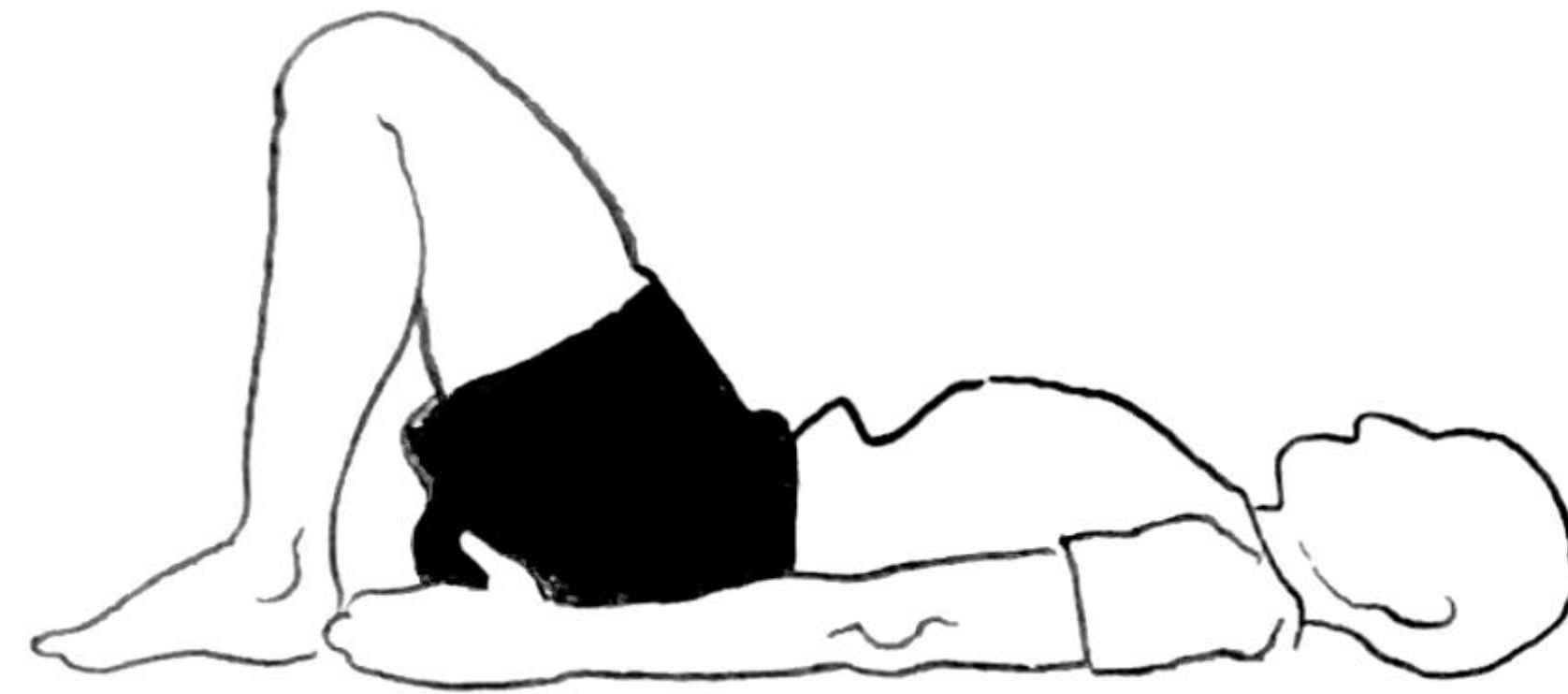
- Breathe 5 times, extending the exhalation, then bring the arms back down by your sides



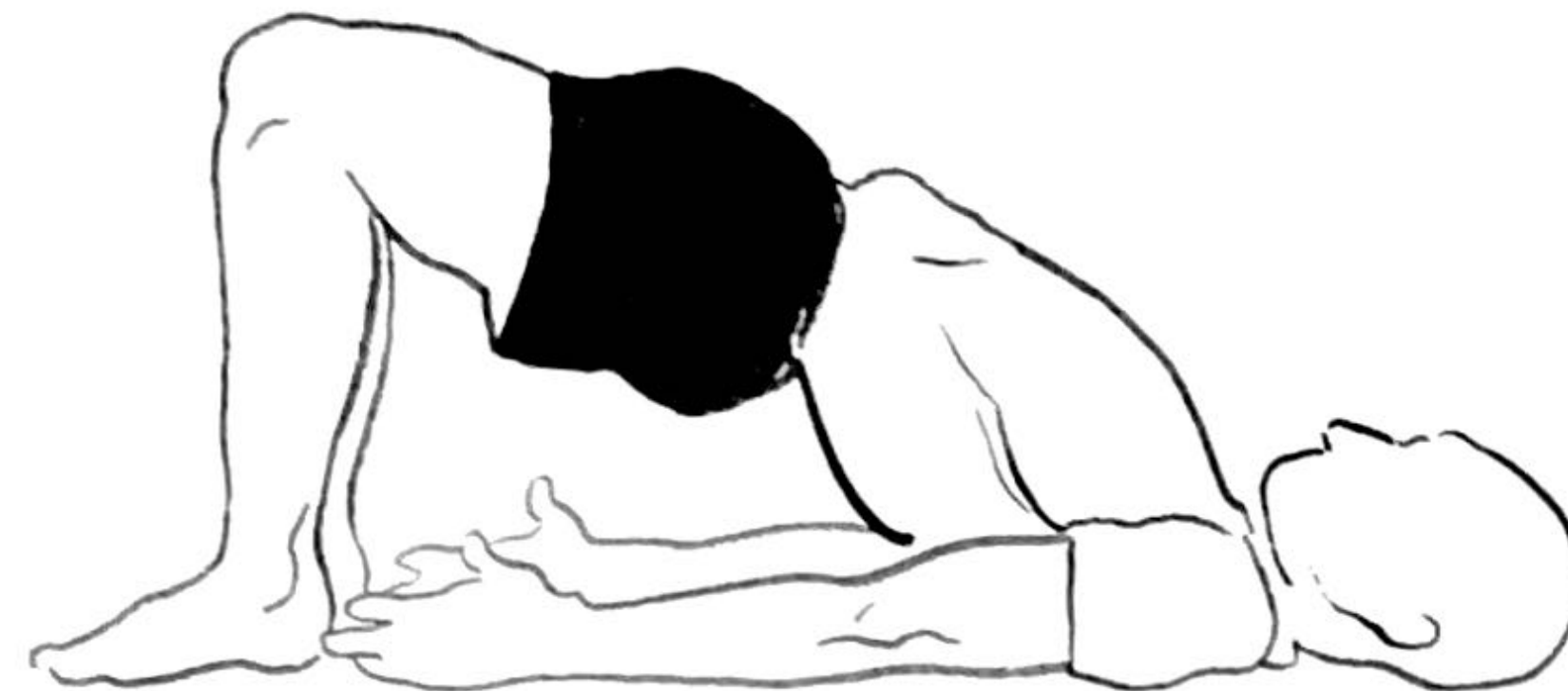
Tadagi Mudra Sequence

- **Dwipada Pitham**

- Bend your knees, the outer edge of the hands on the floor, with the thumbs pointing up



- Squeeze the shoulder blades together, coming into a pelvic tilt, and lift the hips a few inches up off the floor

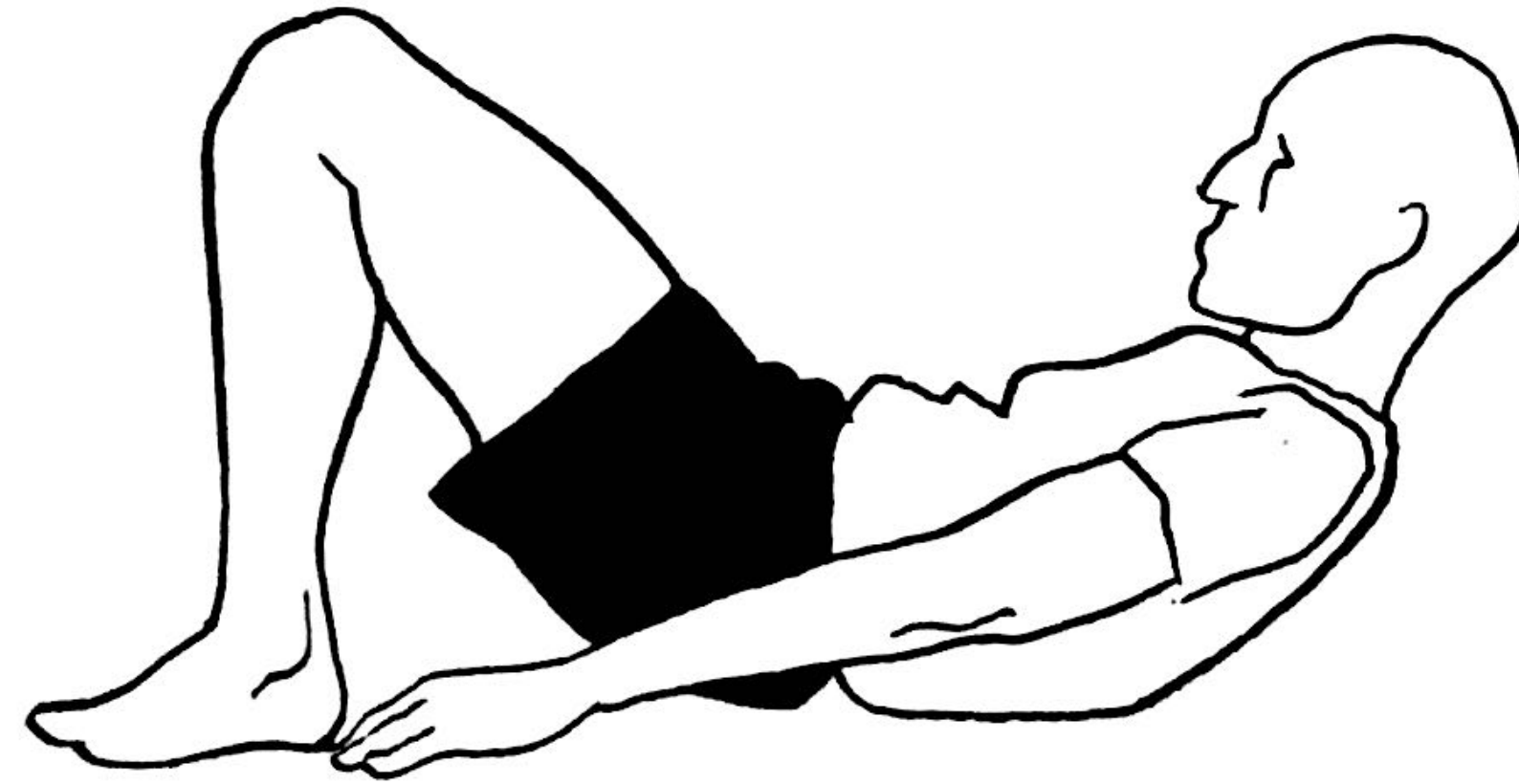


- Breathe five times, and lower down on an exhalation

Tadagi Mudra Sequence

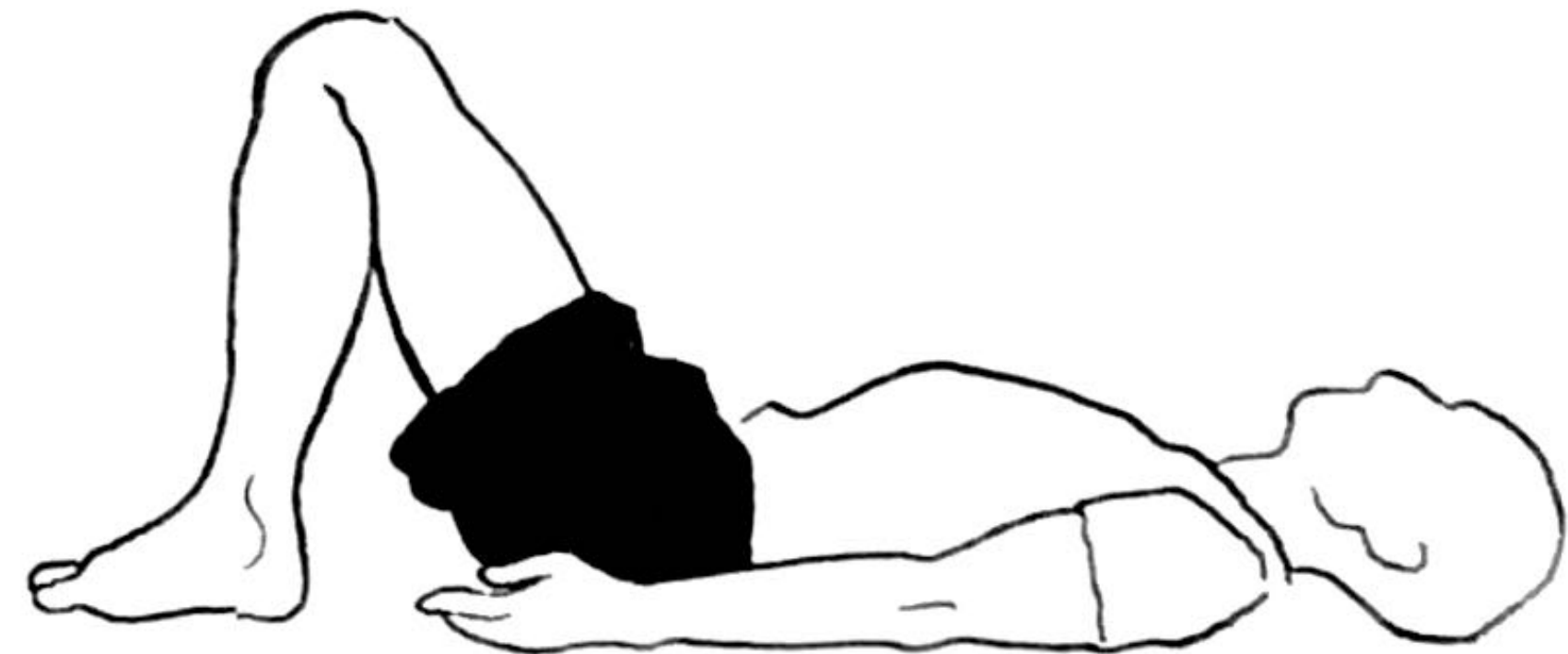
- **Nabi Darshanam**

- Keeping your knees bent, press your lower back to the floor
- Exhale, and lift your head to look at your navel
- Keep the fronts of your shoulders moving toward each other
- Breathe 5 times, then come down, and rest with straight legs.



Pavanamuktasana Kriya

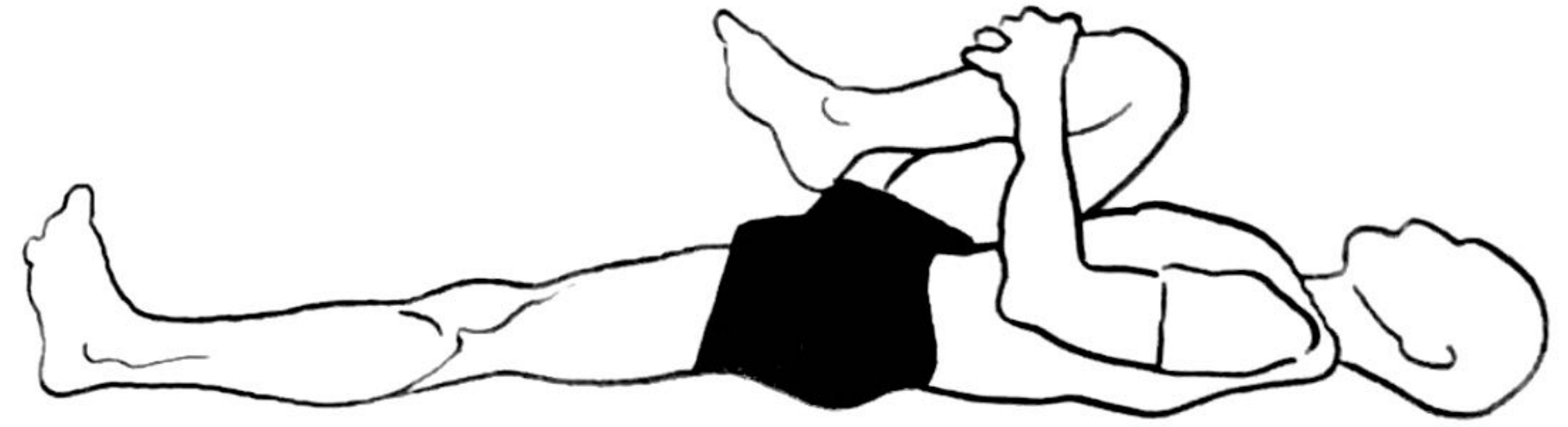
- **Sthithi position is flat on the back with the legs and arms straight.**
- Bend your knees, and keep your feet flat on the floor
- Bend your right knee in towards your chest, and interlace your fingers around your shin
- Push your lower back towards the floor, and then push your shin forward into your hands, so that your arms come straight.



Pavanamuktasana Kriya

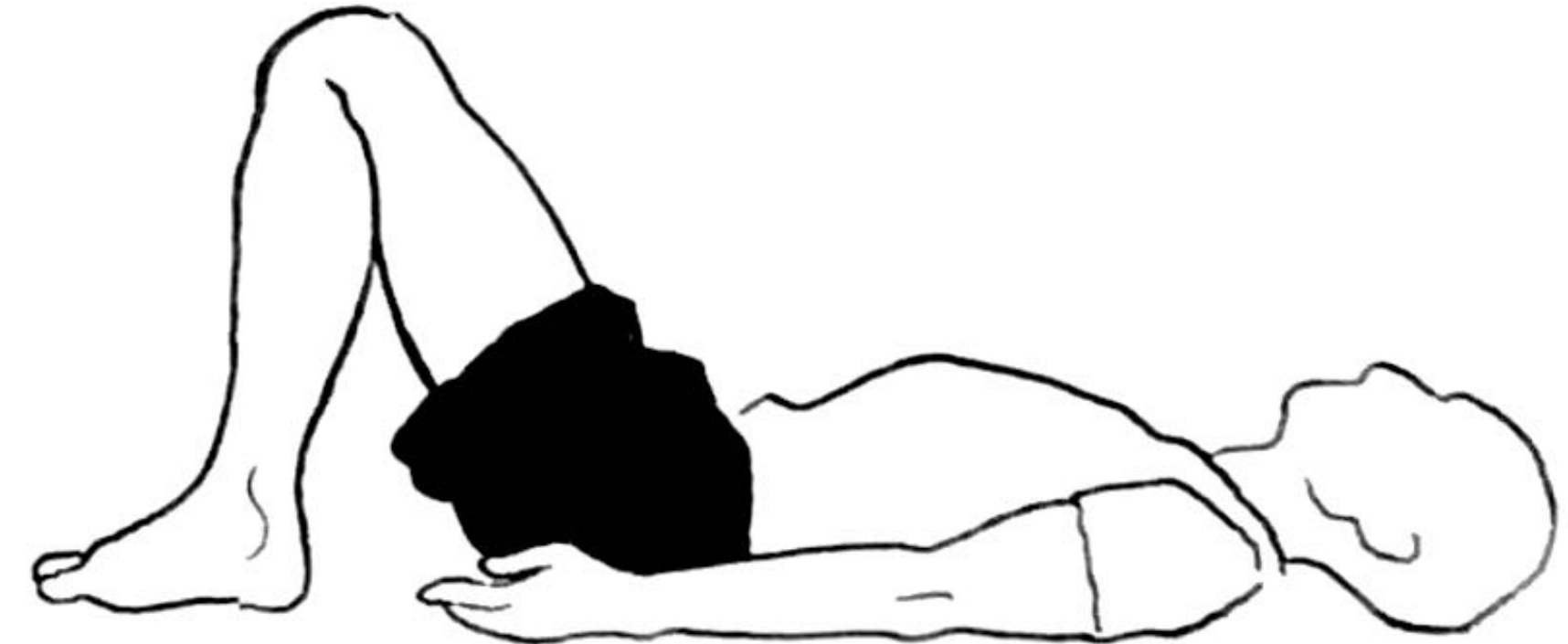
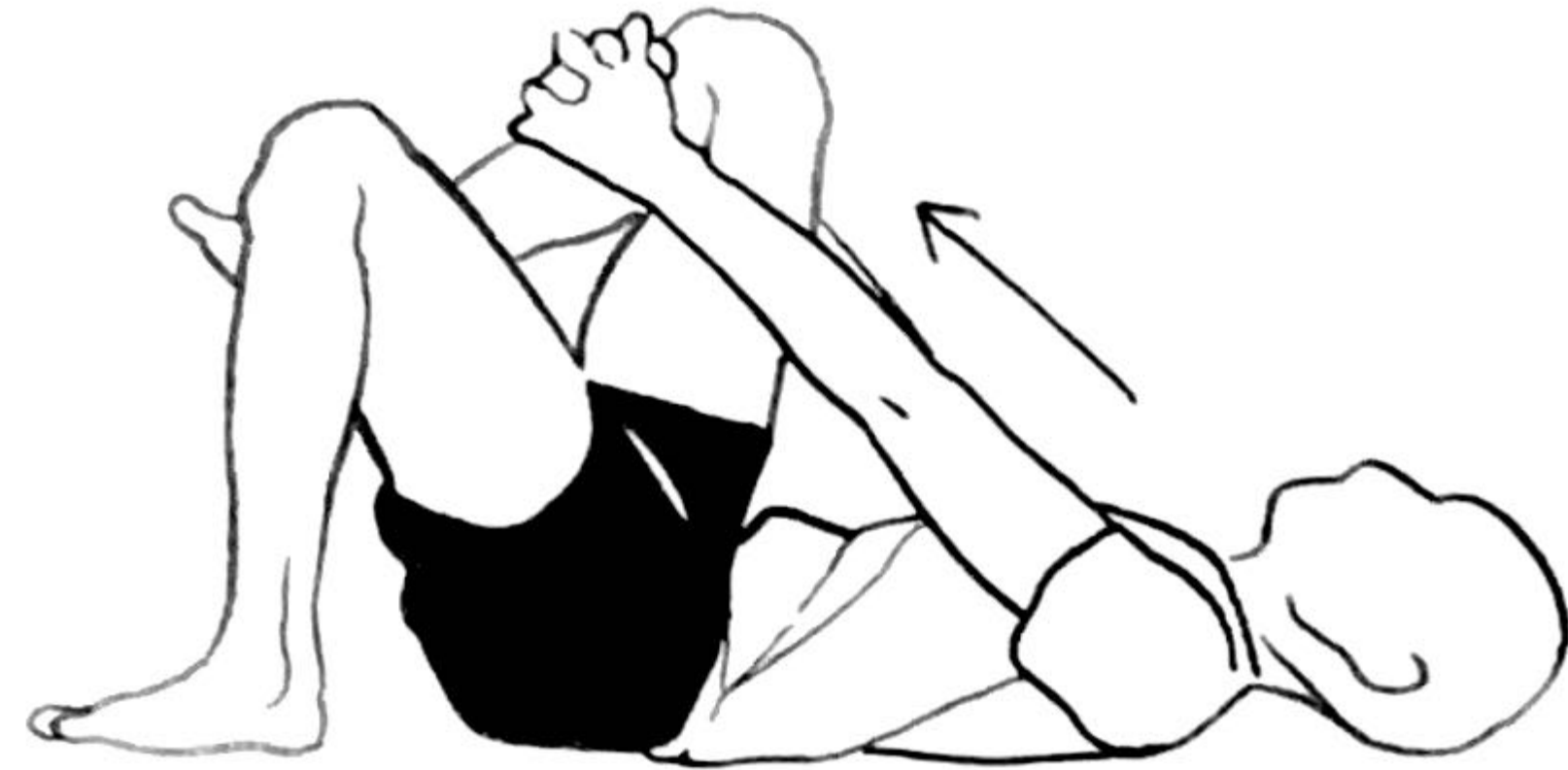
- **Continued**

- Lightly stretch your left leg out on the floor
- Relax your right knee into towards the side of your ribs
- This is **pavanamuktasana**, stay here for five breaths, then touch your nose to your knee for 5 breaths. Place your head down.



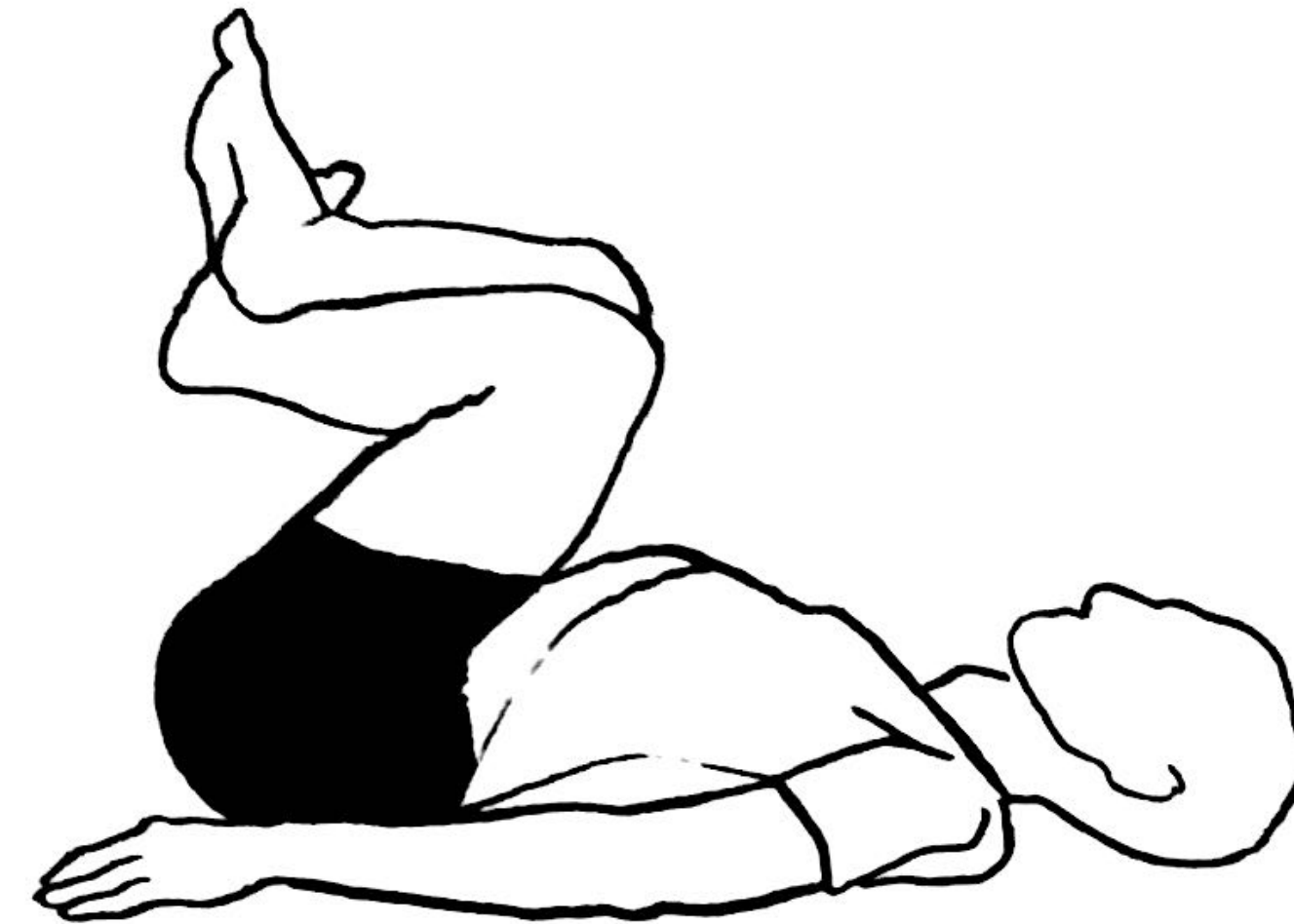
Pavanamuktasana Kriya

- **Continued**
 - Push your shin forward into your hands so your arms come straight.
 - Lightly bend your left knee so your foot is flat on the floor.
 - Release your right foot on the floor next to the left.
 - Repeat on the left side.



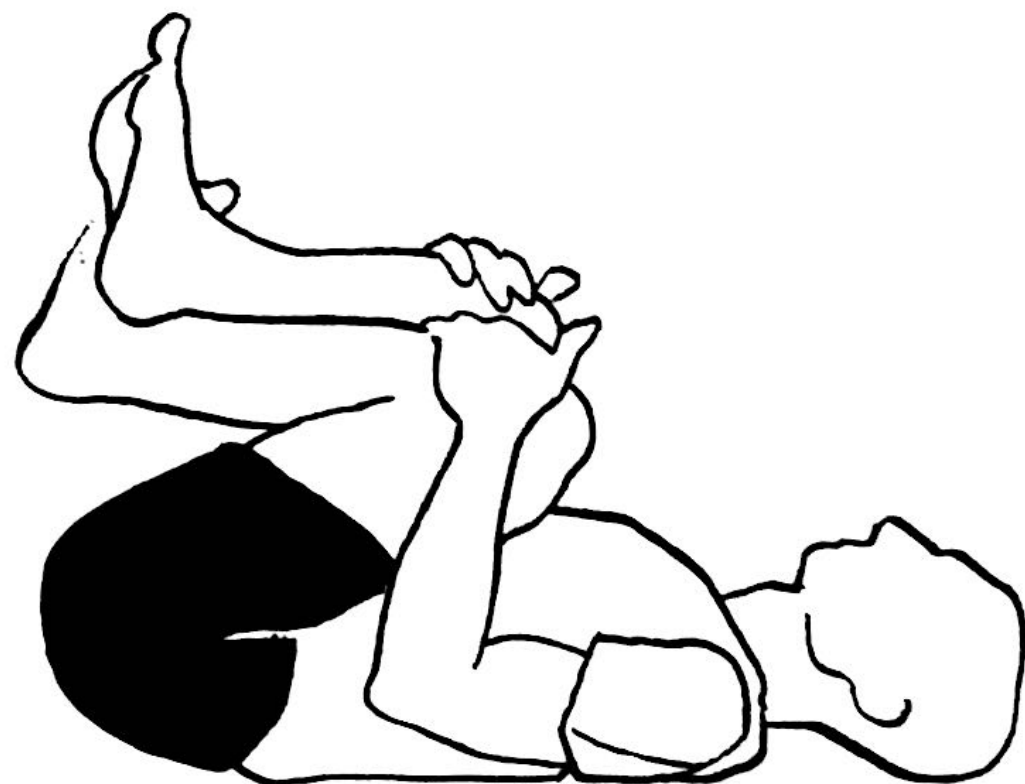
Supta vajrasana transition

- **This is a connecting movement and asana**
 - Begin lying down with straight legs
 - Bend the knees towards the chest without using your hands
 - Cross your ankles and flex your feet, at the same time spread your knees apart
 - Press your lower back towards the floor

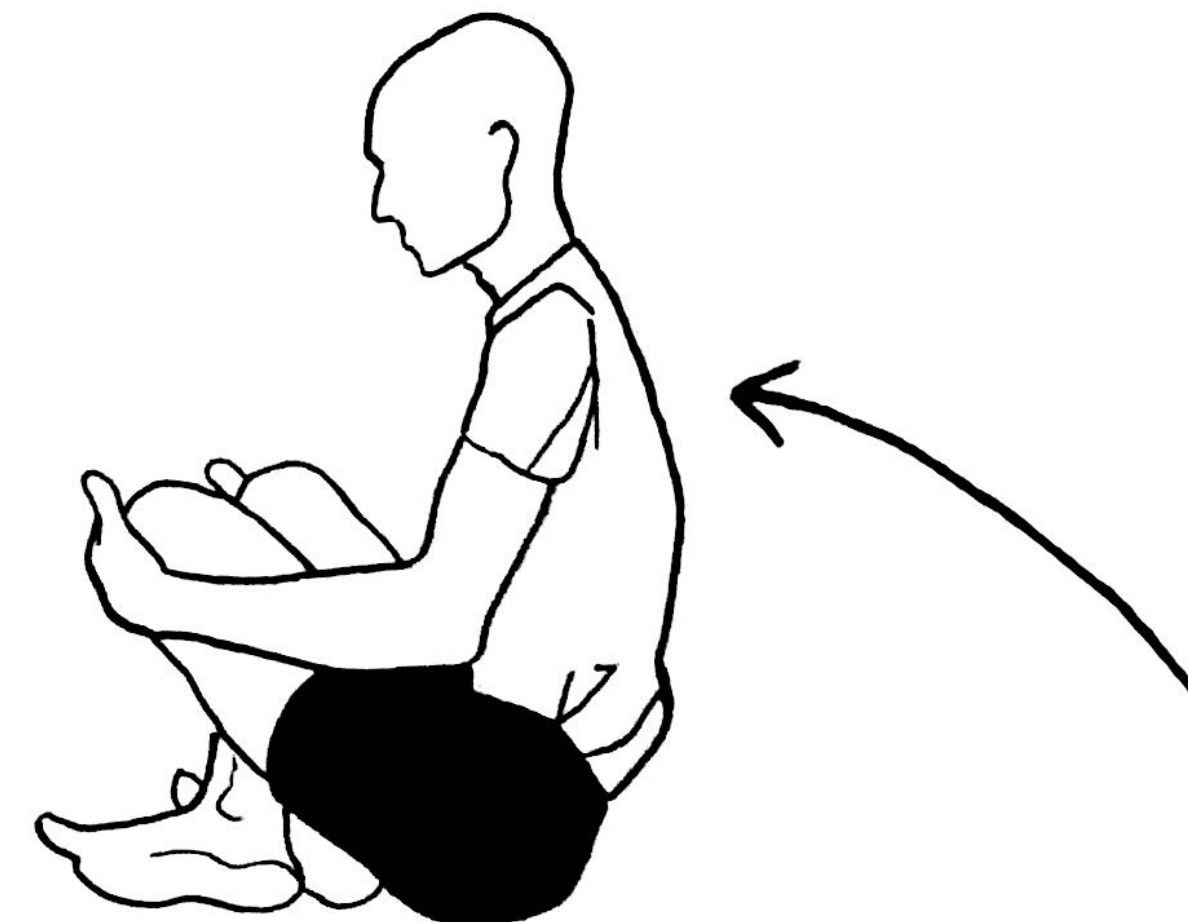
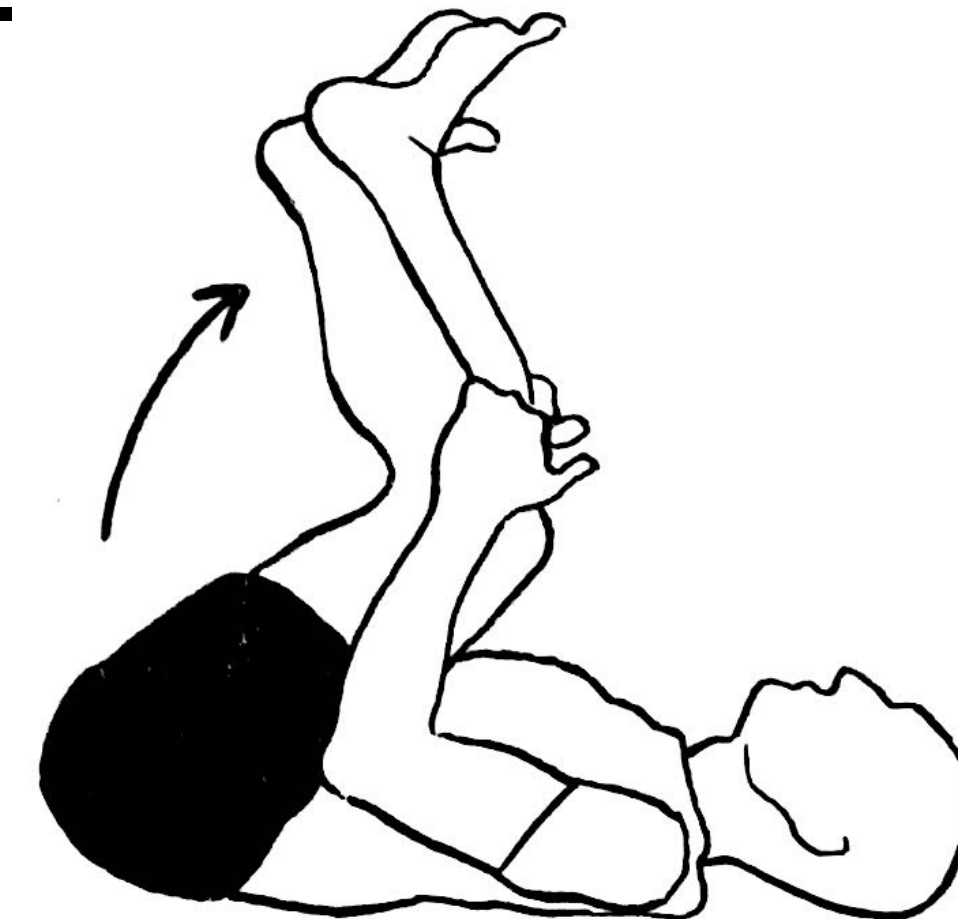


Supta vajrasana transition

- Stretch your arms over your head to the floor behind you; this is the asana sthiti.



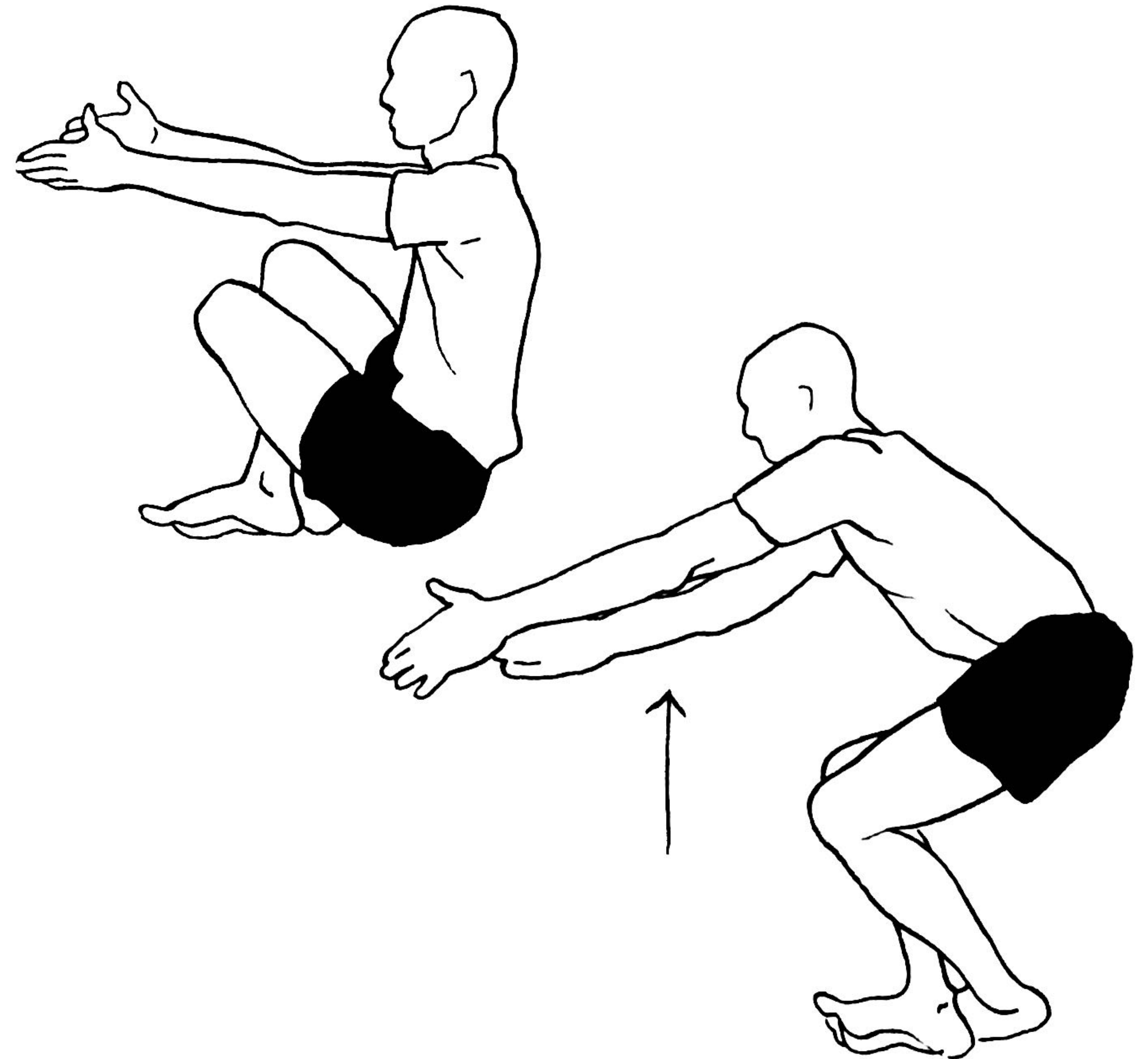
- To transition to seated, bring each hand to each knee, and rock yourself to sit.



Supta vajrasana transition

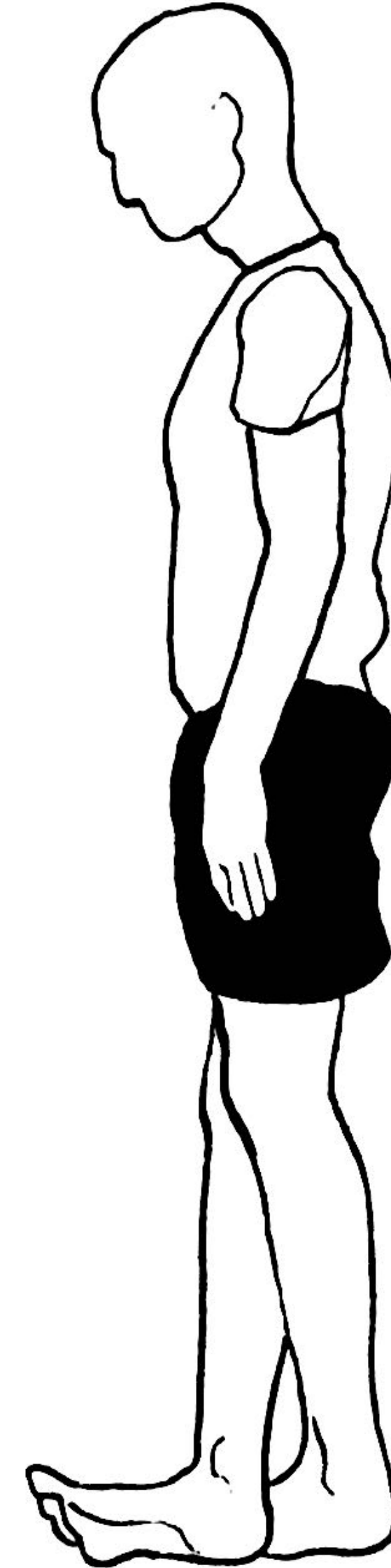
- **Longevity practice**

- Keep your hands on the knees, and outer edge of your feet on the floor
- Reach your hands forward, and shift your chest forward.
- Try to rock forward on to your feet and stand up without using your hands.



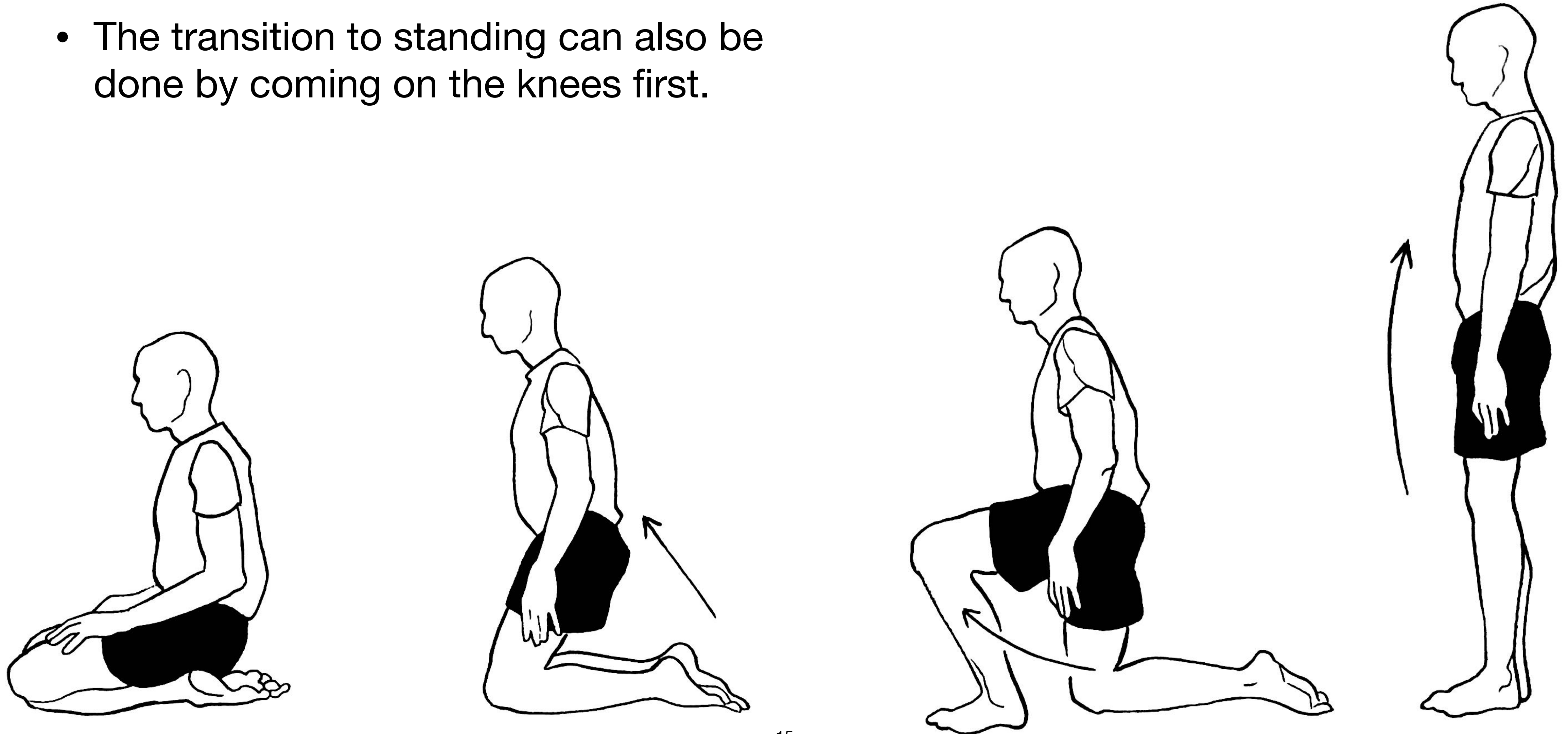
Supta vajrasana transition

- **Continued**
 - If you cannot come to stand without using the hands, then use a hand to assist you up.



Supta vajrasana transition

- **Continued**
 - The transition to standing can also be done by coming on the knees first.



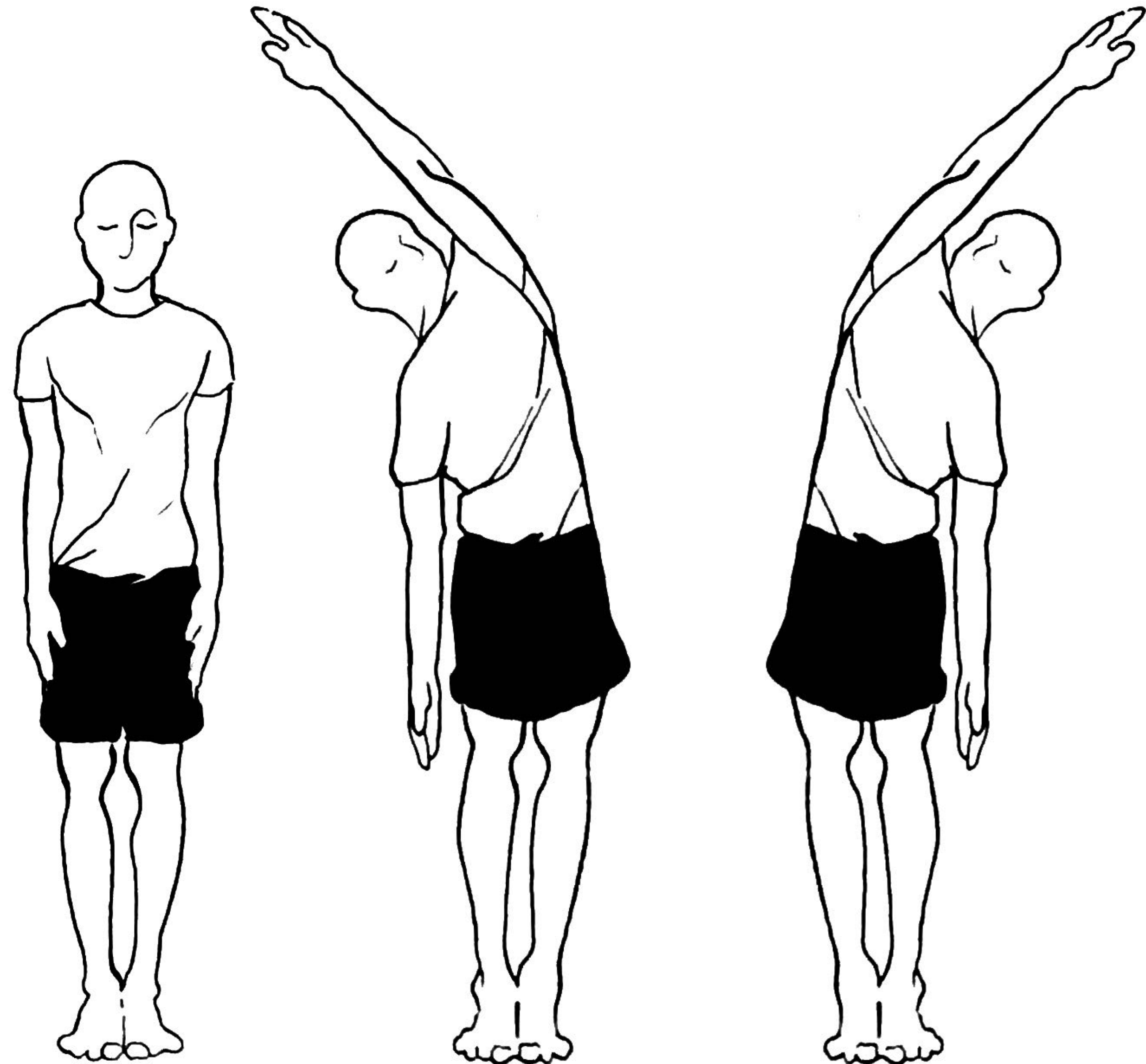
Five Directions of the Spine

- **Five movements**
 - primarily to open the lung channels
 - Strengthen posterior chain of back muscles
 - Stretch hamstrings
 - There are five postures in this sequence:
 - **Ardha kati chakrasana**
 - **Kati chakrasana**
 - **Ardha chakrasana**
 - **Urdhva hastasana**
 - **Ardha uttanasana**

Five Directions of the Spine

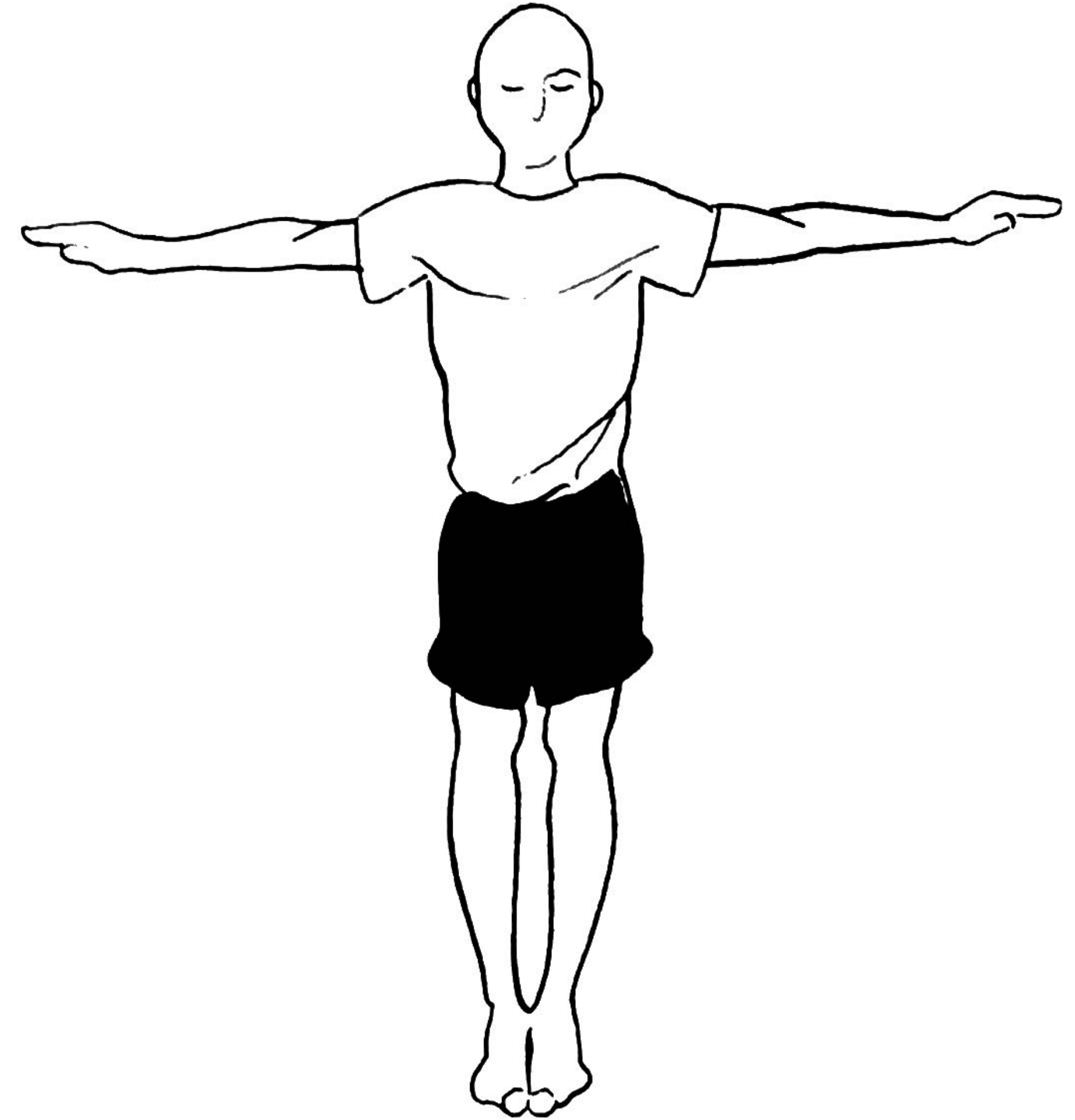
- **Ardha kati chakrasana**

- Begin in standing position
- Inhale your left arm forward and next to your head by your ear
- Do a slight pelvic tuck
- Lean to the right
- Lift your chest, and breathe in towards the left lung
- Remain here for 3-5 breaths
- Return to center
- Exhale the left arm out to the side and down
- Repeat on the right side
- This posture opens the side of the body and musculature around the lungs



Five Directions of the Spine

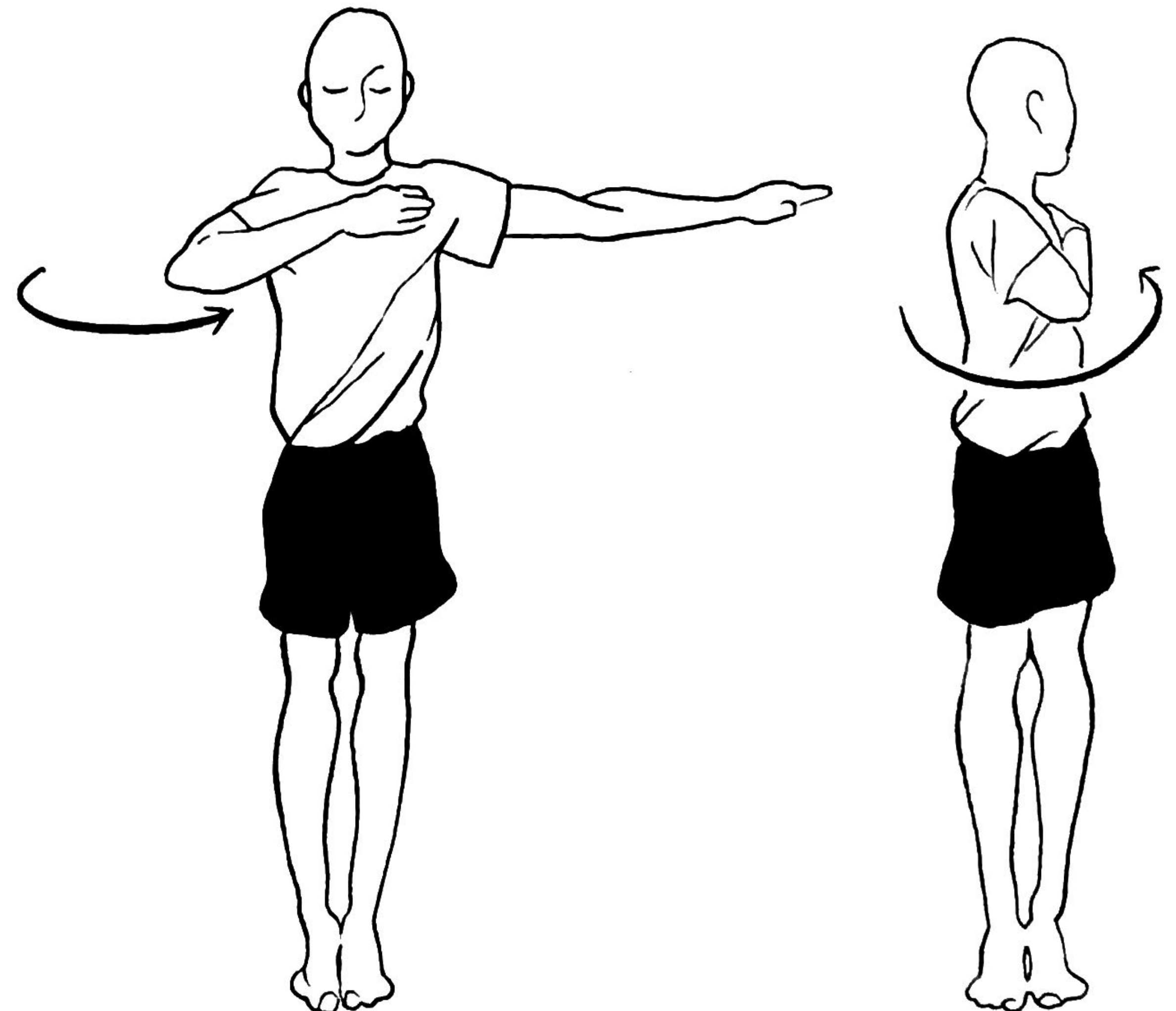
- **Kati chakrasana**
 - Begin in a standing position
 - Open your arms out to the sides of your body



Five Directions of the Spine

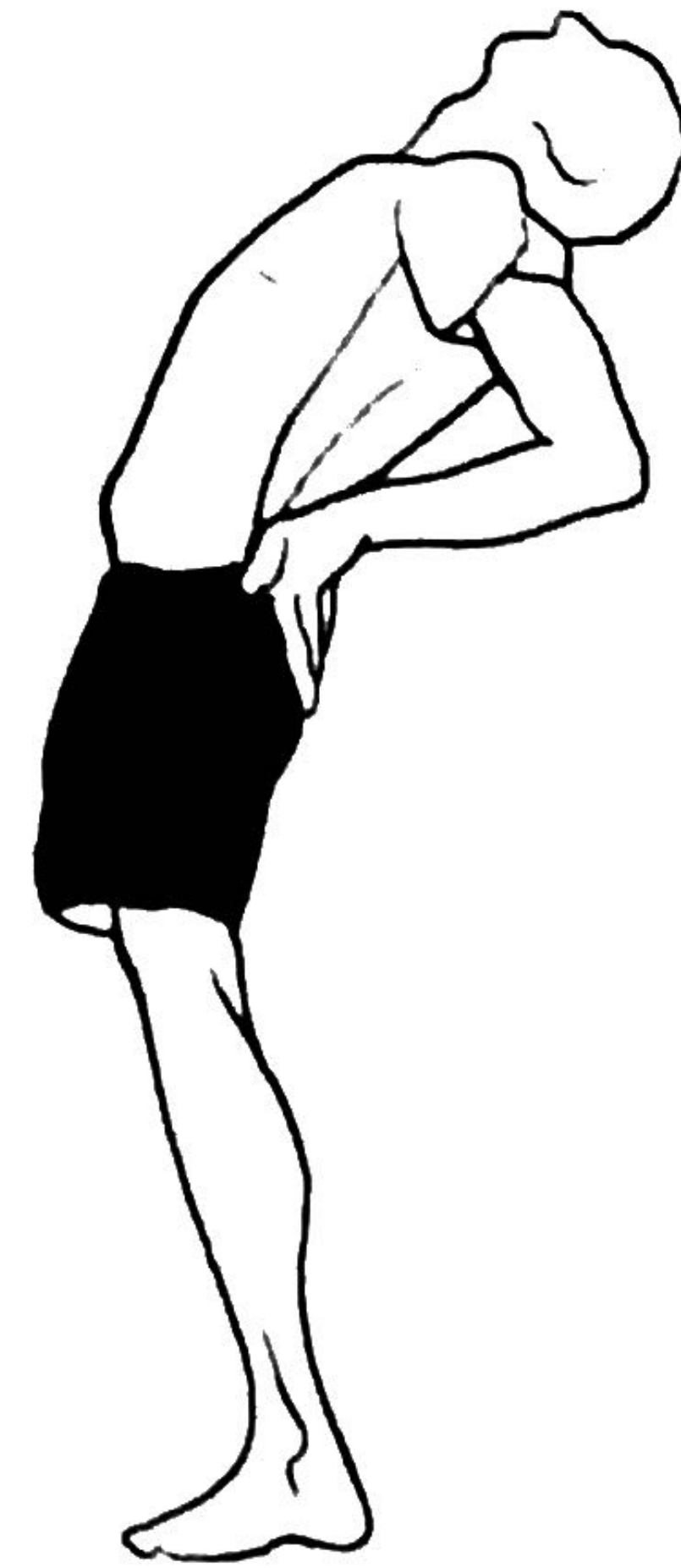
- **Continued**

- Bend your right arm and place your palm under your collarbone, with the fingers touching underneath the left collarbone
- Twist your body to the left, only so far as you can see your hand
- Pull your left hip slightly forward
- Breathe here 3-5 times
- Inhale back to center, opening the arms
- Repeat on the right side
- This posture stimulates the lung channel



Five Directions of the Spine

- **Ardha chakrasana**
 - Slide your hands to your lower back with the fingers pointing down and thumbs forward
 - Do a pelvic tuck
 - Push your hips forward over your toes
 - Lift your chest
 - If comfortable, lean your head back, and breathe 3-5 times
 - Direct the breath to the apex of the lungs, under the collarbones
 - Come back to center, lifting your head forward
 - This posture opens the uppermost portion of the chest near the top of the lungs, and stretches the back muscles



Five Directions of the Spine

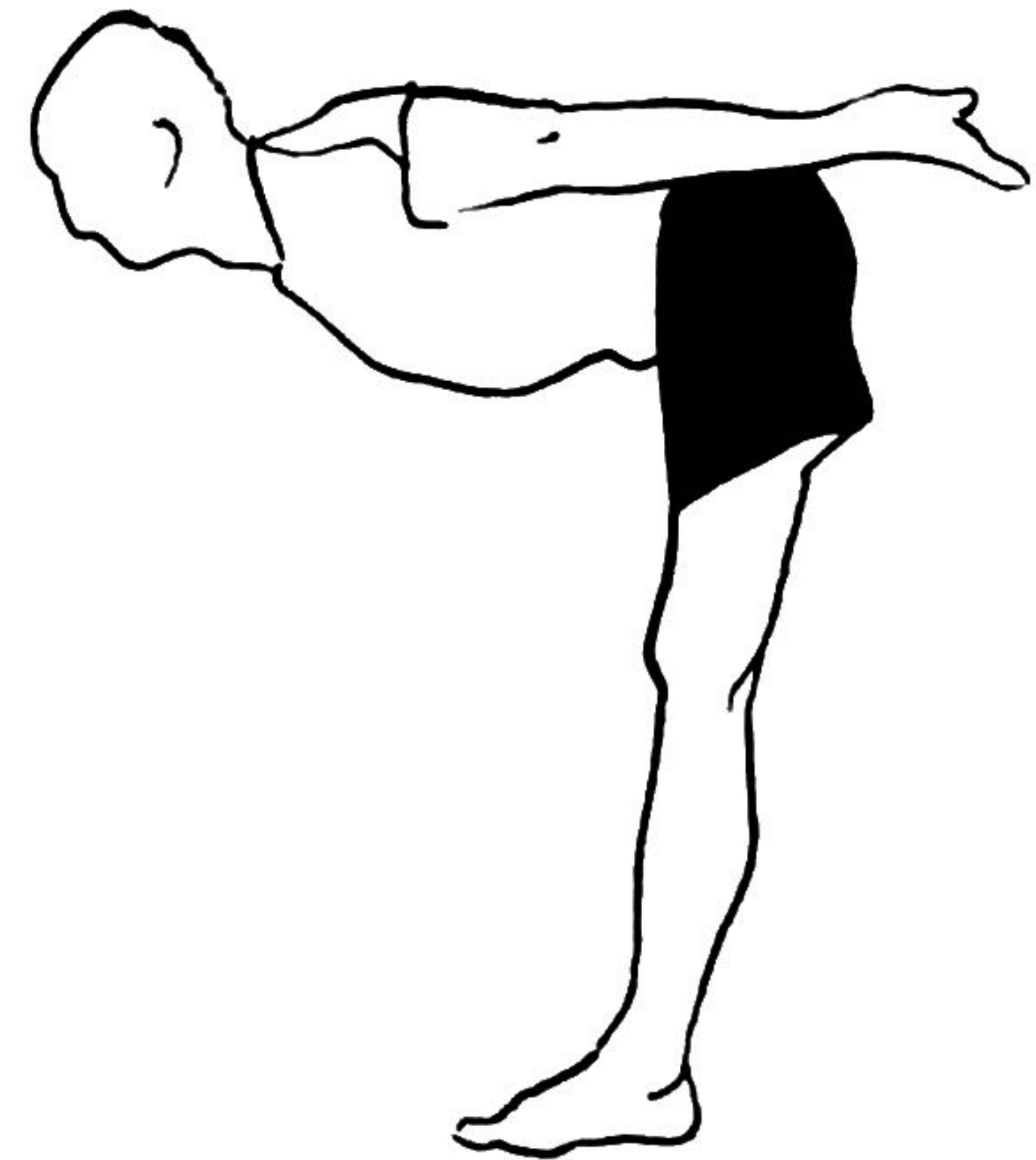
- **Urdhva hastasana**
 - Slide your hands forward and interlace your fingers, pushing the palms downward
 - Reach your hands forward as you inhale, and stretch the arms over the head
 - Do a slight pelvic tuck
 - Inhale and rise up on your toes, gazing at the floor one meter in front of you. This is the asana sthiti.
 - Breathe in this position for 3-5 breaths
 - To release from the posture, exhale and open your arms slowly out to the side
 - Lower your heels and arms at the same time
 - This posture lengthens the spine, creates balance, and is energizing



Five Directions of the Spine

- **Ardha uttanasana**

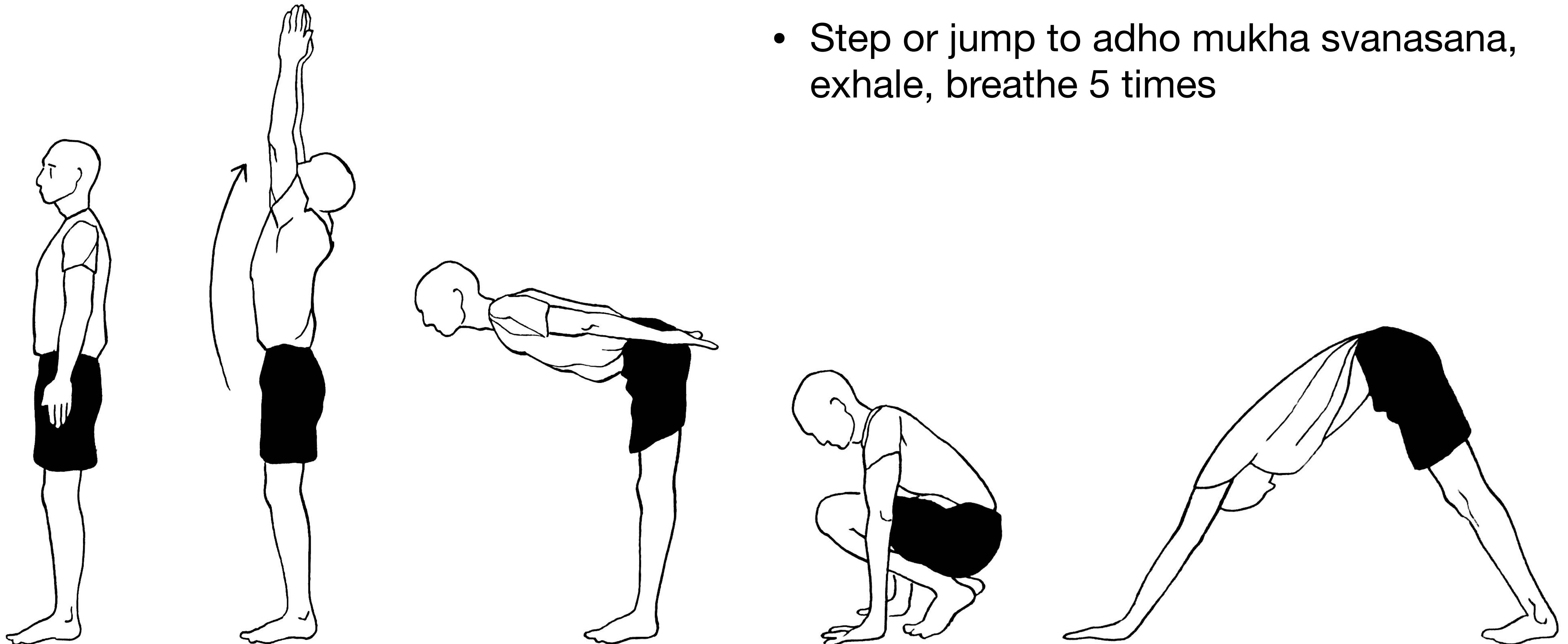
- In a standing position, turn your palms to face away from you
- Inhale and lift your chest
- Exhale and keep your chest lifted
- Inhale again, keep the chest lifted
- Exhale and bend forward to a 90 degree angle
- Keep your chest up, as if you were doing a backbend
- You should feel your hamstrings stretching, and the back muscles engaging
- This is the asana sthiti, and is a great pose for stretching the legs without doing a deep forward bend, and strengthening the back at the same time
- After 3-5 breaths, come back to stand. This completes the Five Directions of the Spine.



Sun Salutation First Type, 7 steps

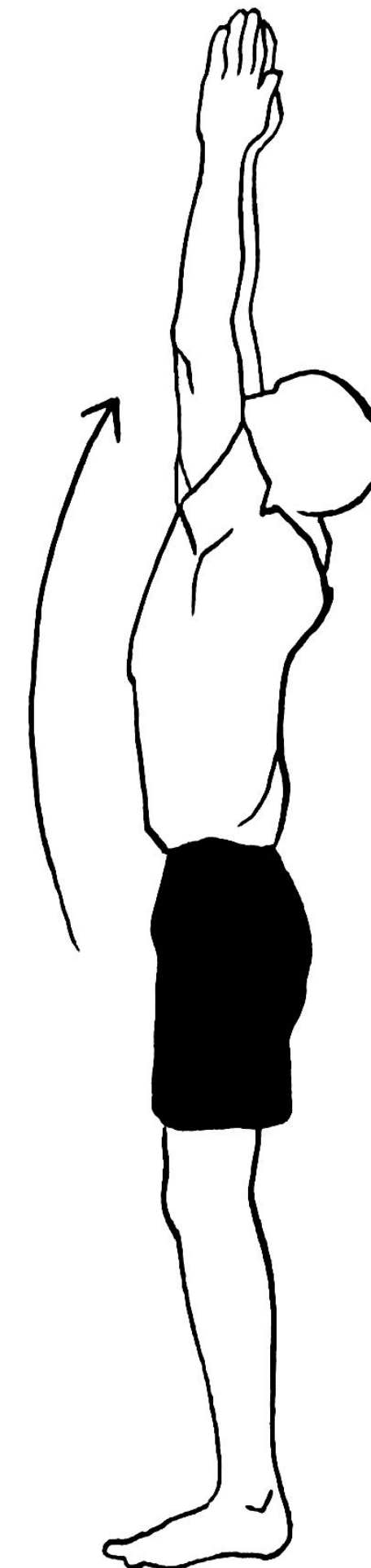
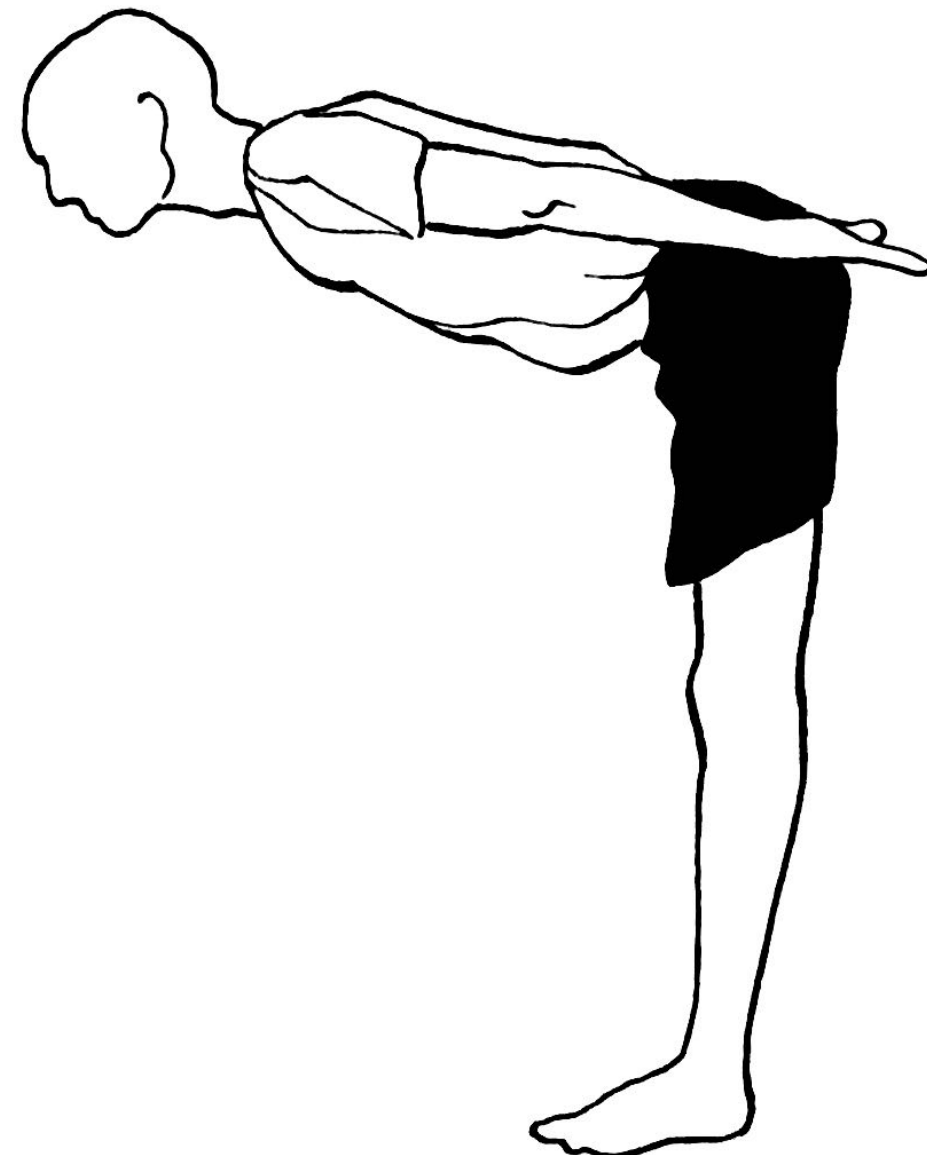
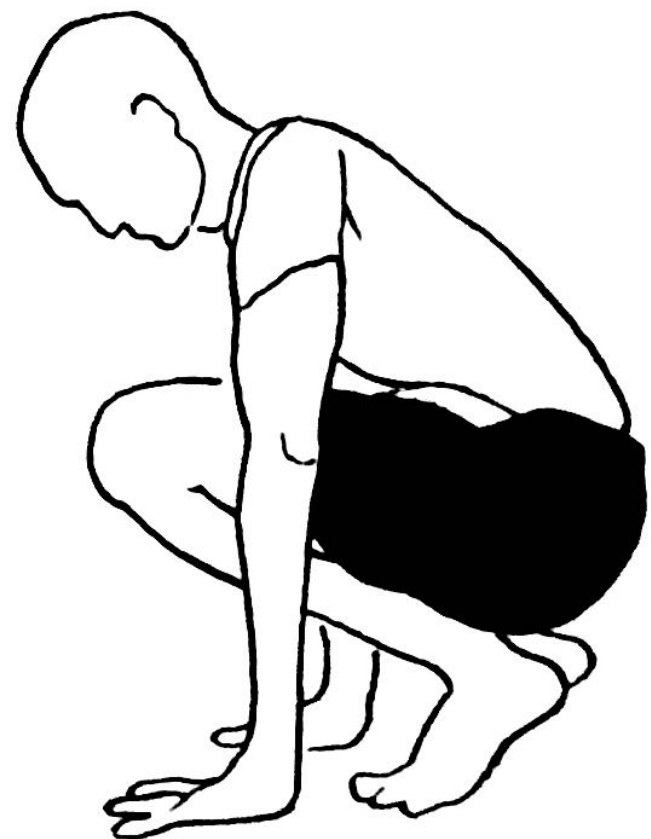
- Samasthiti
- Urdhva hastasana, inhale

- Ardha uttanasana, exhale
- Squat on toes, inhale
- Step or jump to adho mukha svanasana, exhale, breathe 5 times



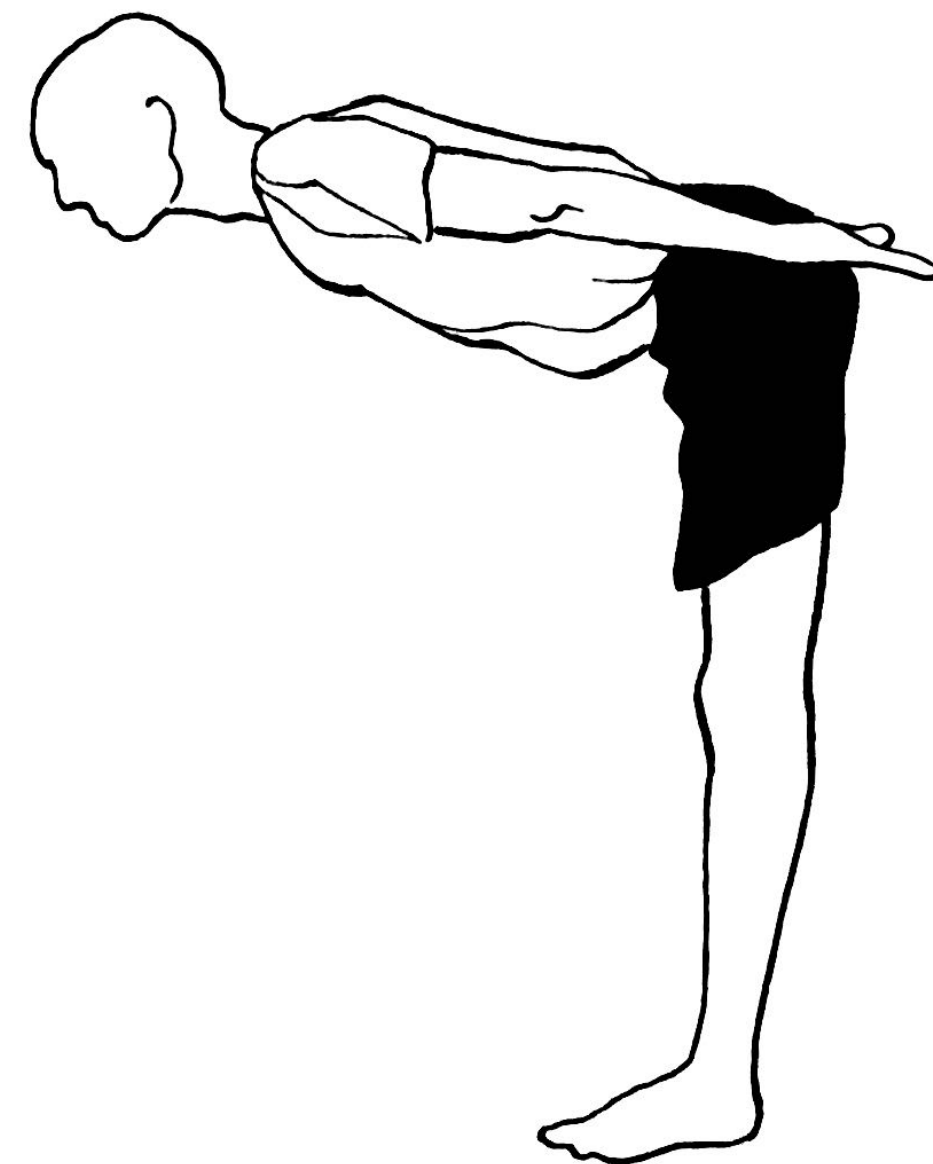
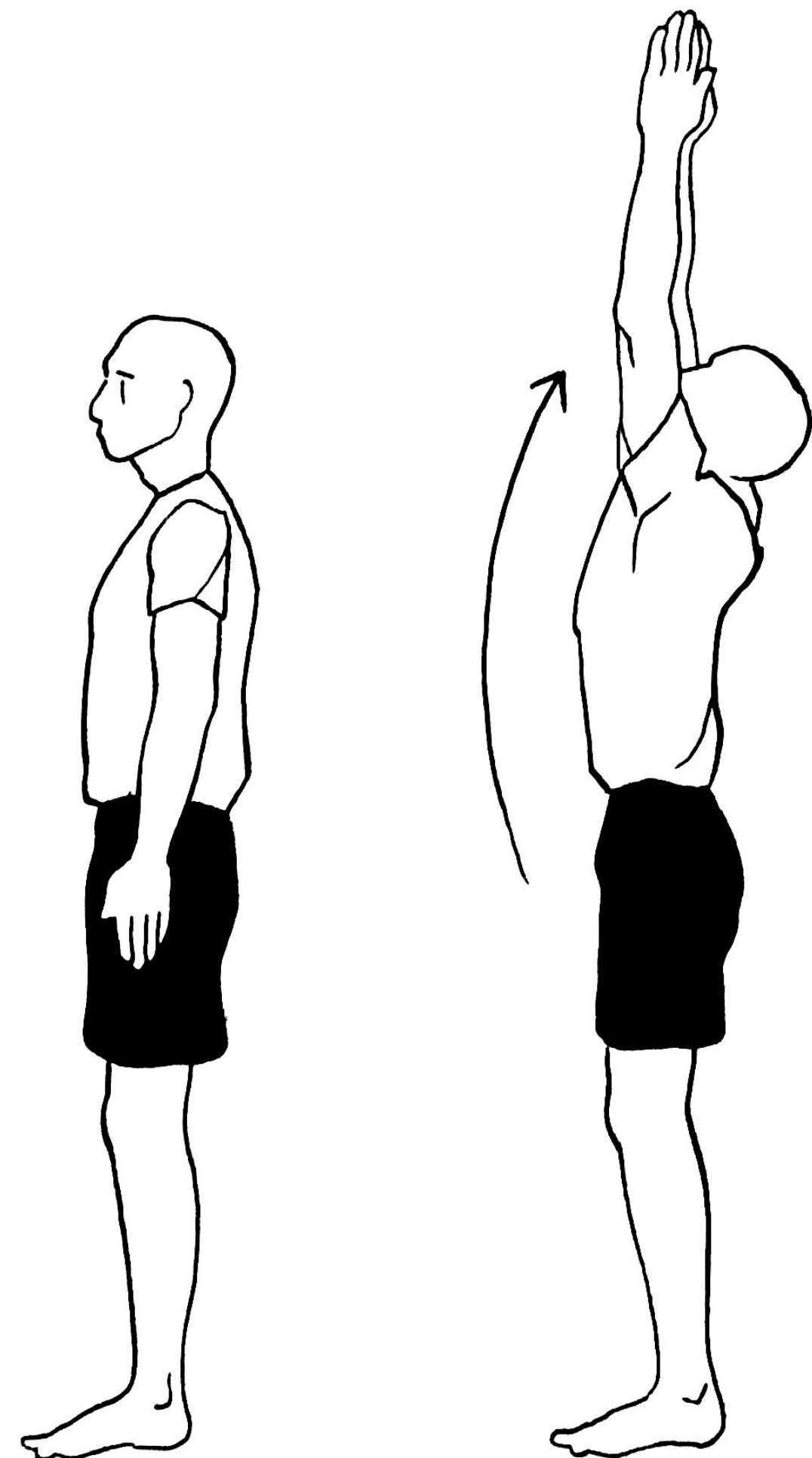
Sun Salutation First Type, 7 steps

- **Continued**
 - Jump or step to squat on toes, inhale
 - Ardha uttanasana, exhale
 - Urdhva hastasana, inhale
 - Samasthiti

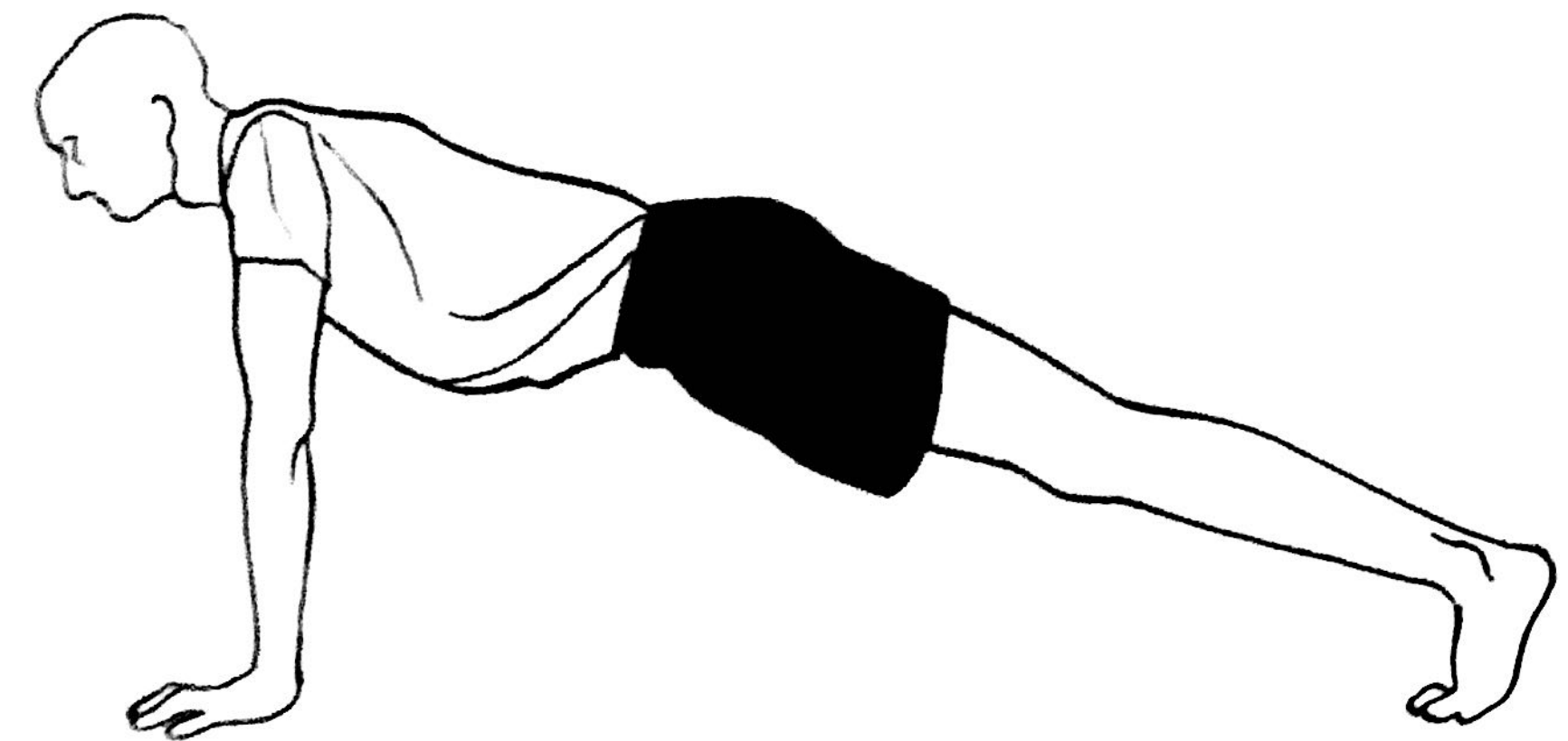
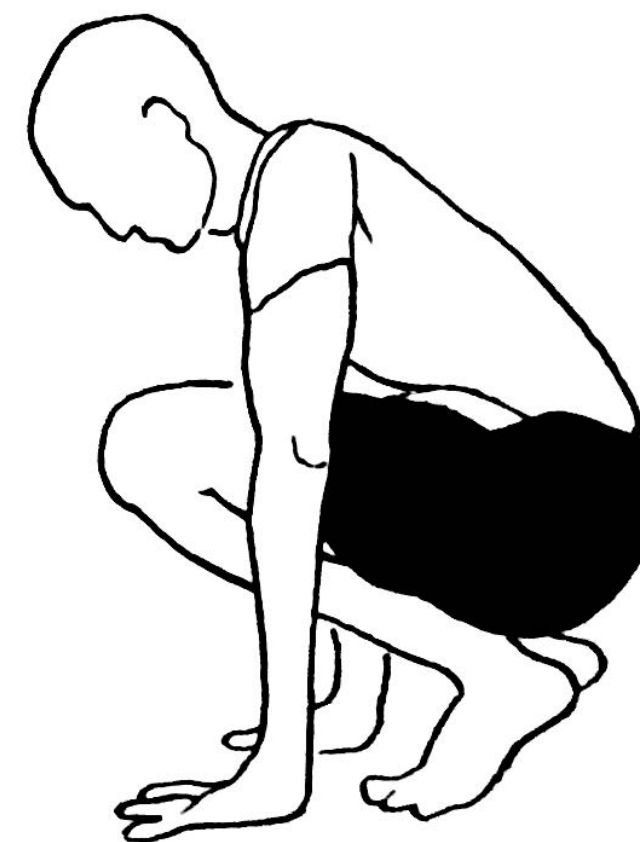


Sun Salutation Second Type, 9 steps

- Samasthiti
- Urdhva hastasana, inhale

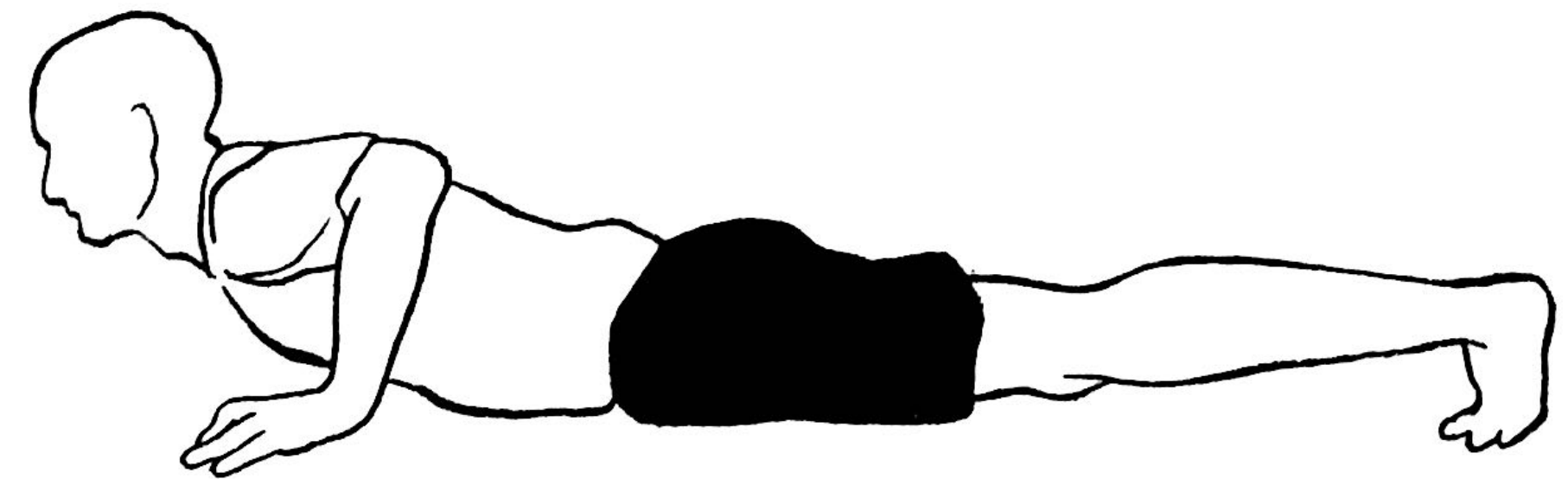
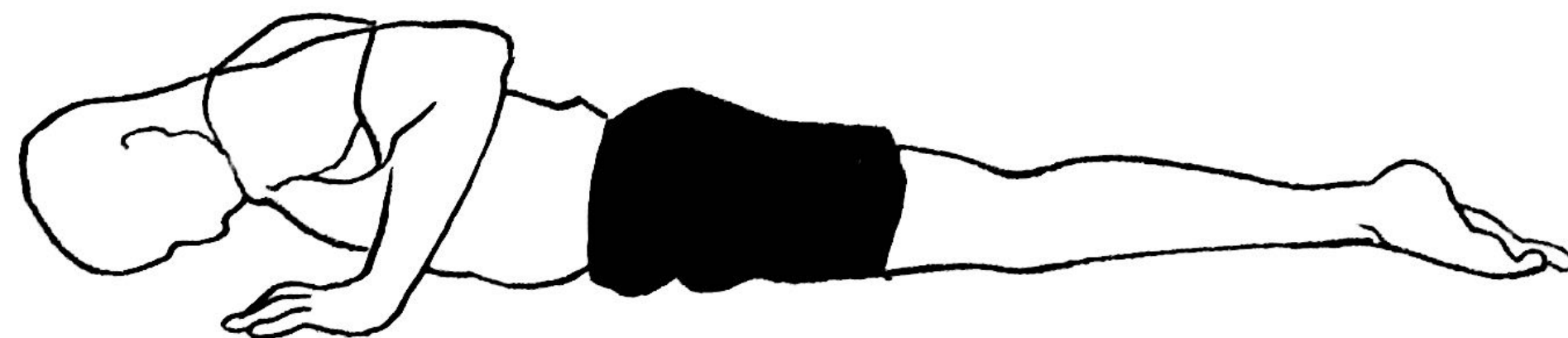


- Ardha Uttanasana, exhale
- Squat on toes, inhale
- Hop to high plank, exhale, and then inhale



Sun Salutation Second Type, 9 steps

- **Continued**
 - Pranamasana, exhale, then breathe one time

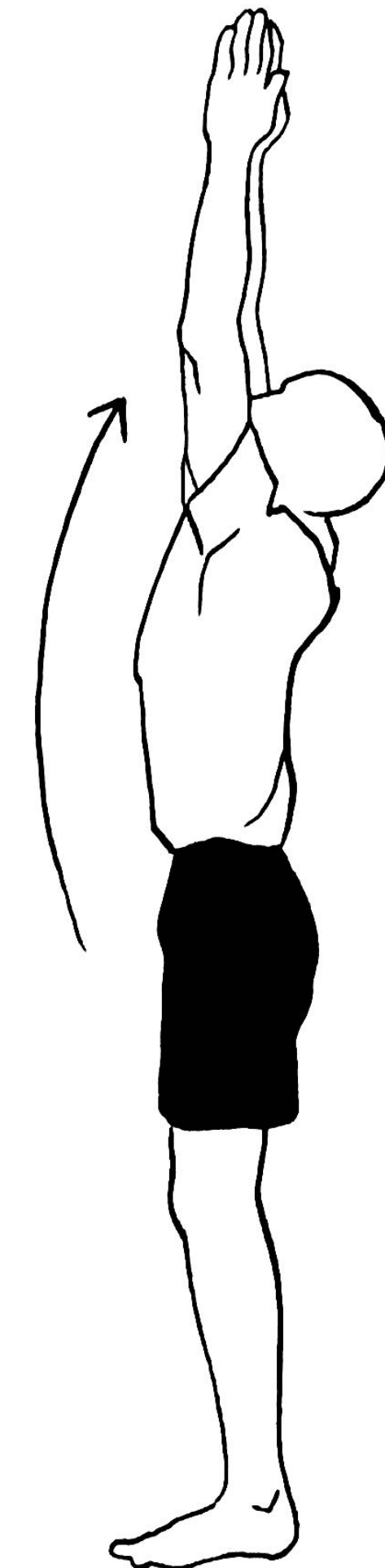
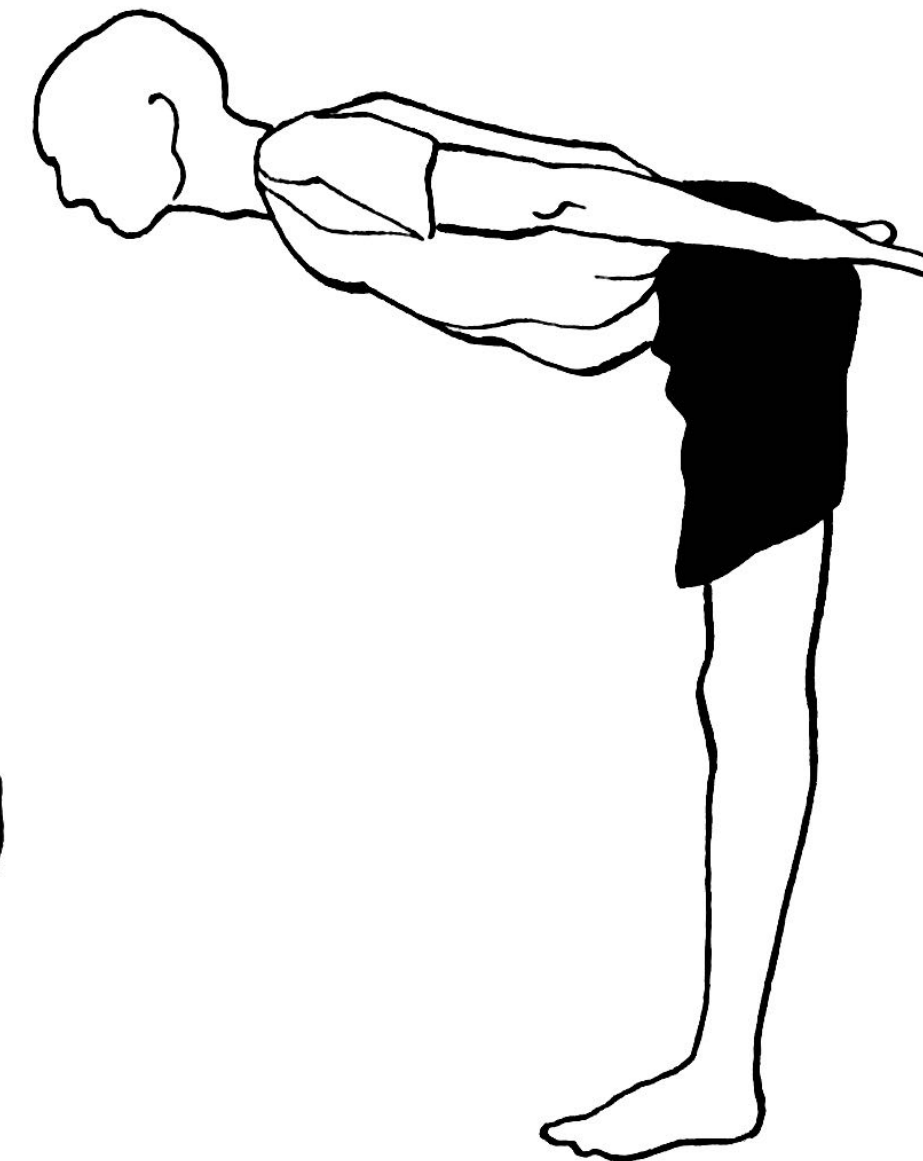
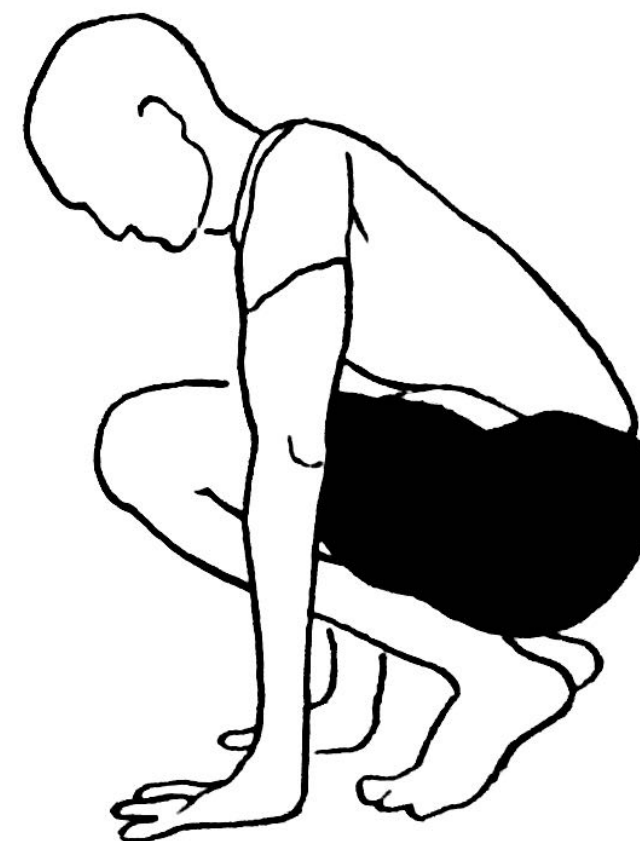


Sun Salutation Second Type, 9 steps

- **Continued**

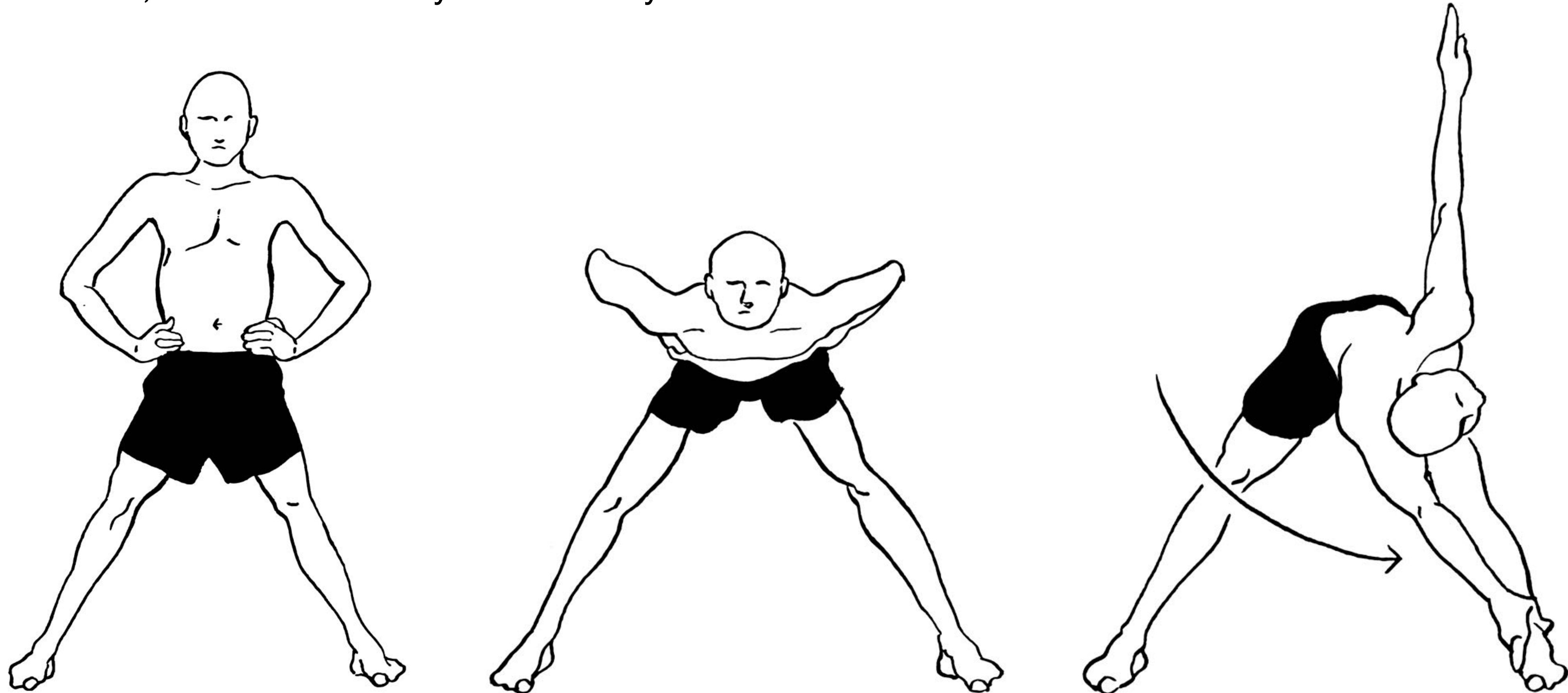
- Adho mukhasvanasana, exhale to enter, and breathe 5 times
- Hop to squat on toes, inhale

- Ardha uttanasana, exhale
- Urdhva hastasana, inhale
- Samasthiti



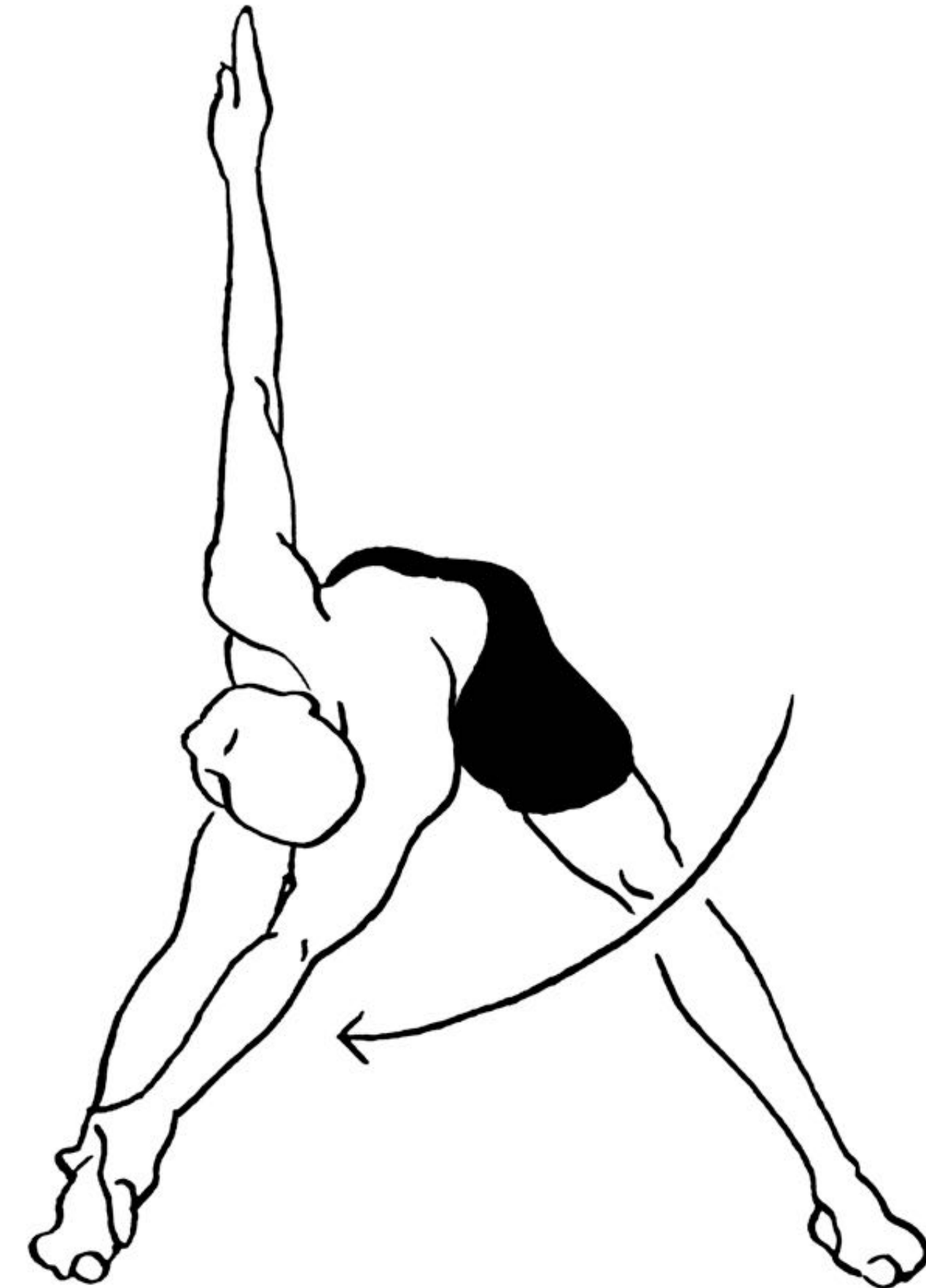
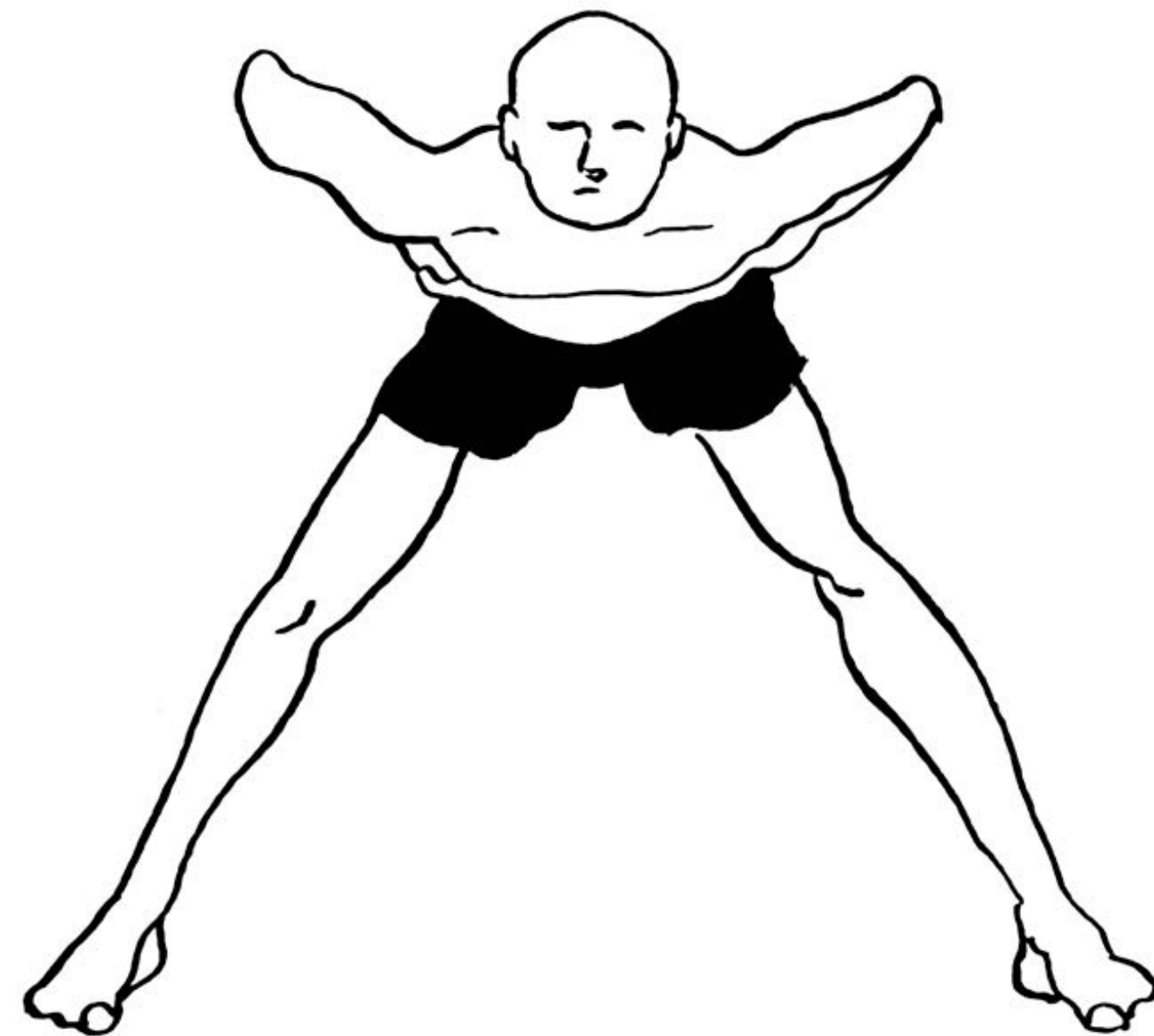
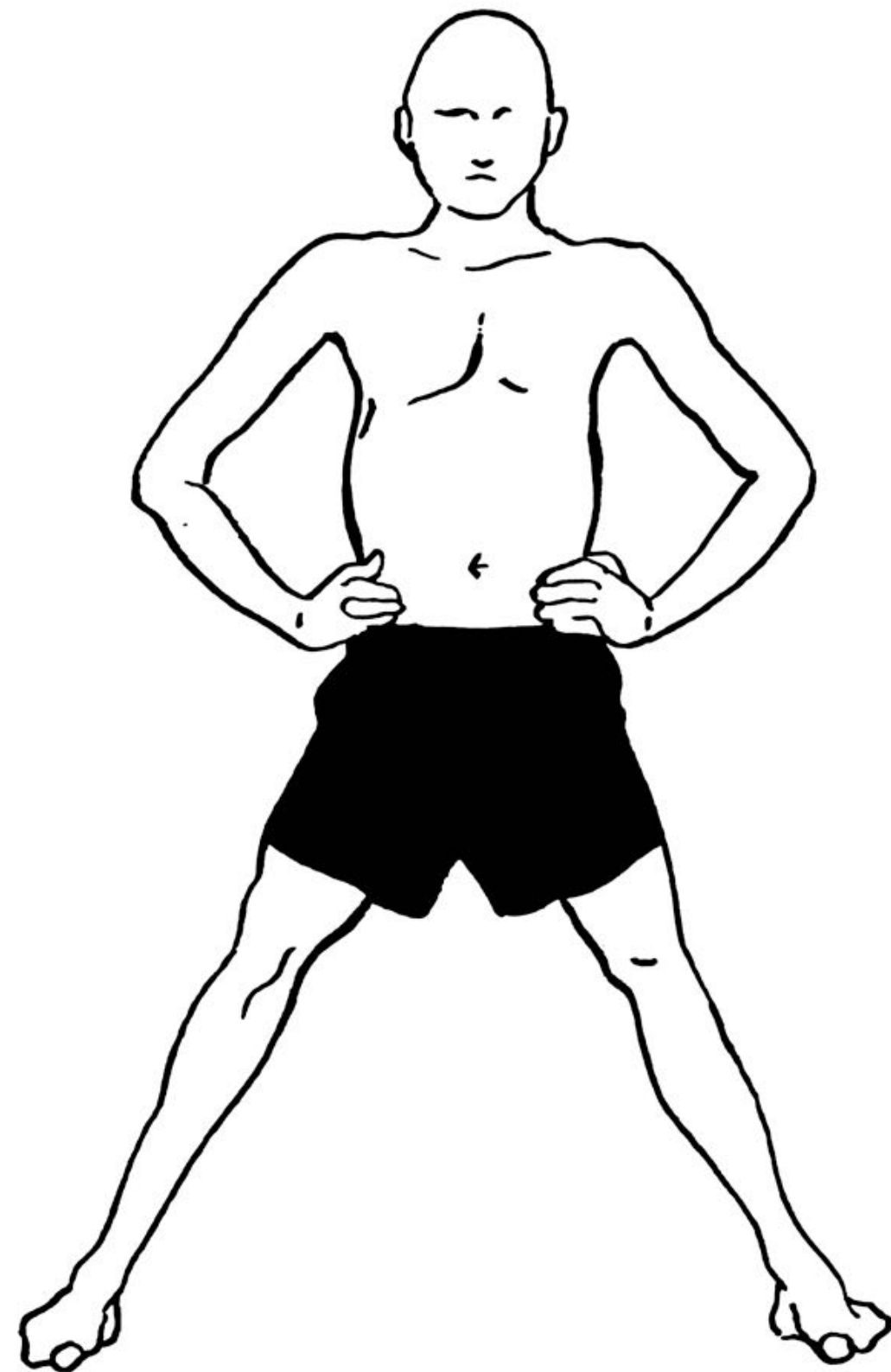
Twisted Trikonasana

- From samasthiti, spread the feet one meter apart, keeping the toes pointing forward, inhale
- Place the hands on the waist, and exhale
- Inhale, and bend halfway forward as you exhale
- Twist your right hand to the left ankle, rotate the chest open, lift your left arm up, and gaze at your upper hand
- Breathe in the asana sthiti for 5 breaths



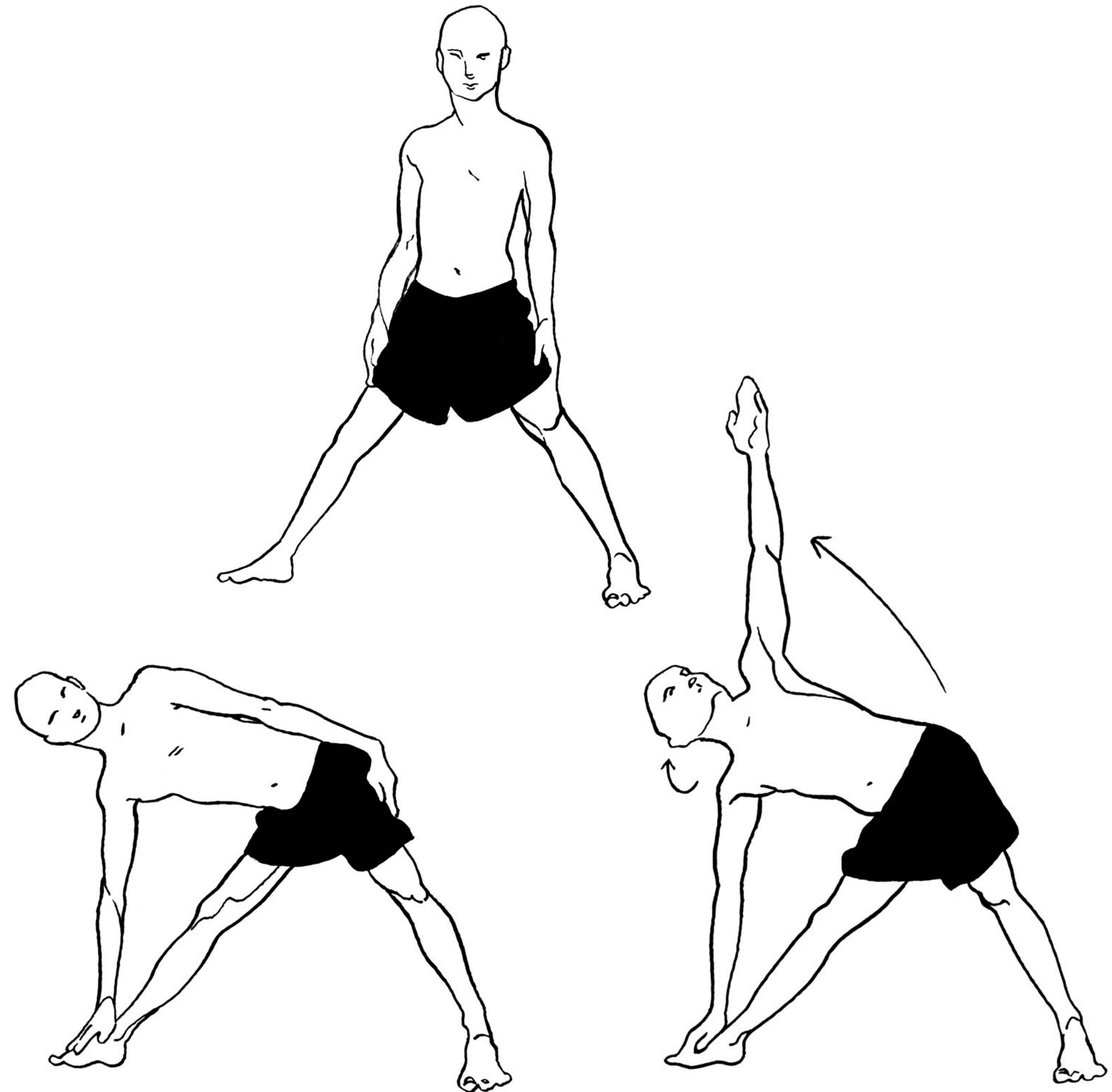
Twisted Trikonasana

- **Continued**
 - Inhale to come up, and repeat on the right side
 - Keep the feet one meter apart for Trikonasana



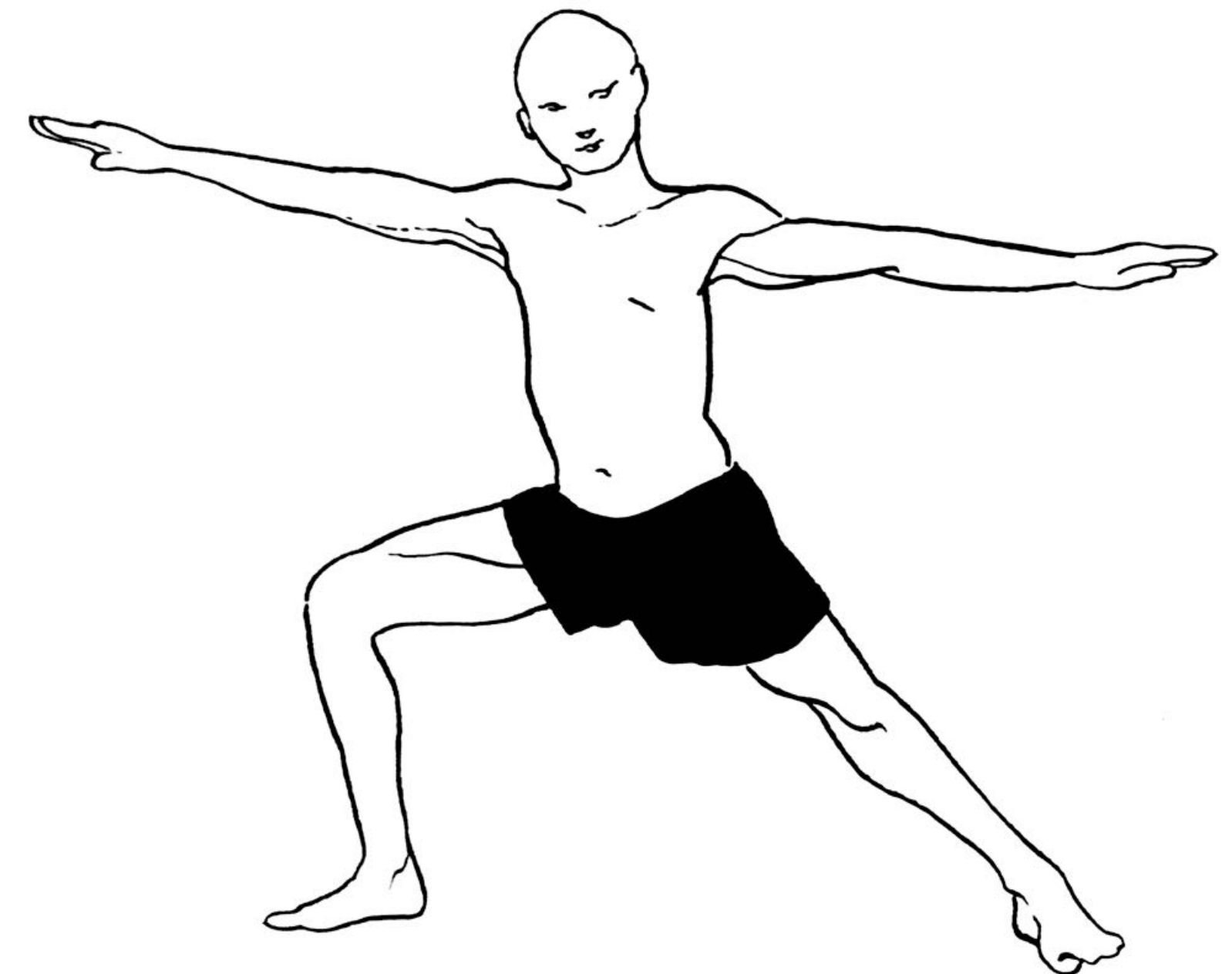
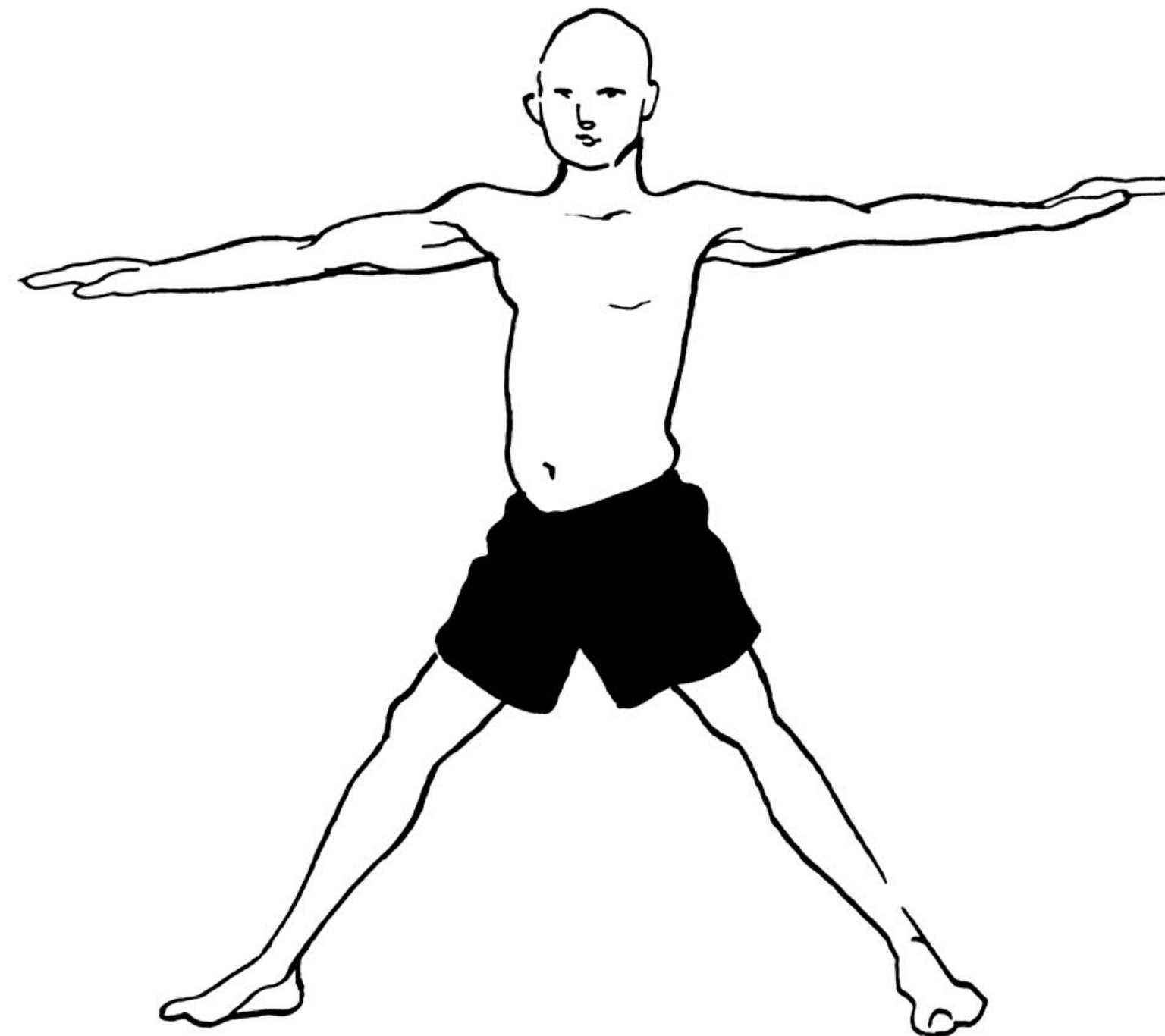
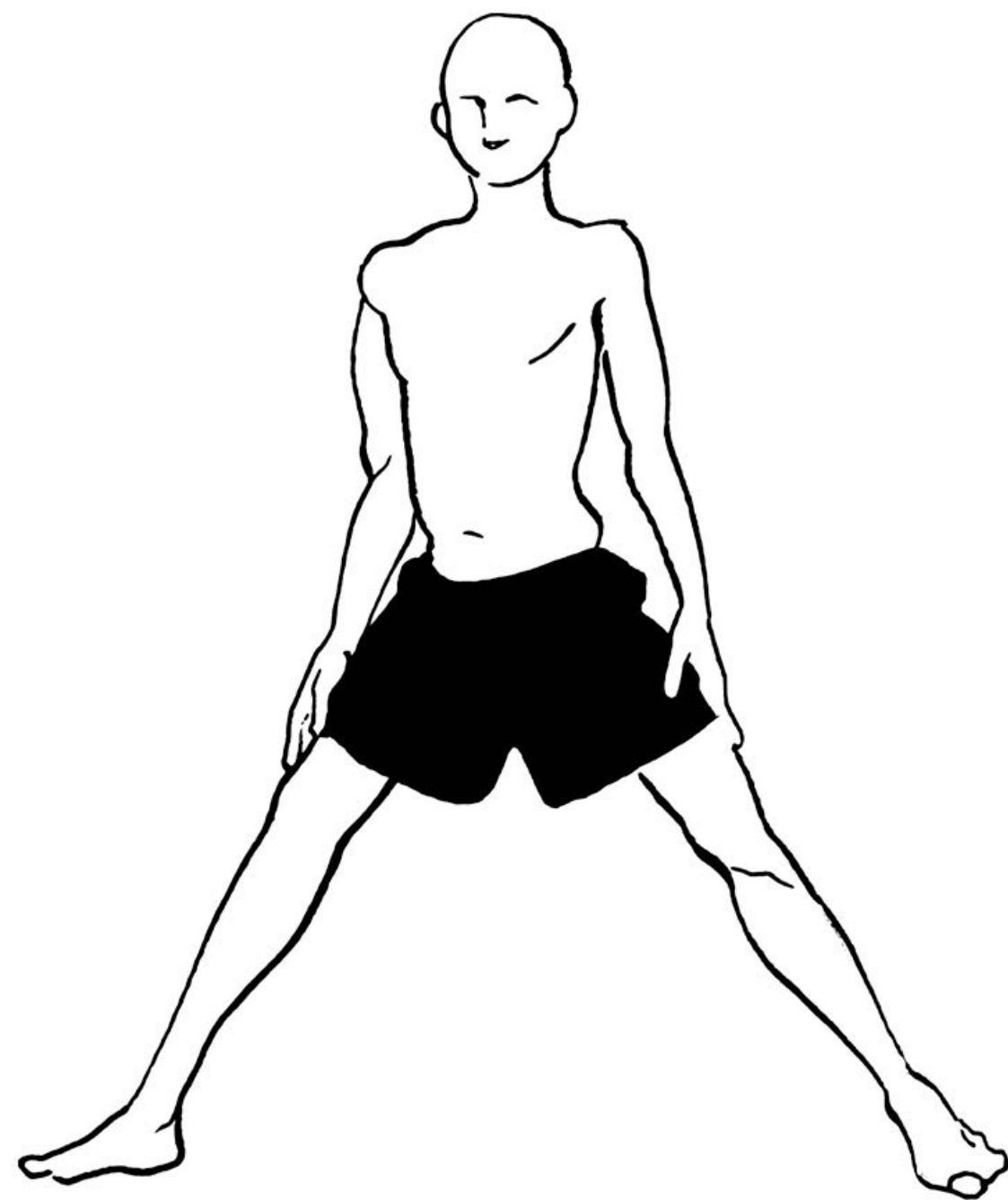
Trikonasana

- With the feet one meter apart, turn the right toe 90 degrees to the right
- Place your hands on the thighs, with the arms completely straight
- Inhale and lift your chest
- Exhale and slide your right hand down your leg, as far as it comfortably goes, and only as far as your foot.
- Keep your left arm extended upwards and gaze at the hand. This is the asana sthiti, breathe here 5 times.
- To come up, place your left arm back down, and slide your right hand back up your leg.
- Repeat on the opposite side.



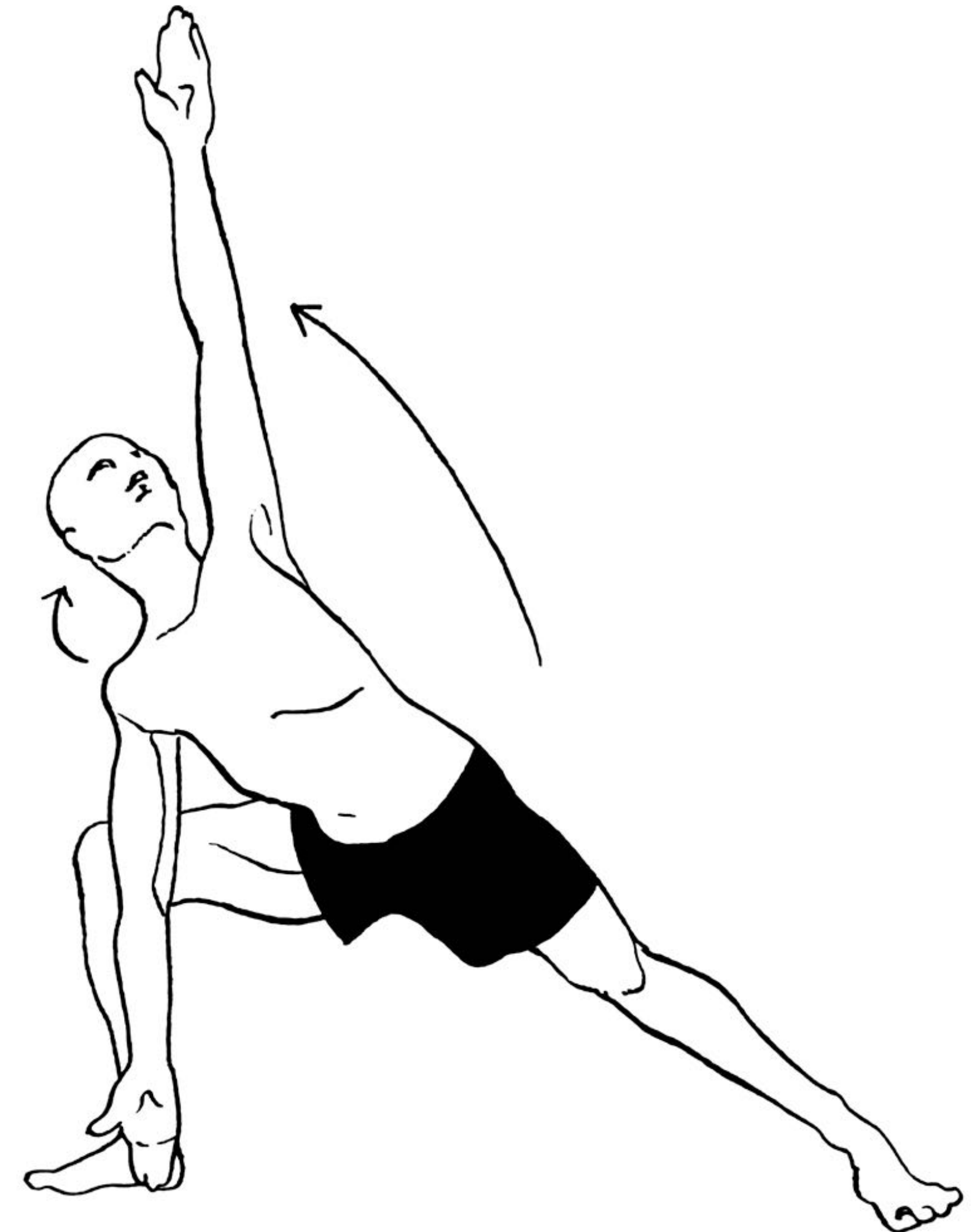
Parsvakonasana

- Begin in samasthiti
- Spread the legs a little wider than one meter, and turn the right toe 90 degrees to the right
- Open the arms to the height of the shoulders as your inhale
- Bend your right knee over your right toe as you exhale
- Remain with your legs in this position, and then reach your right hand as far forward as you can, leaning your torso forward over your leg



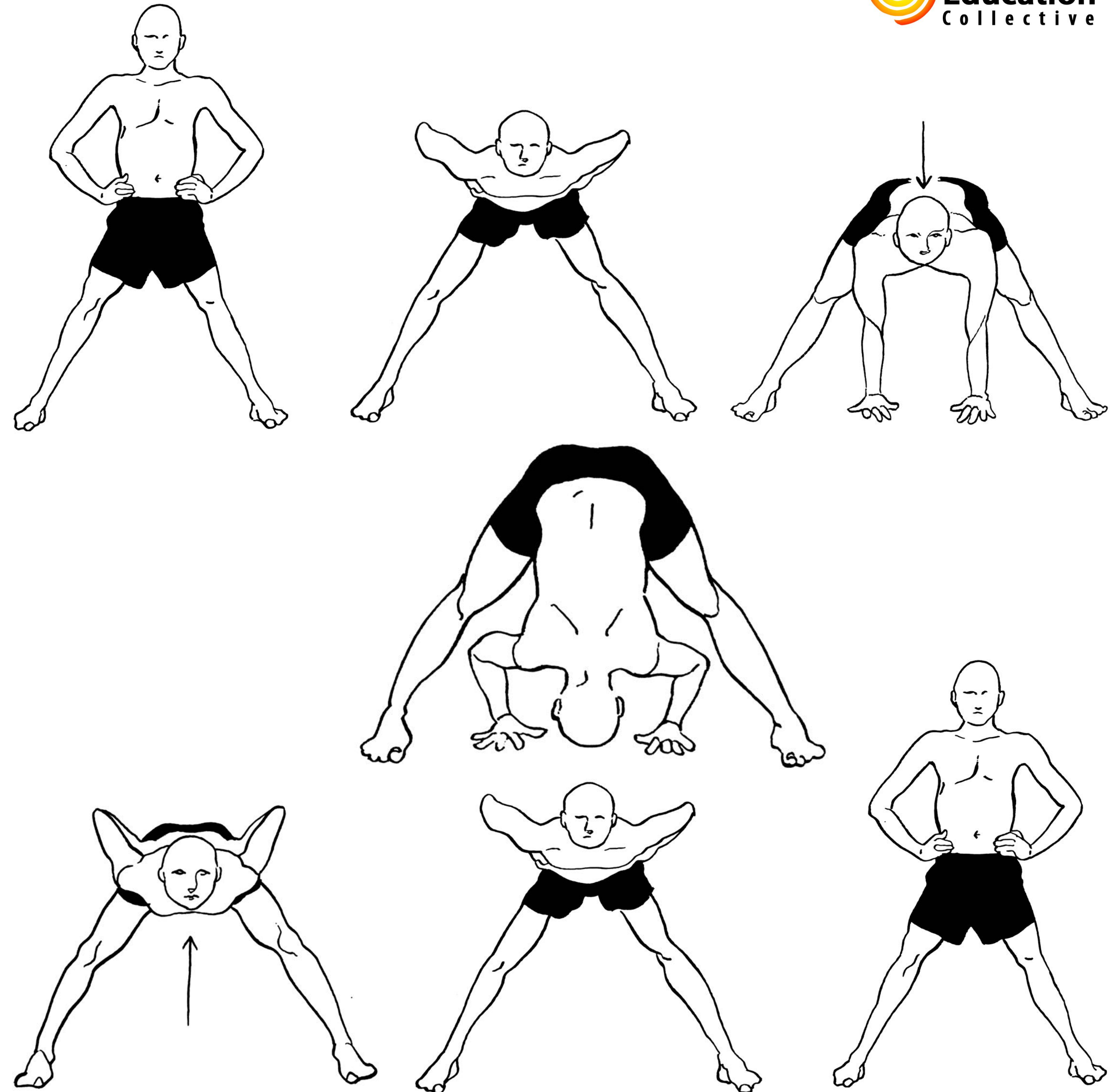
Parsvakonasana

- **Continued**
 - From this position, simply drop your right arm down towards the floor until the fingers come next to your ankle
 - Bring your left arm up in the air, and gaze at the hand. Arch your back a little as if you were doing a backbend
 - Stay here for 3-5 breaths, and then inhale and stand up
 - Repeat on the left side
 - This is a great pose for strengthening the legs and waist



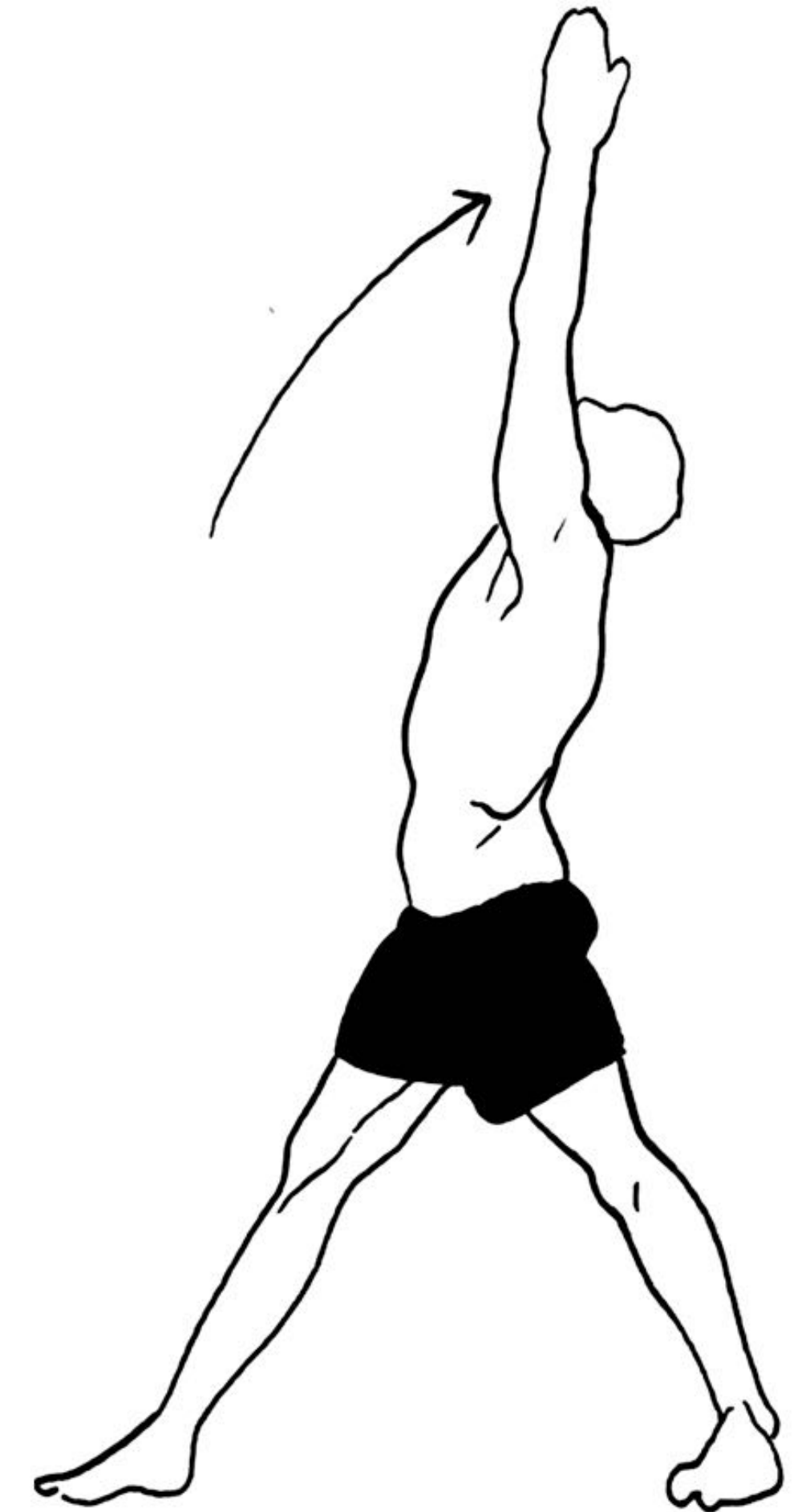
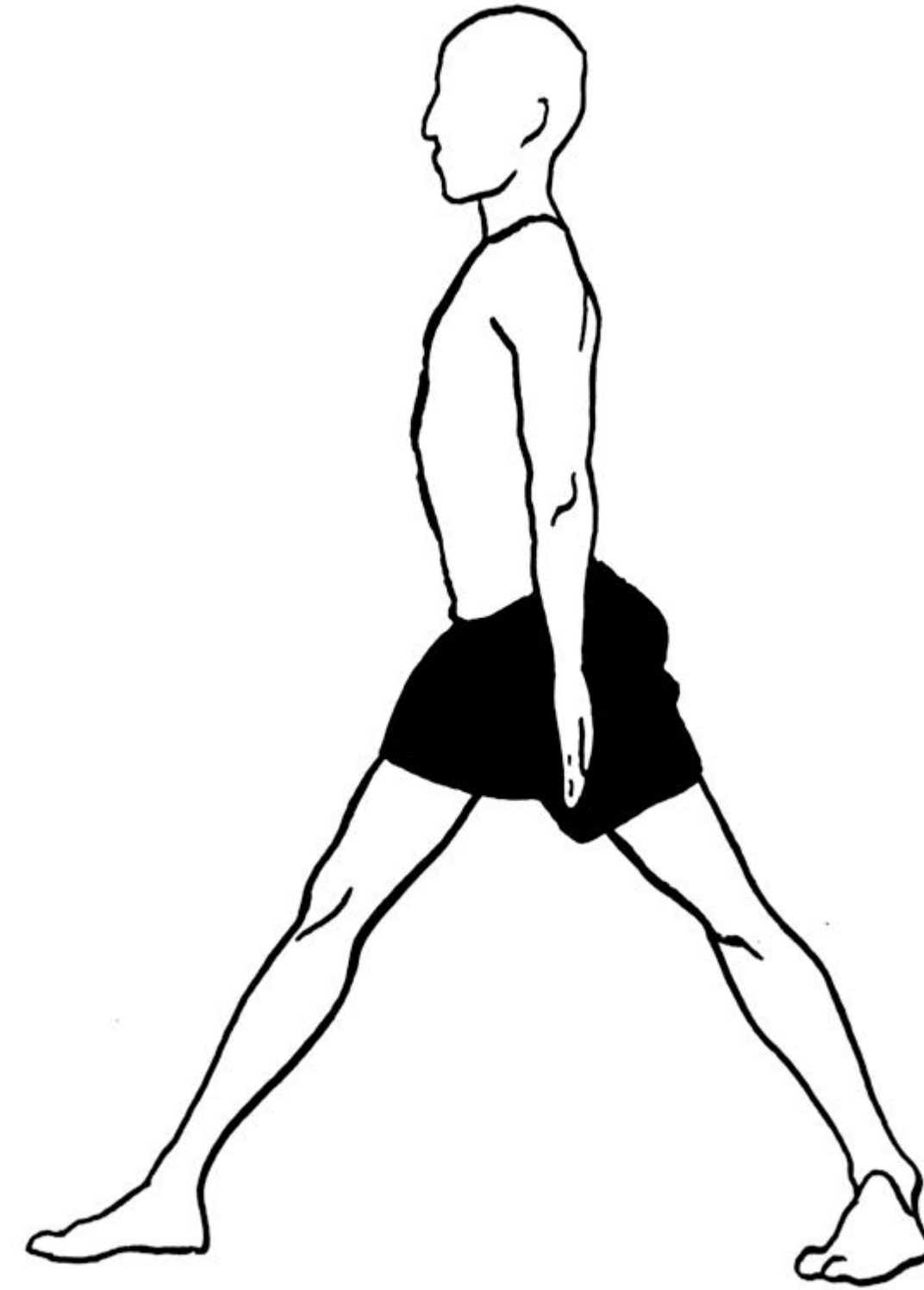
Prasarita Padottanasana

- Begin in samasthiti
- Step the feet one meter apart, with the toes pointing forward
- Inhale and place the hands on the waist
- Bend halfway forward as your exhale, as in ardha uttanasana, and pause here for a moment
- Extend the arms straight down to the floor and inhale, extending the chest
- Bend forward from the waist, bend the elbows, and bring your head close to the floor
- This is the asana sthiti; breathe here 5 times
- Inhale the chest up so the arms come straight
- Exhale and bring the hands to the waist, and pause here for a moment
- Stand up as you inhale, and exhale to samasthiti
- Benefits are the same as parsvakonasana



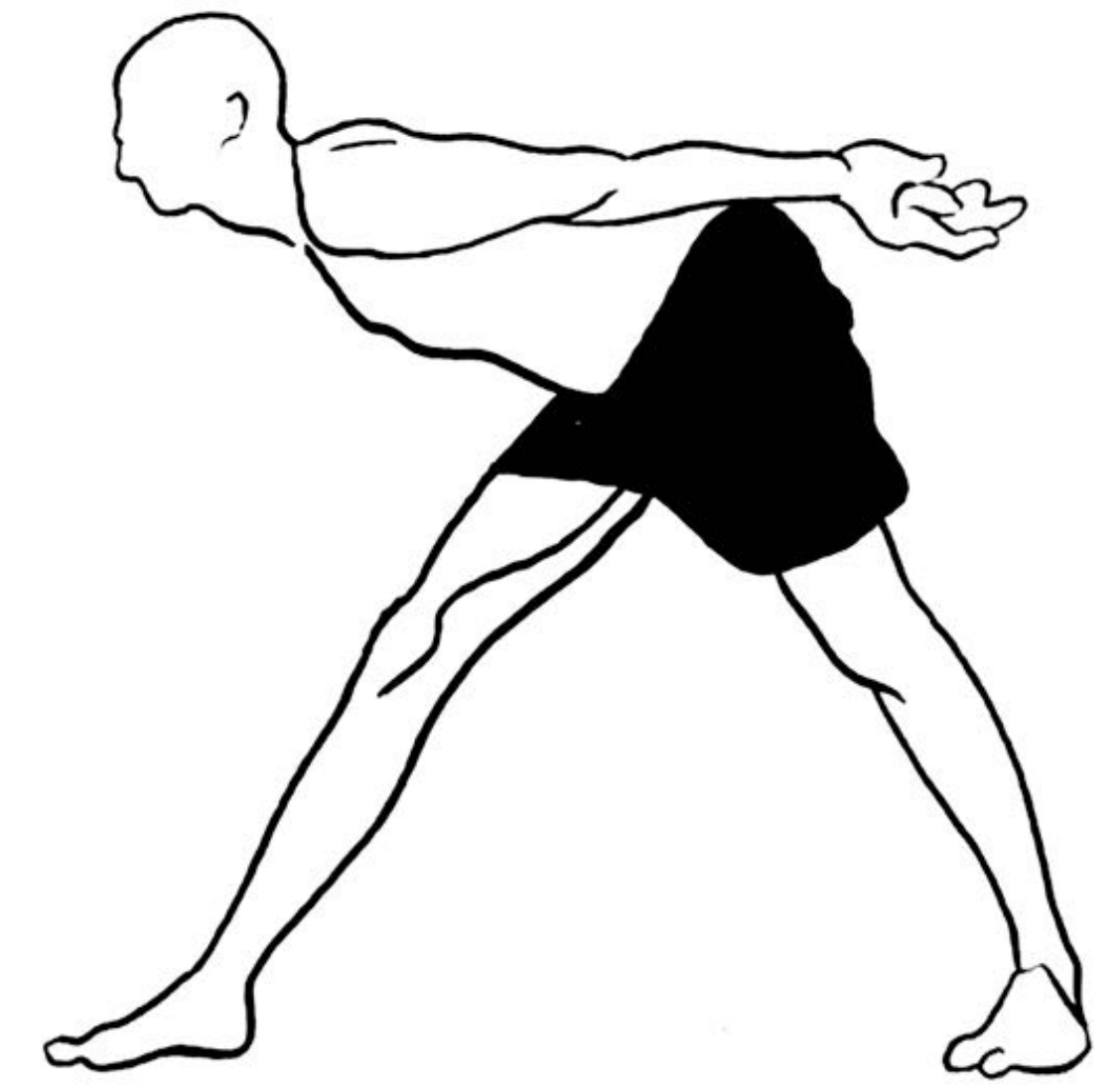
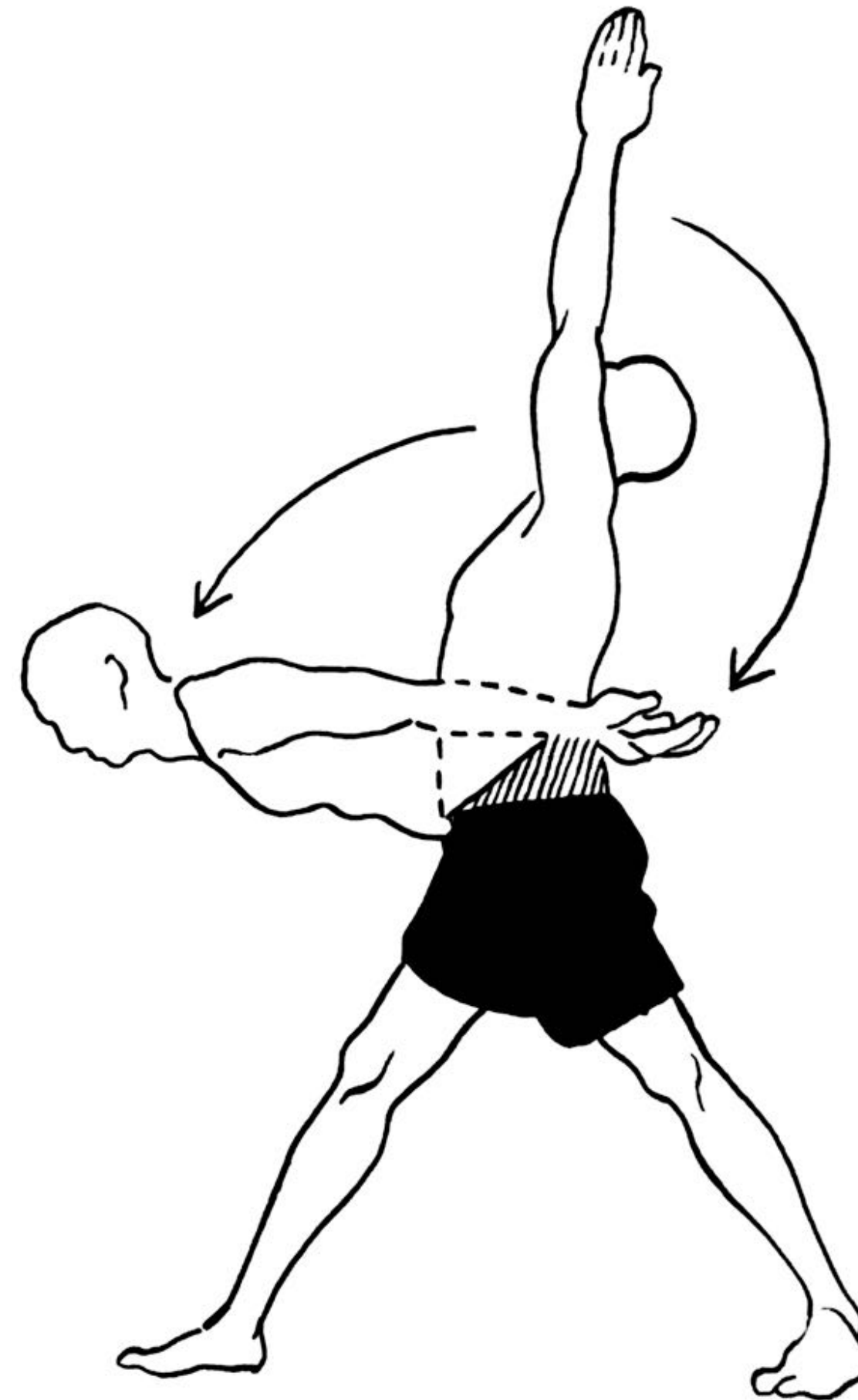
Parsvottanasana

- From samasthiti, spread the feet one meter apart, and turn to face your right leg, turning the foot 90 degrees to the right
- Bring the arms over the head and gaze up, inhaling



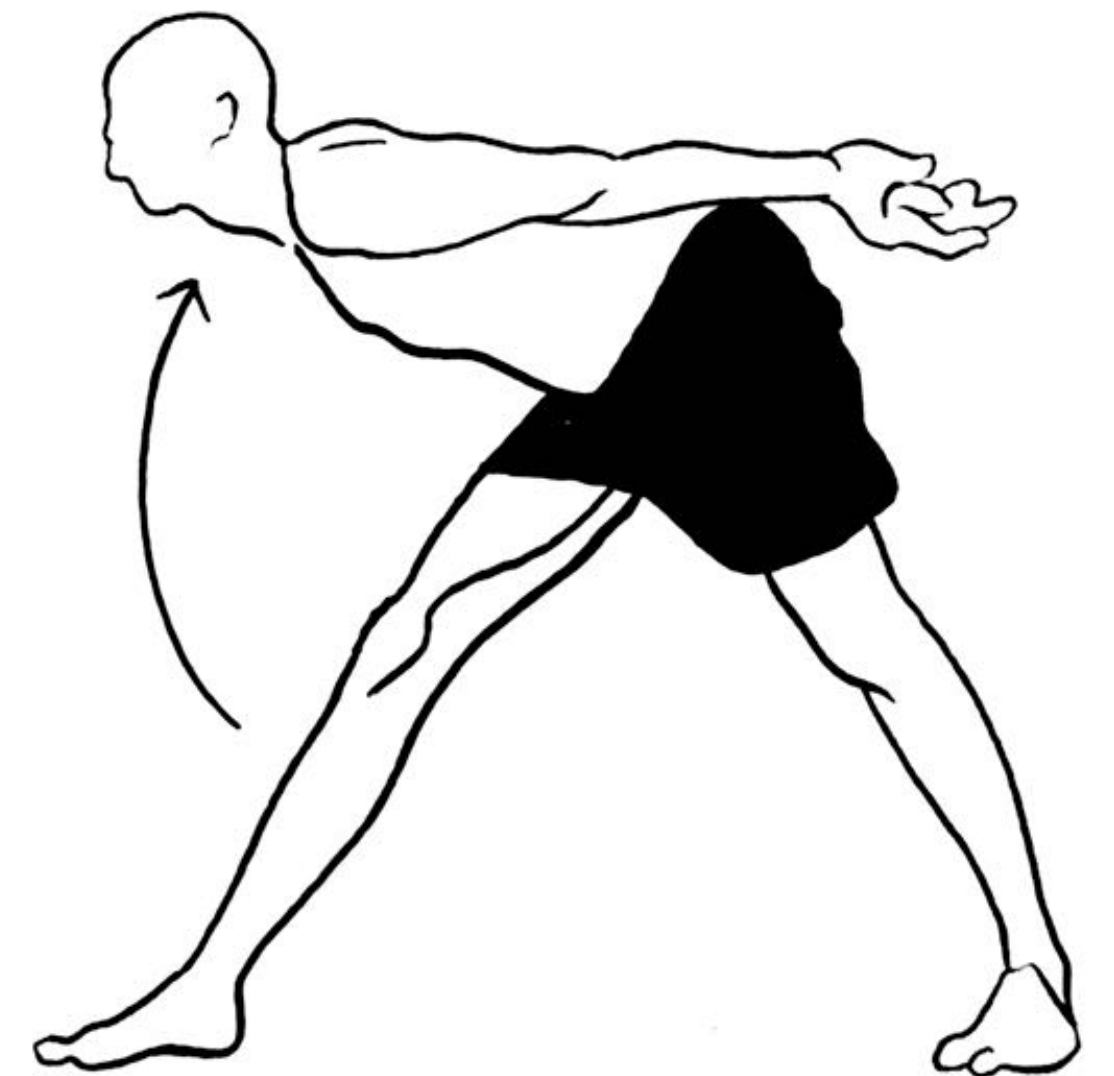
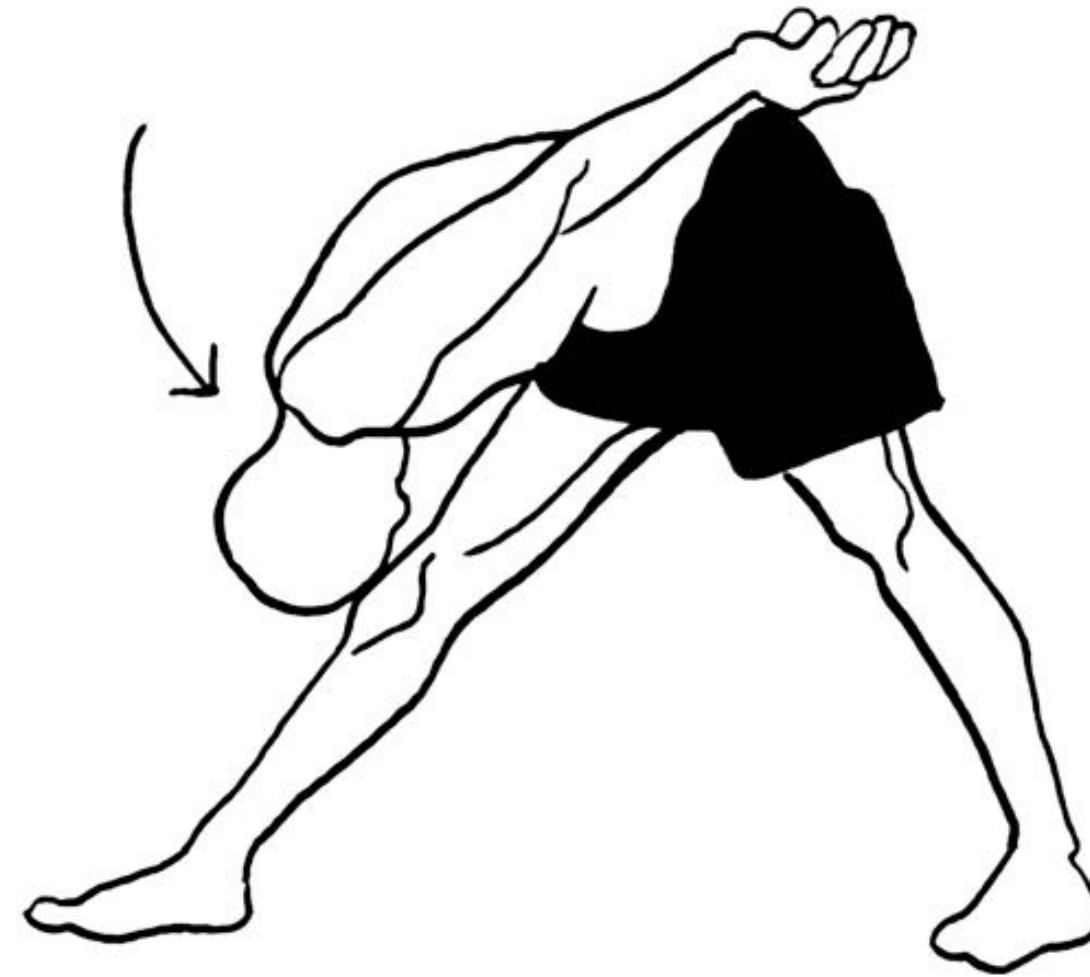
Parsvottanasana

- **Continued**
 - Open the arms to the side coming into ardha uttanasana as you exhale, and hold your wrist behind your back.



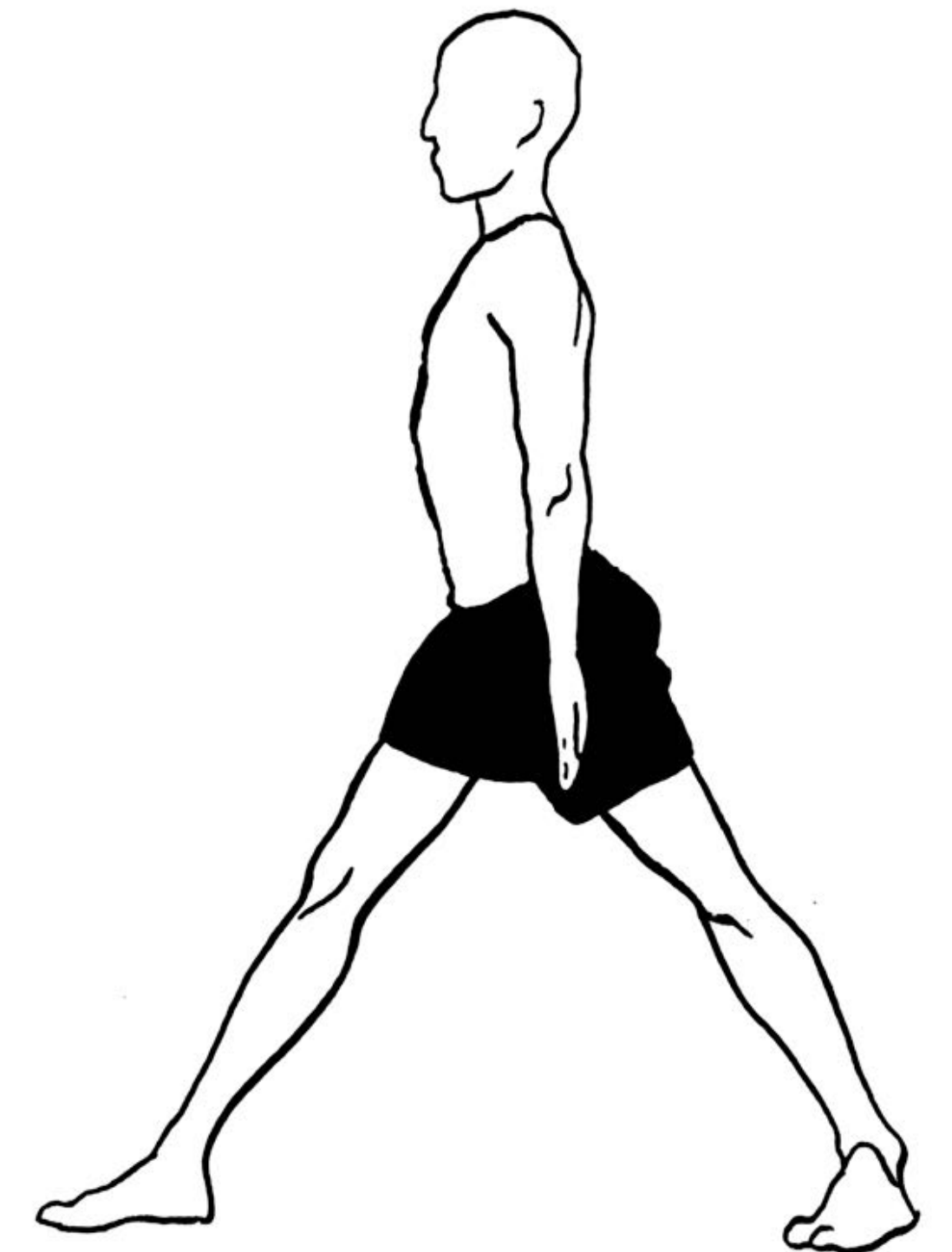
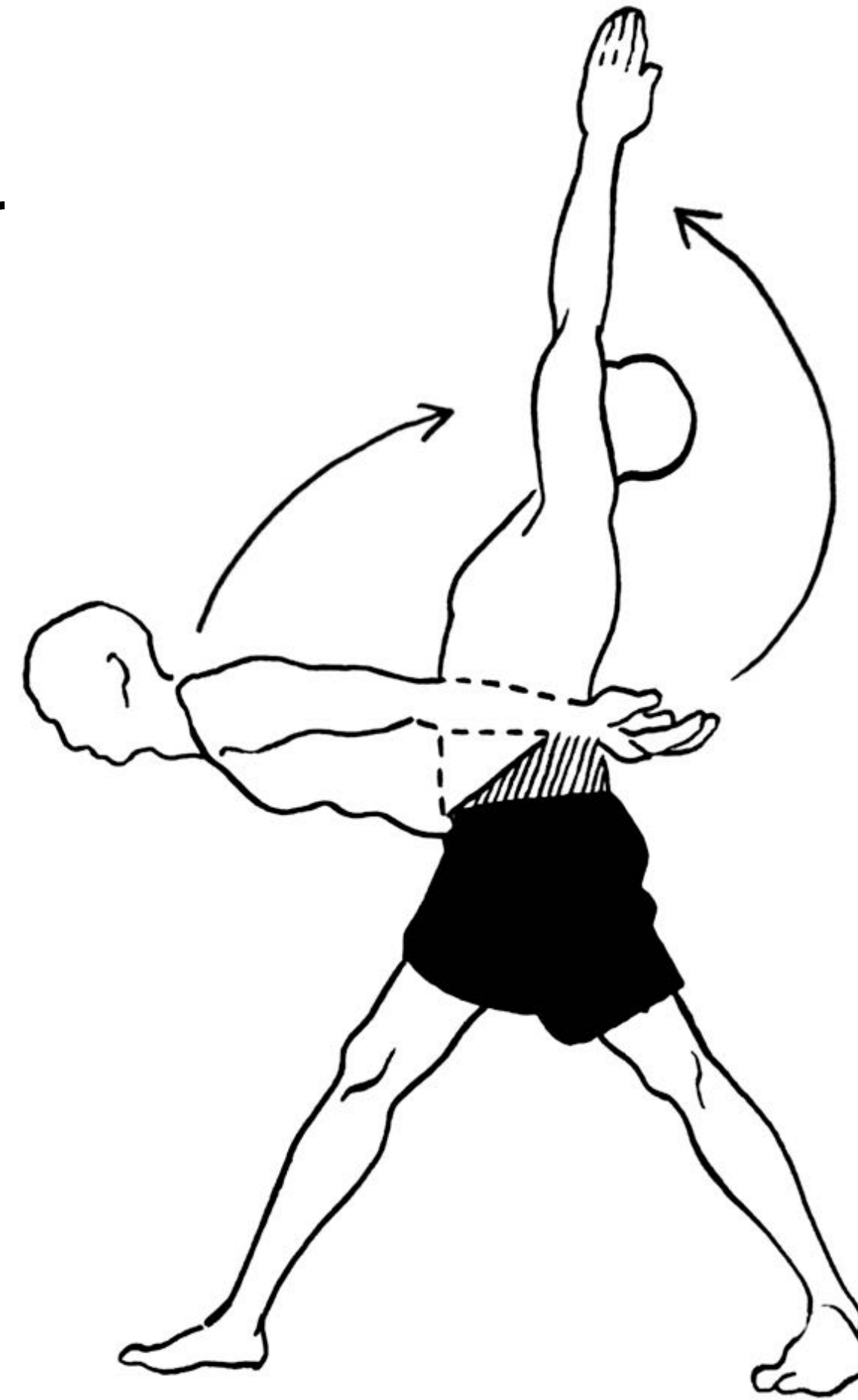
Parsvottanasana

- **Continued**
 - Inhale here, and then exhale and relax forward over your right leg in the asana sthiti. Stay here for 5 breaths.
 - Come to ardha uttanasana as you inhale, and then exhale.



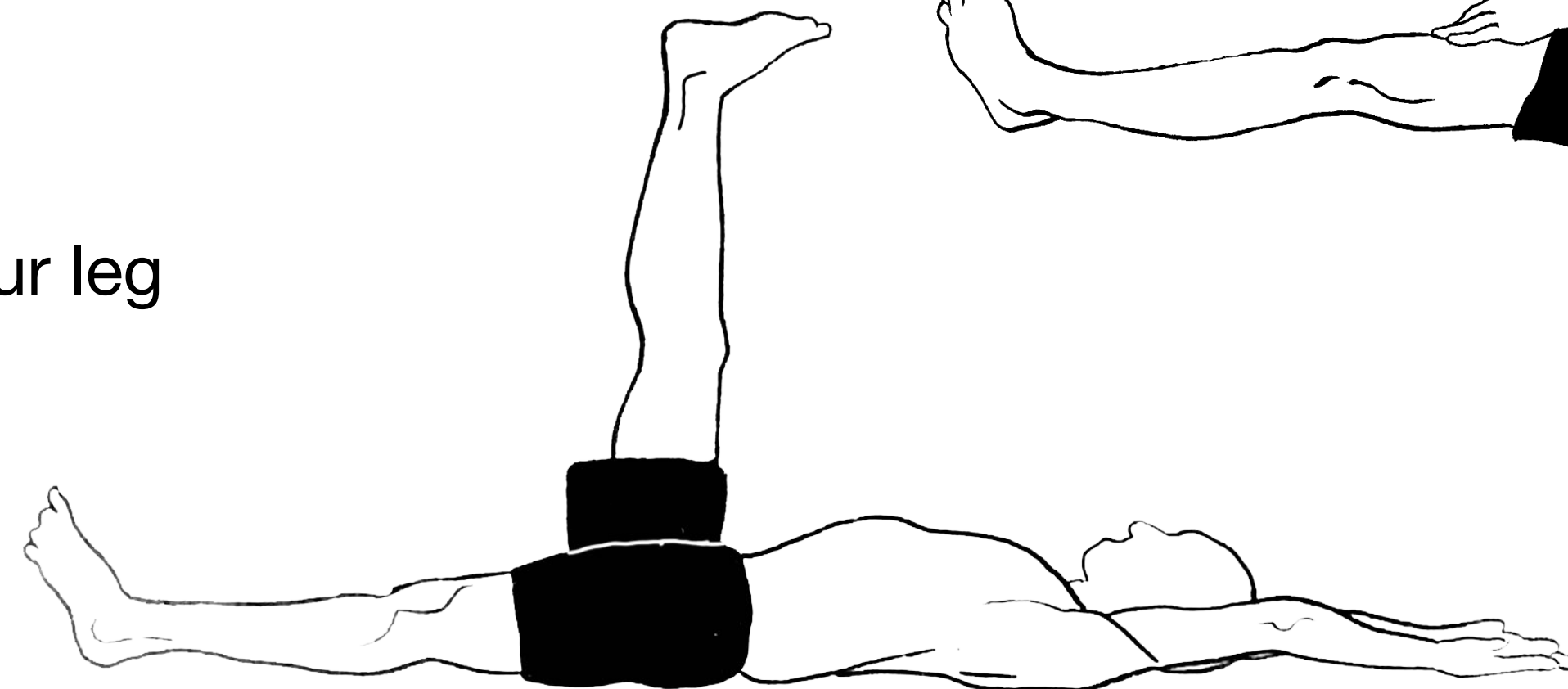
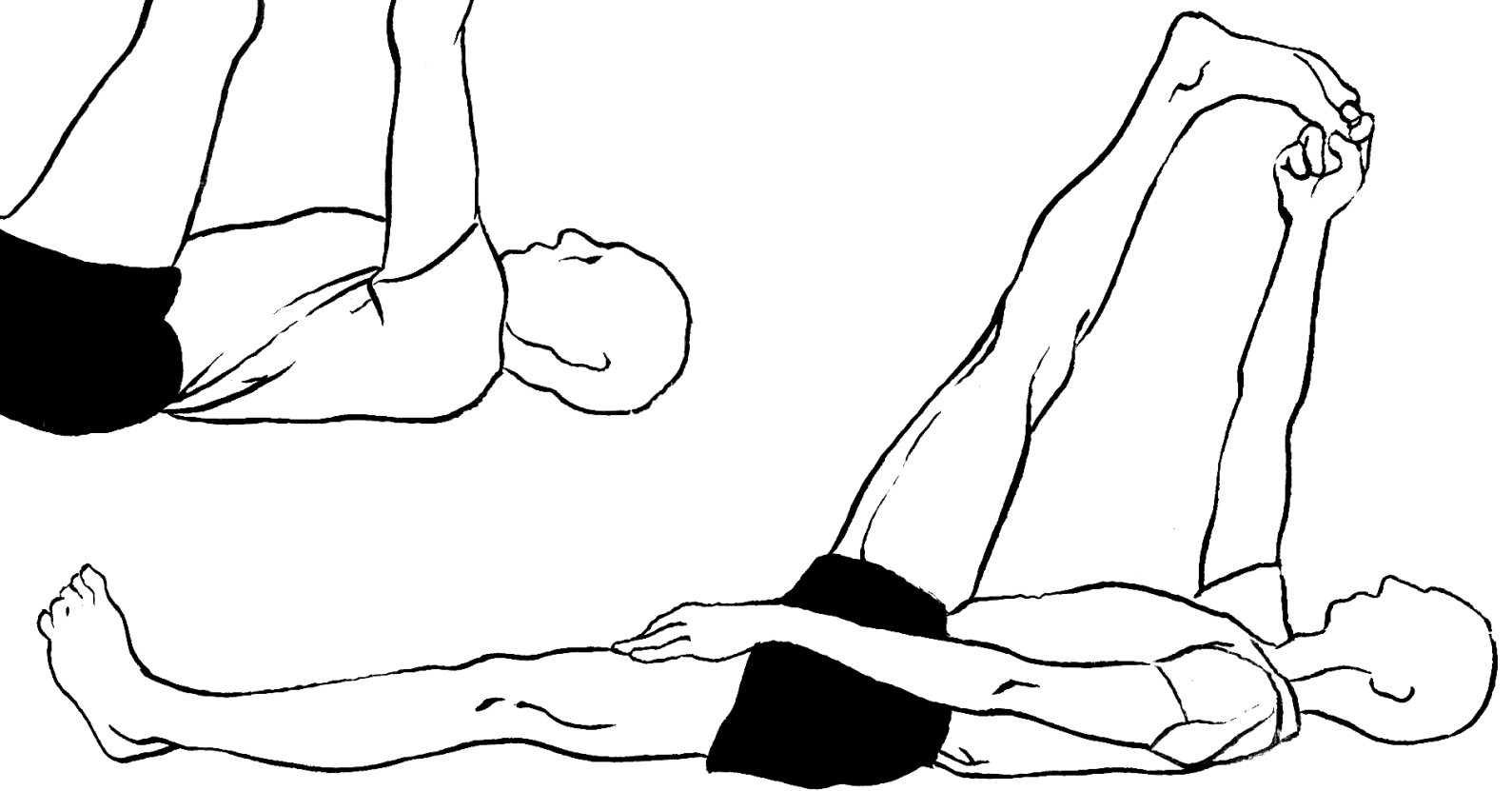
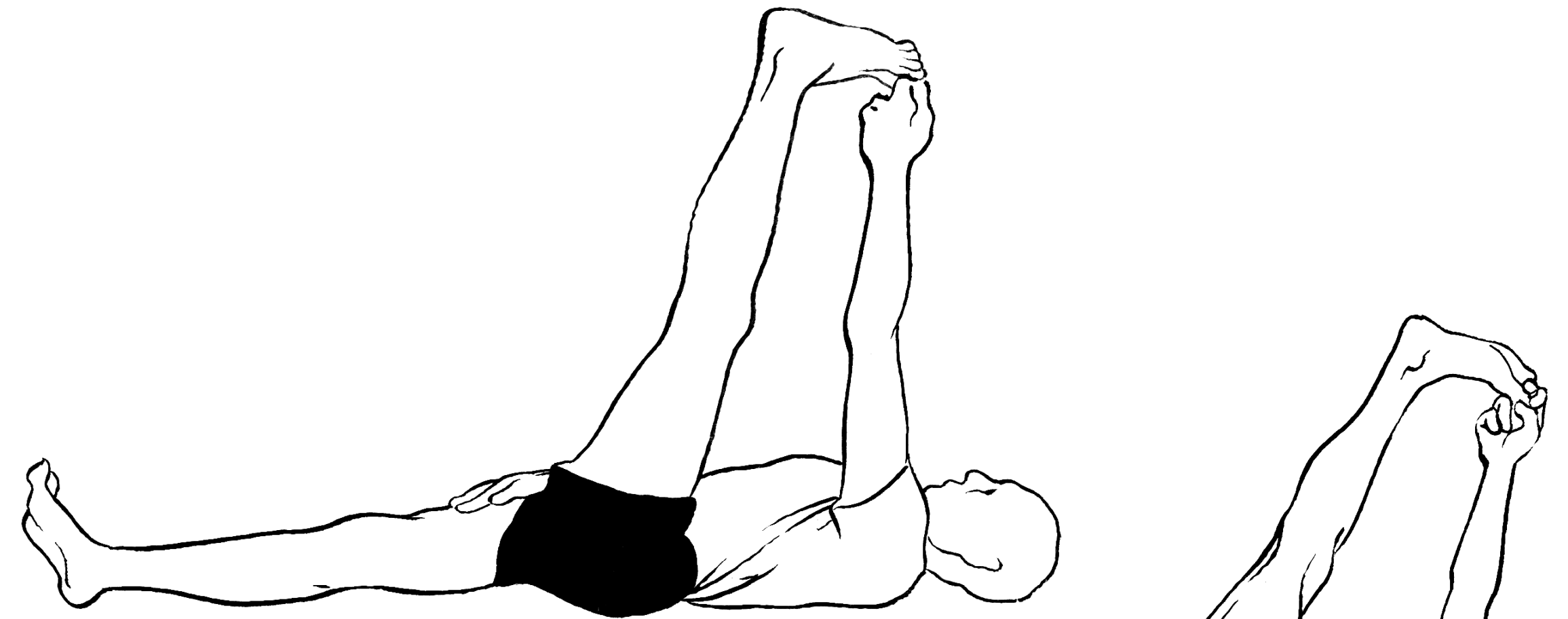
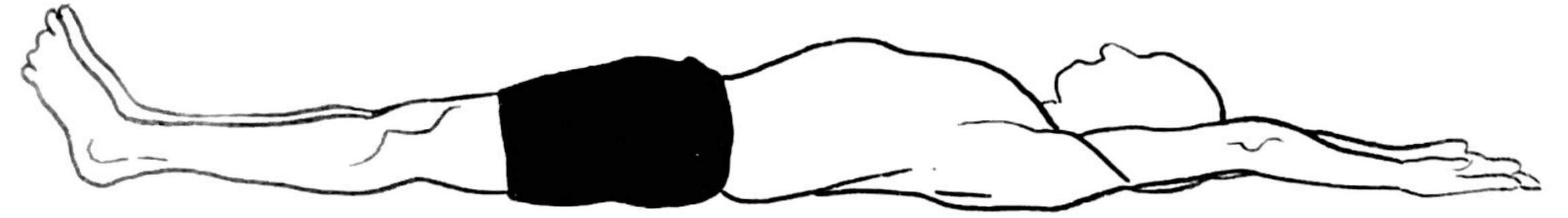
Parsvottanasana

- **Continued**
 - Return upright with the arms over your head as you inhale, and then exhale the arms down
 - Repeat on the left side
 - Strengthens the legs, back muscles, and waist



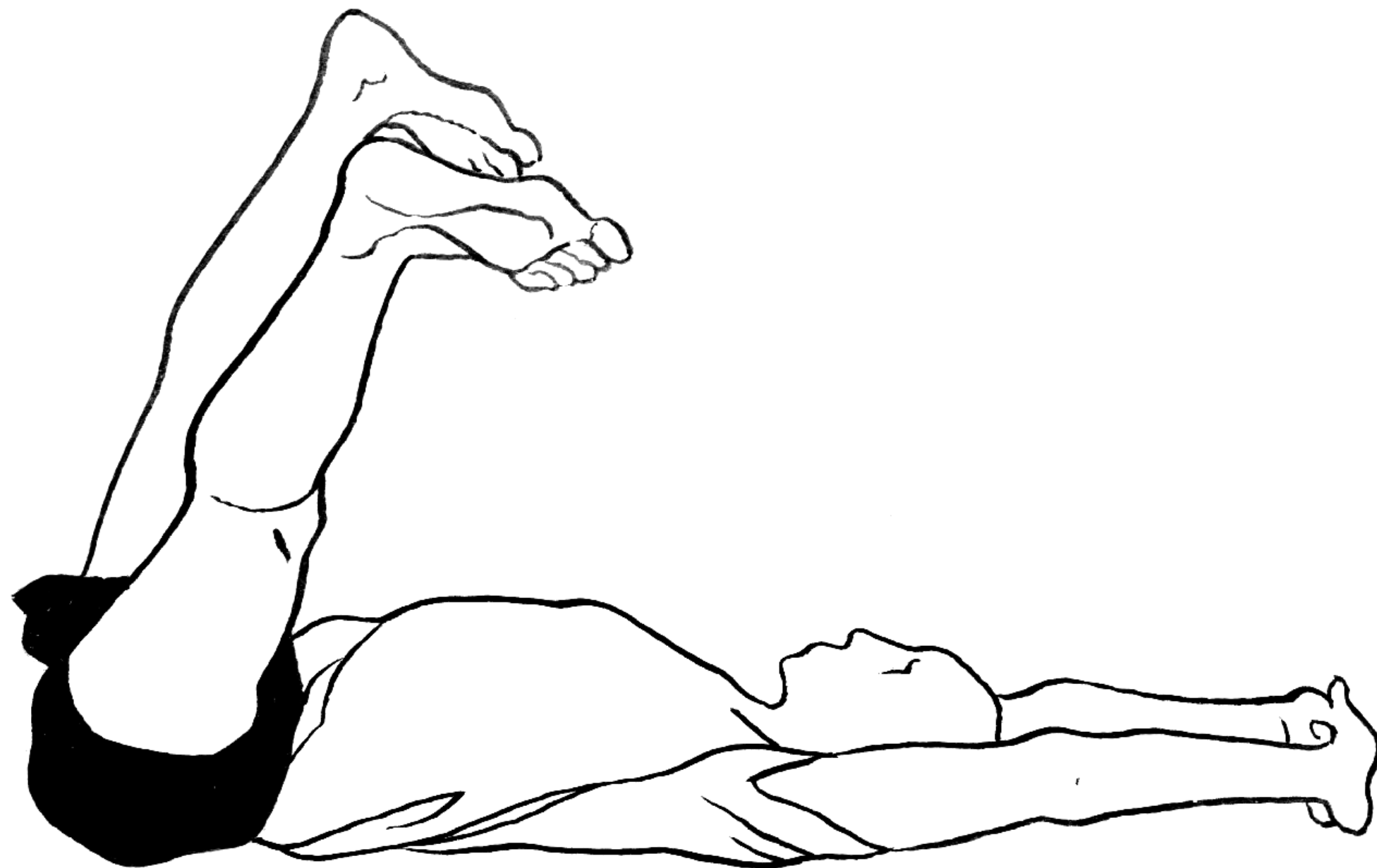
Supta Padangushtasana

- Come to lie on your back either by doing one Sun Salutation of the first type, or doing the longevity practice to sit.
- Stretch your arms over your head to the floor behind you
- Lift your right leg up as you inhale; exhale and lower the leg. Inhale and lift your left leg up; exhale and lower the leg. Repeat three times on each side. On the third round, keep your leg up for 5 breaths and reach your heel upwards.
- Then, lift your right leg up, and hold the big toe with your right hand, keeping your lower back flat on the floor
- If you cannot reach your toe, hold on to the back of your leg
- Breath here 5 times
- Bring both of your arms over your head, keeping your leg up in the air
- Slowly lower your leg as you exhale
- Repeat on the left side

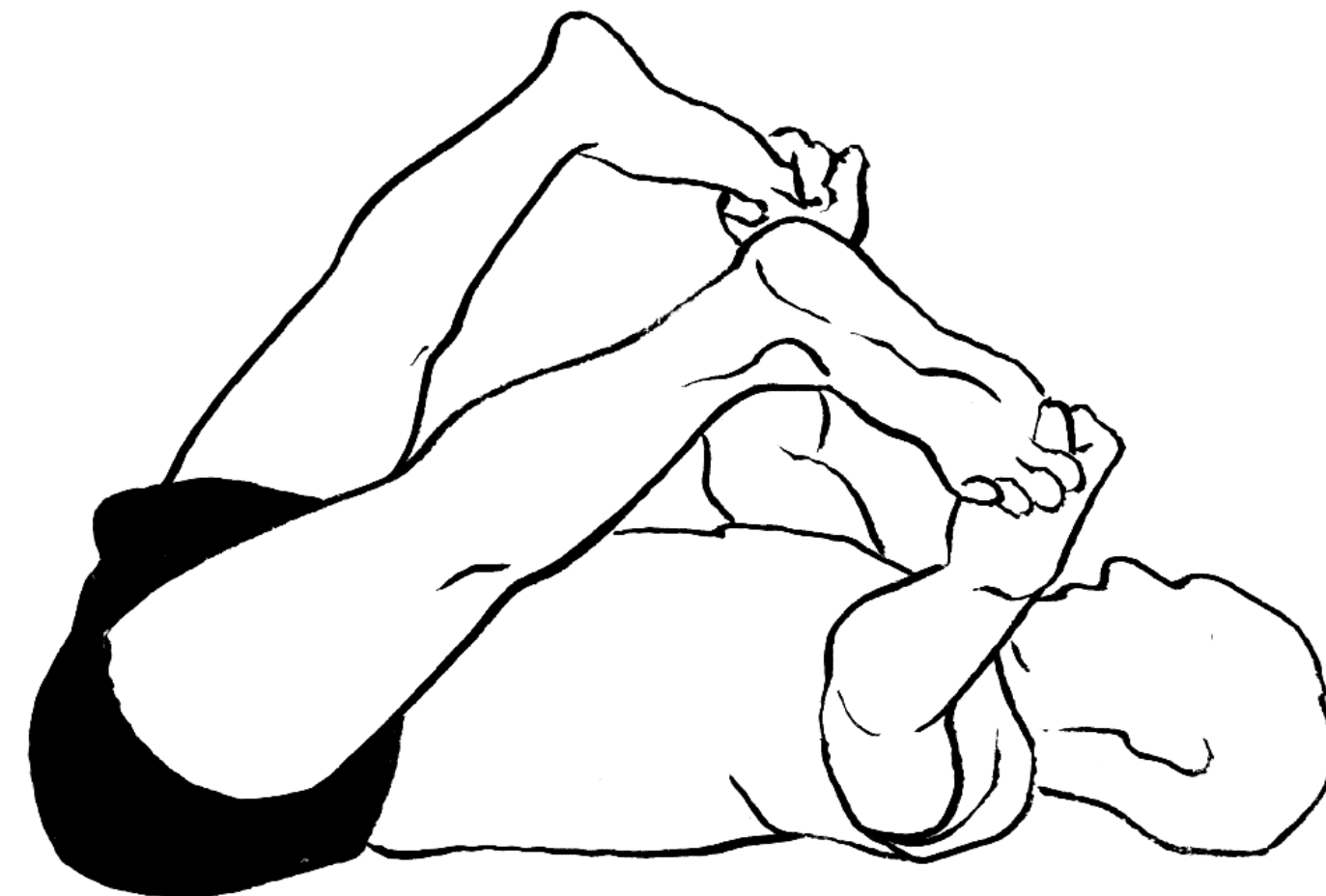


Supta Konasasana

- From the lying down sthiti, inhale your arms over your head to tadagi mudra
- Exhale, then inhale the legs straight up towards the ceiling
- Spread the legs wide apart, keeping your back flat on the floor

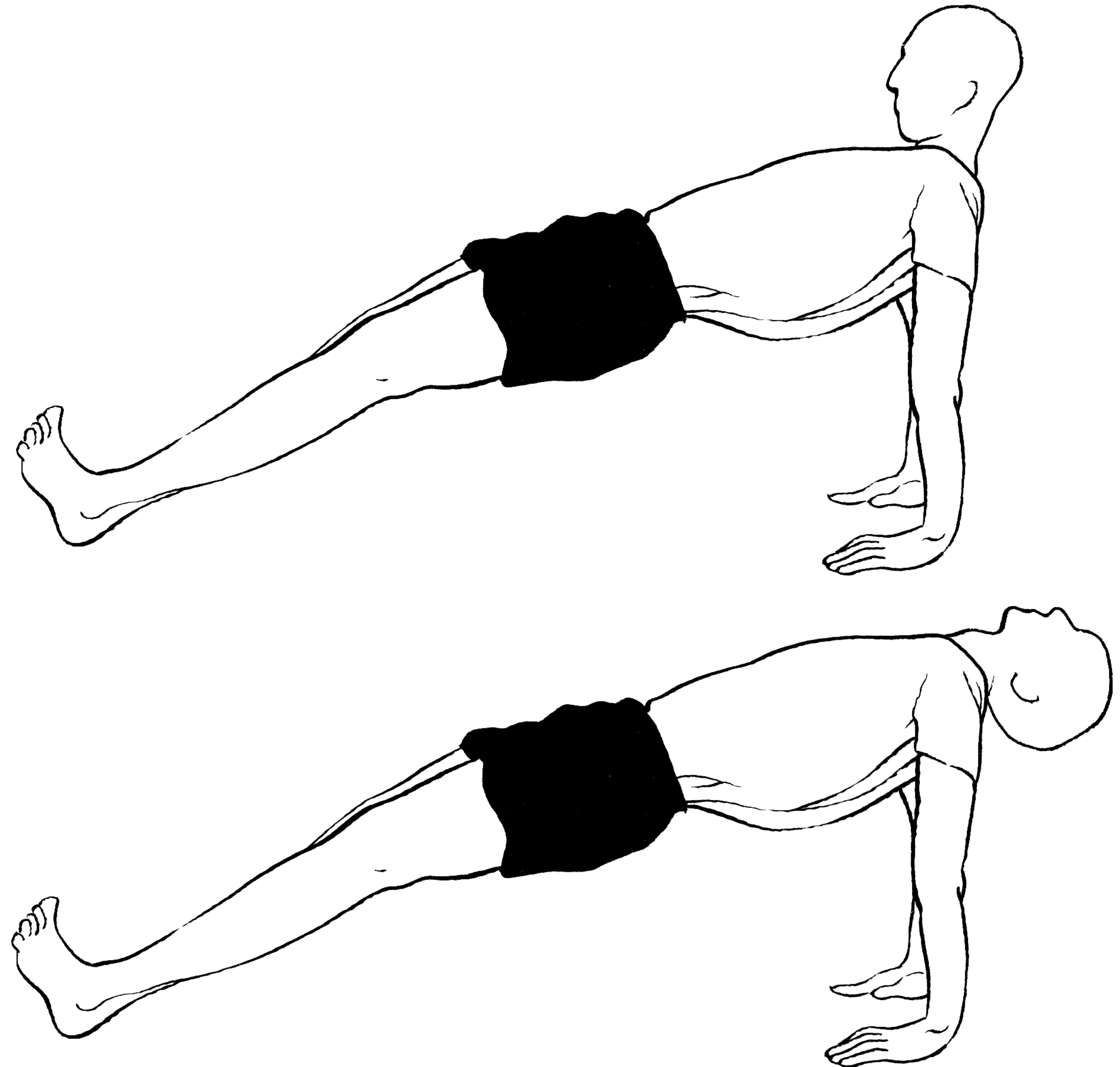


- Reach for your big toes, or hold onto the insides of your thighs; this is the asana sthiti
- Release your hands, reach them between your legs, press your back to the floor, and do nabi darshanam for 5 breaths
- Exhale down
- Do supta vajrasana
- Rock to sit, and straighten the legs in front of you



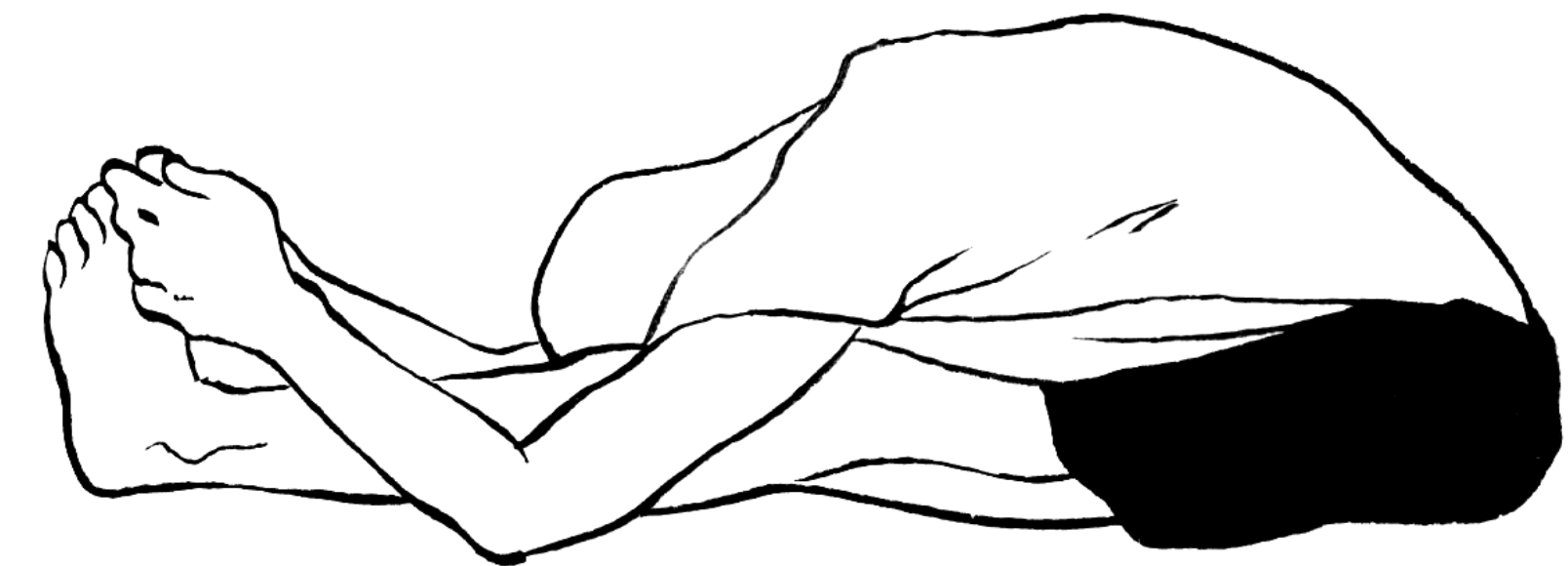
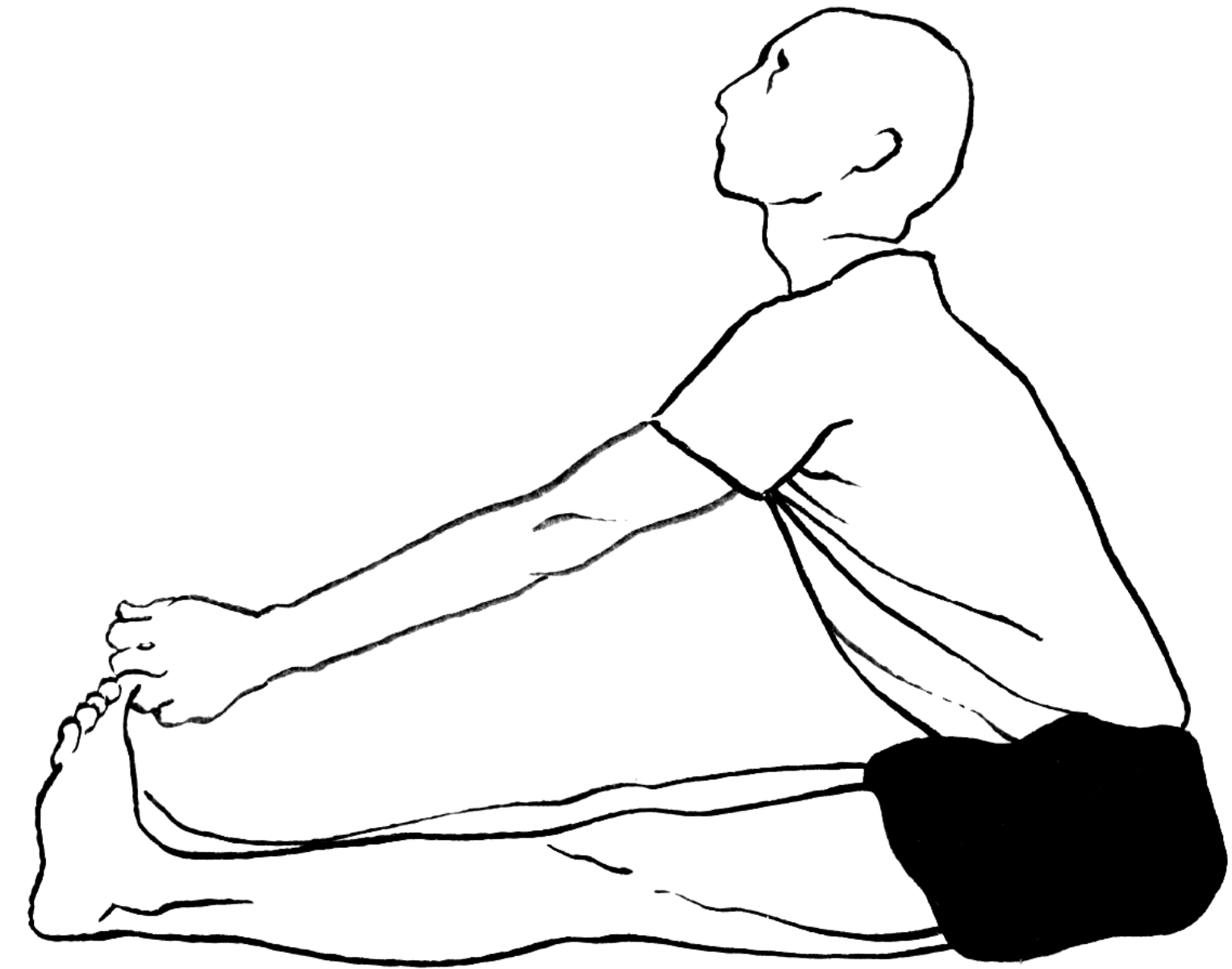
Purvottanasana

- Sit in dandasana with the arms straight
- Place your hands 30 cm behind you
- Flex your feet and tighten the knees
- Lift your chest and lengthen your lower spine
- Push your hips forward as you inhale, and lean your head back
- Keep your feet flexed in this version. You can also do this with your knees bent
- This is the asana sthiti, remain here for 5 breaths
- Come down as you exhale to the preparatory position, keeping the extended position of the spine



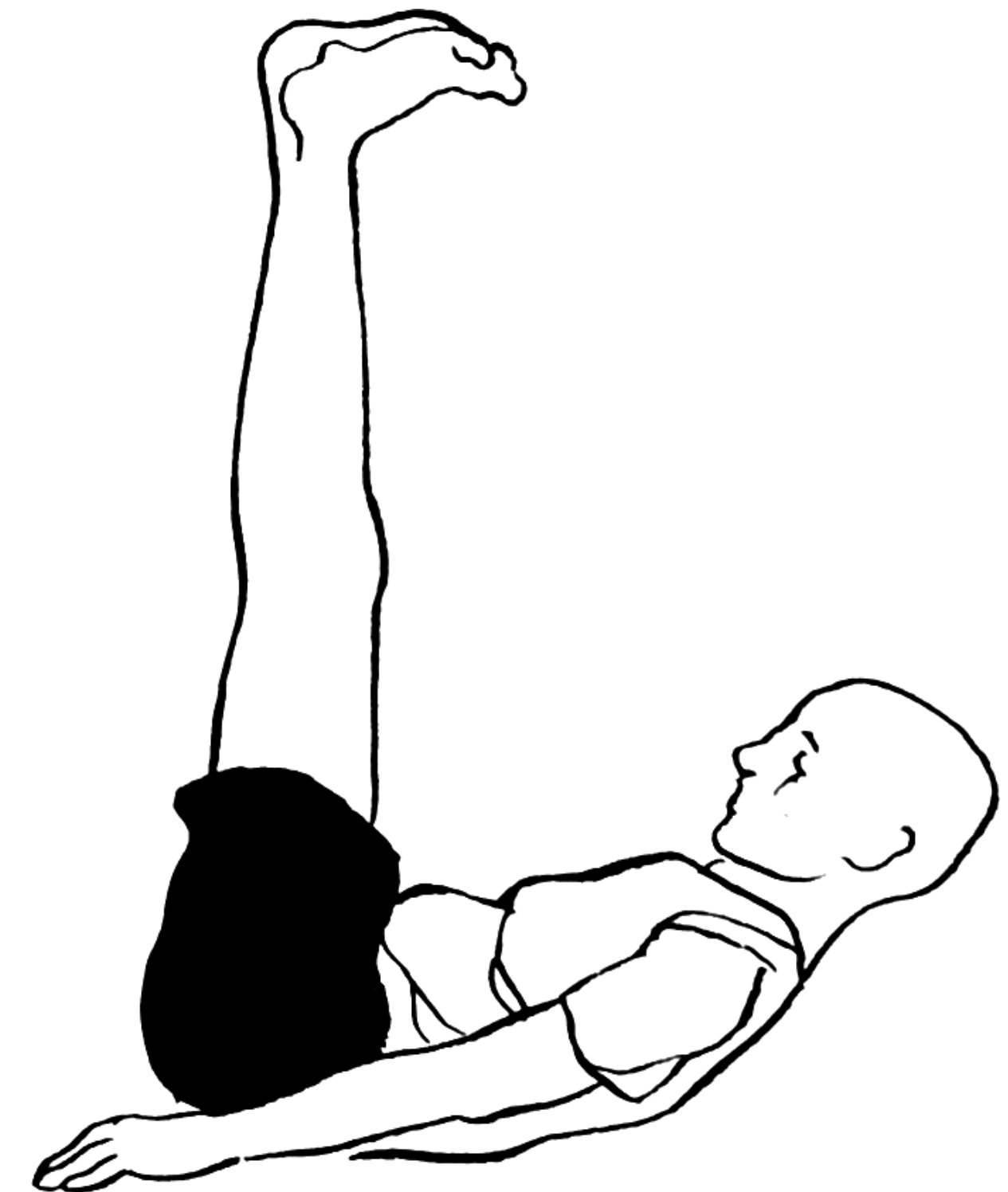
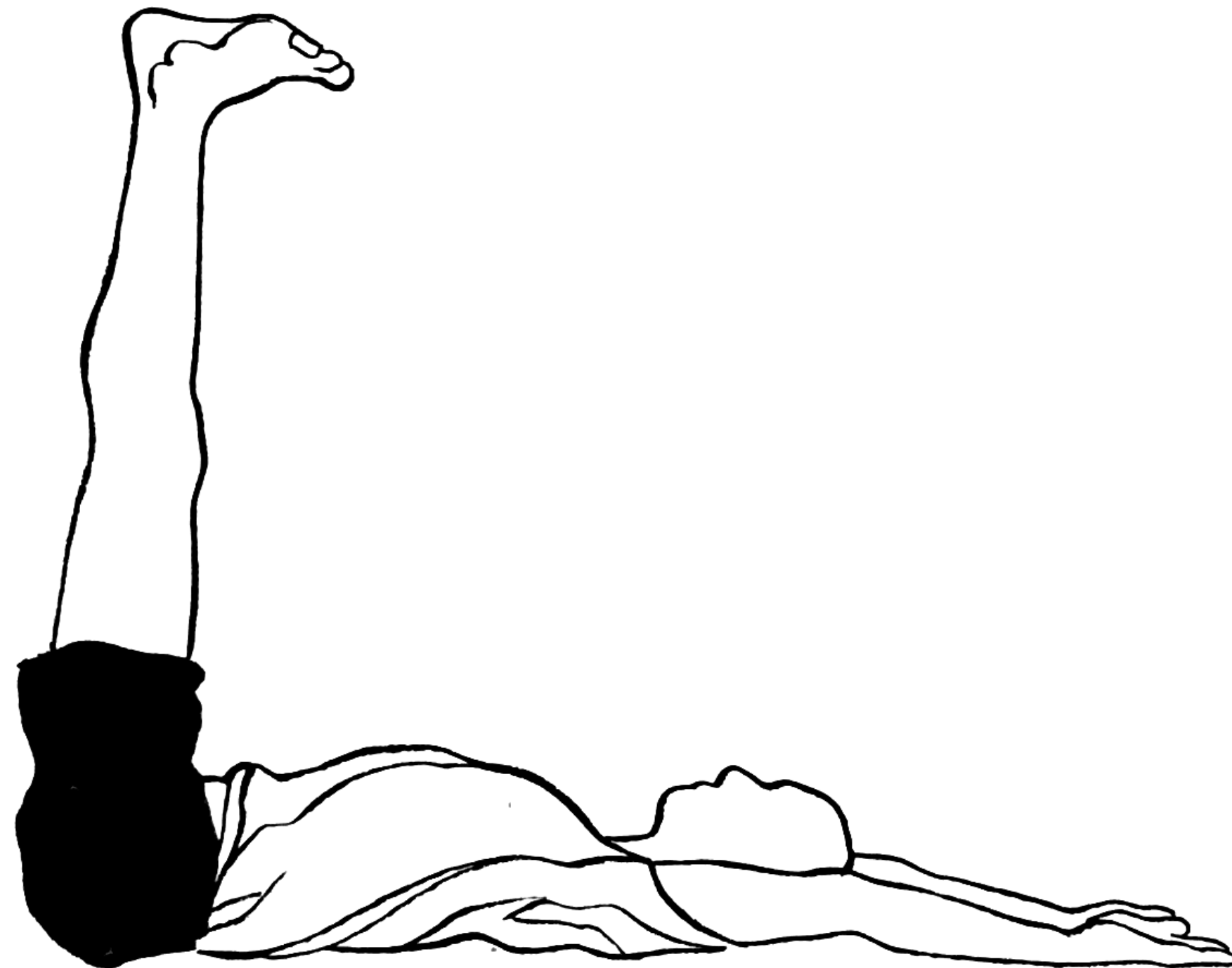
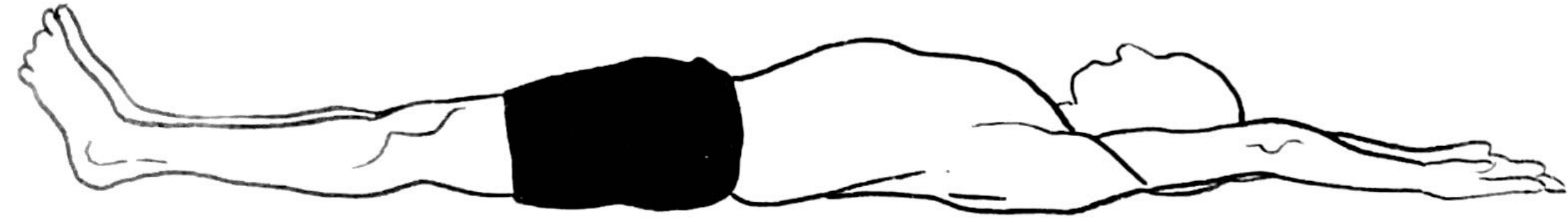
Paschimattanasana

- From the exit position of purvattanasana, reach your fingers forward to hold your big toes
- Lift your chest and your head as you inhale
- Lean forward out from your waist as you exhale
- If you have any back problems, remain in the upright extended spine position
- Stay in either position for 5 breaths
- Come back to dandasana as your inhale



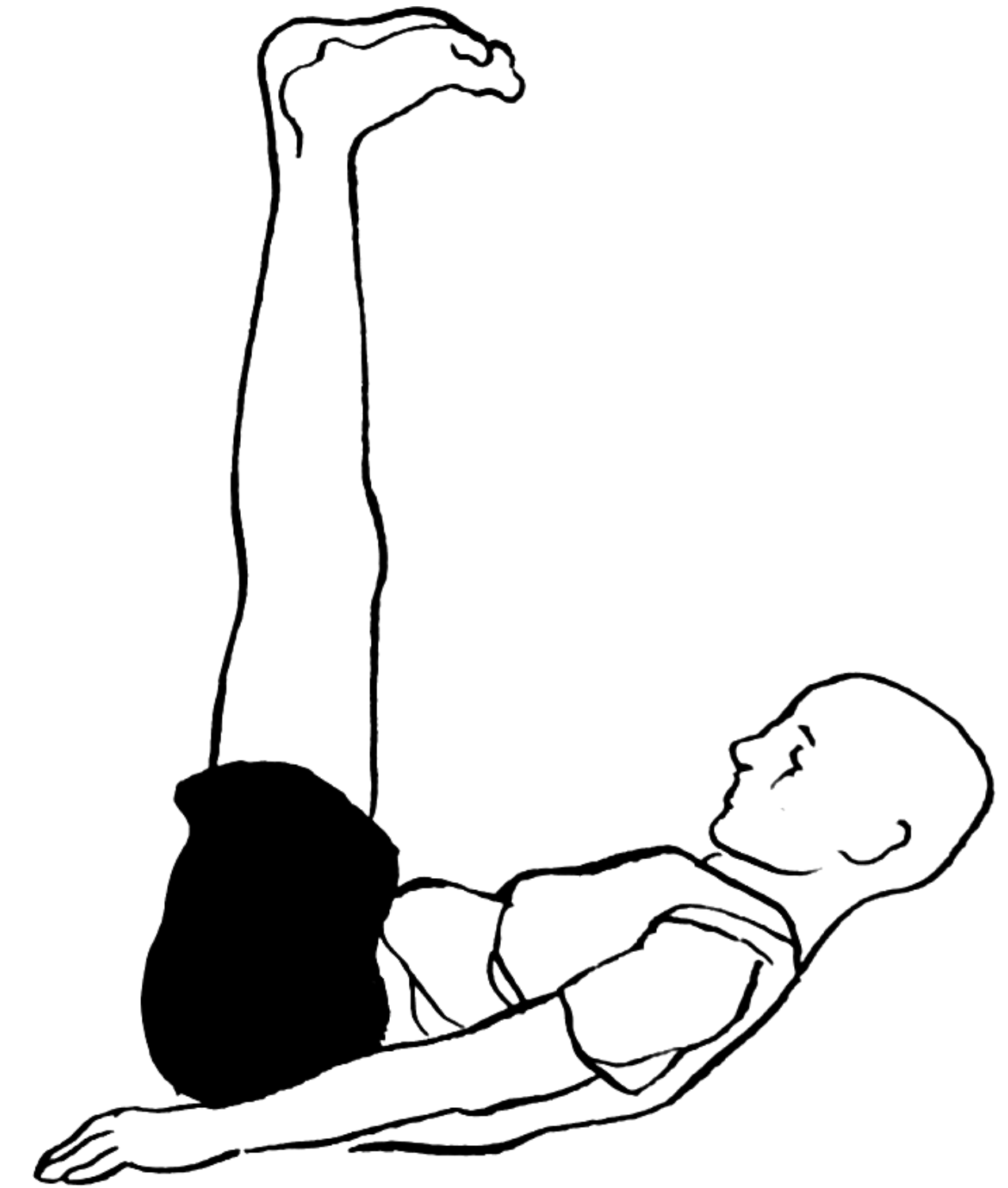
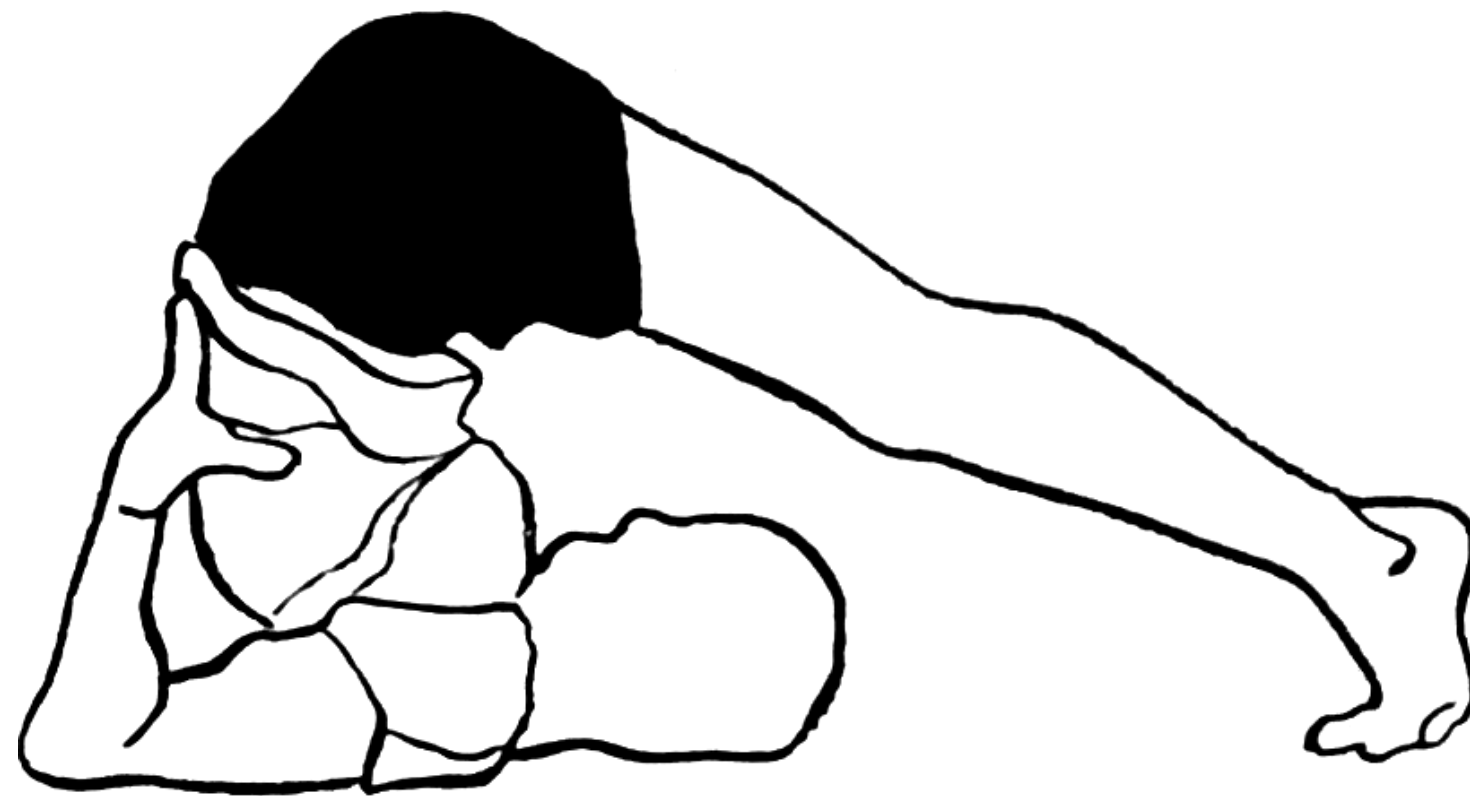
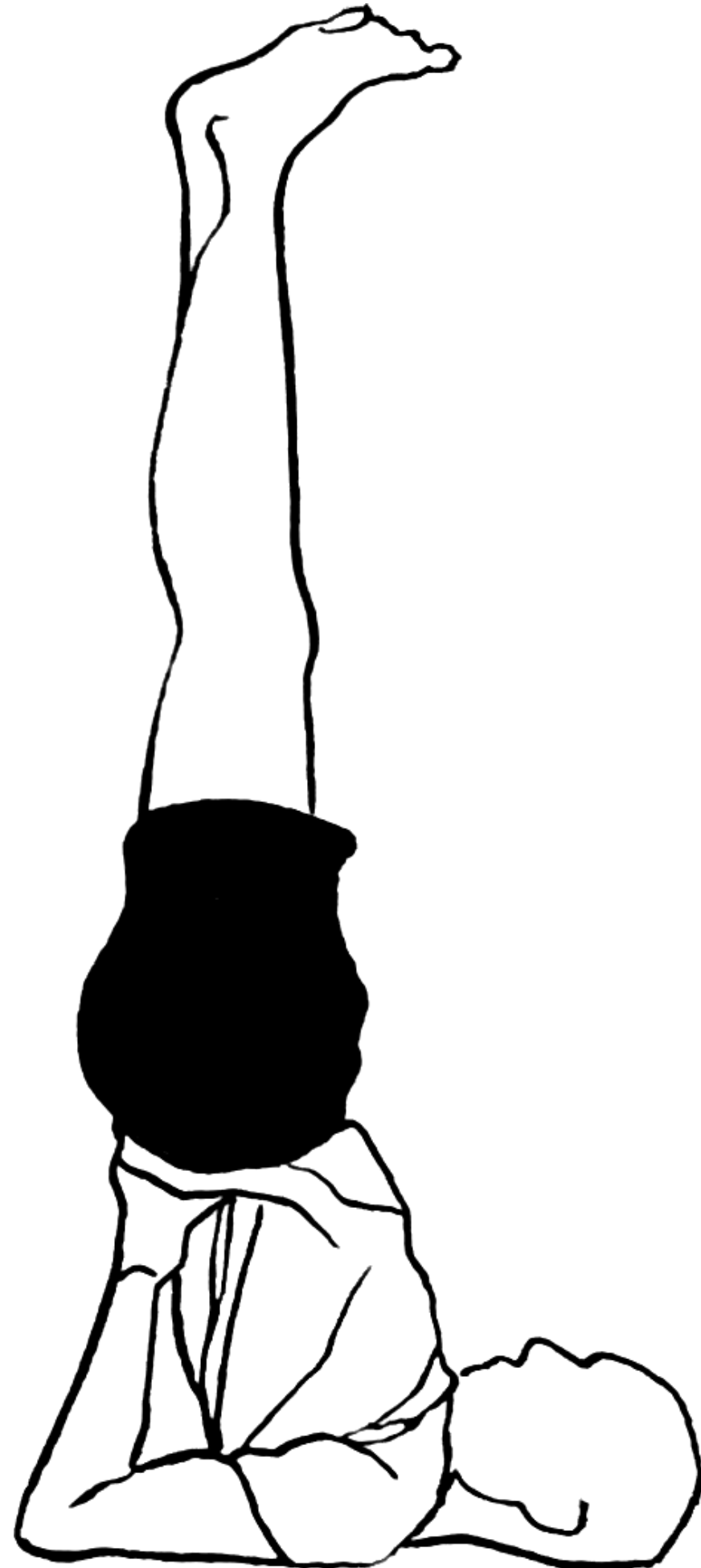
Saravangasana / Halasana sequence

- Lie in Tadagi Mudra
- Inhale your legs towards the ceiling, with your back flat on the floor
- Exhale to nabhi darshanam with your legs up



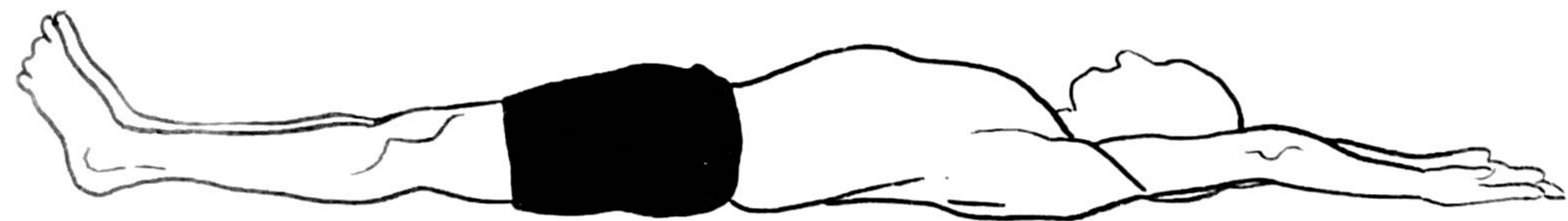
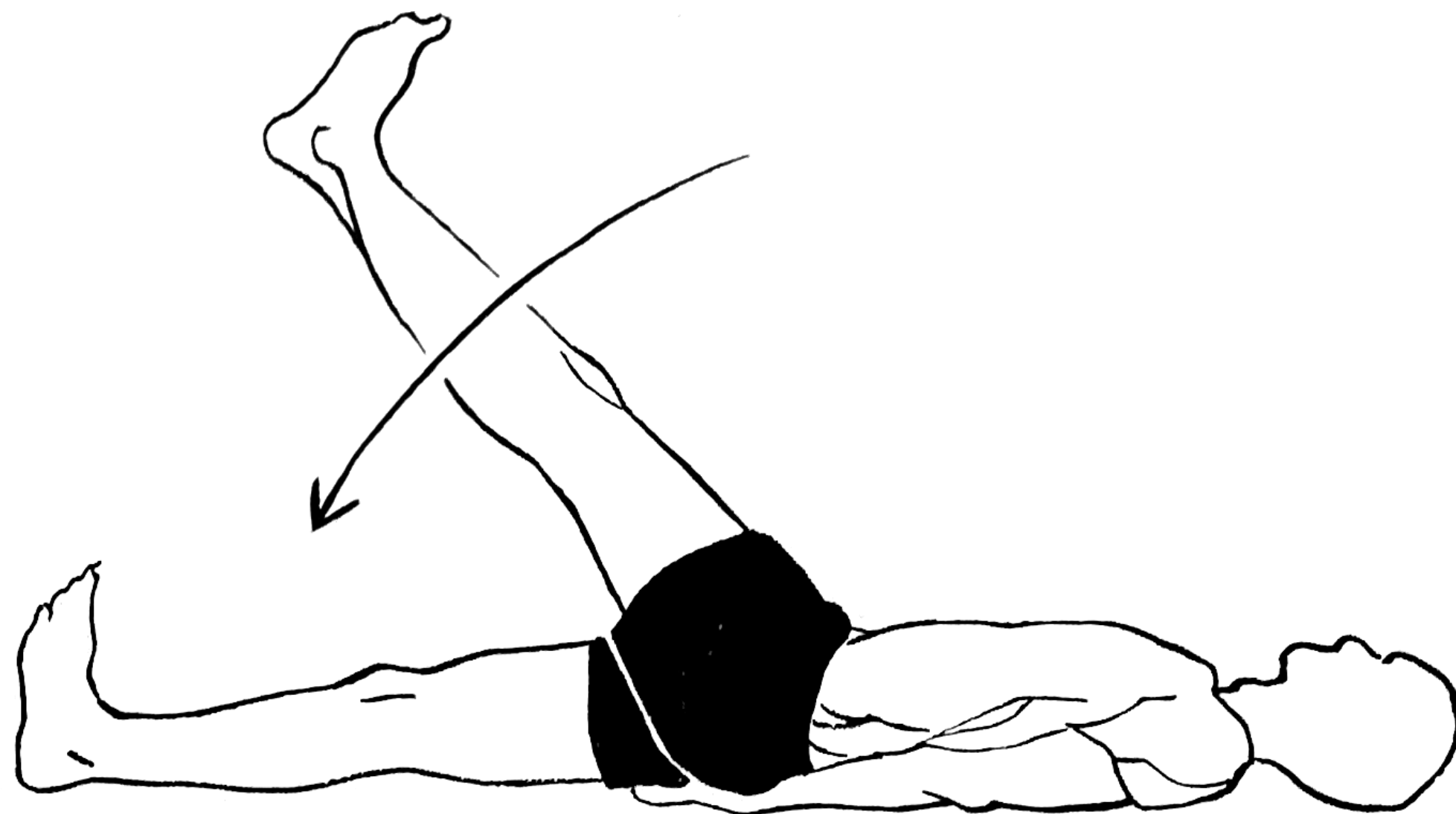
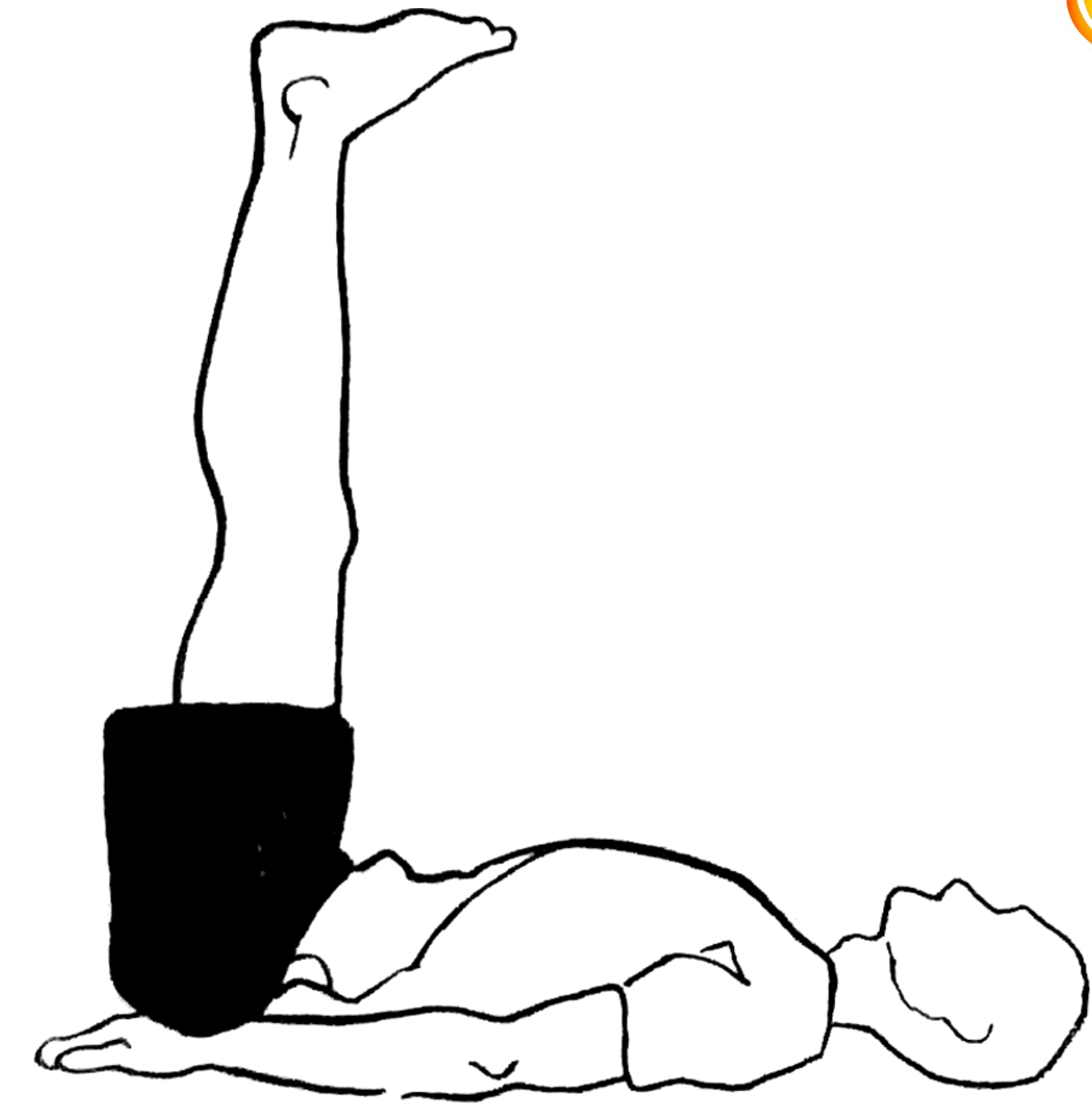
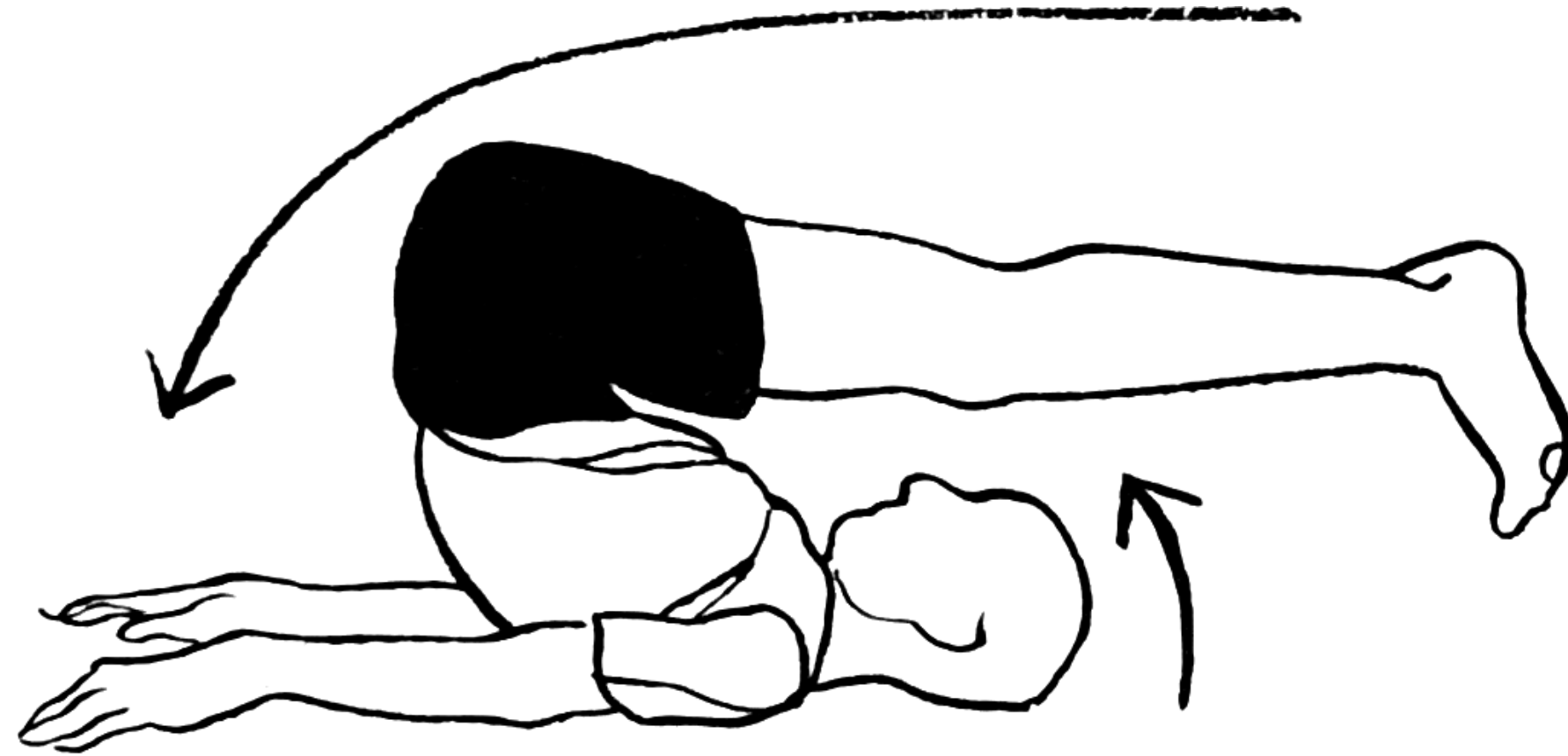
Sarvangasana / Halasana sequence

- Inhale to sarvangasana, breathe 8-15 times
- Exhale to halasana, breathe 8-15 times
- Exhale to nabhi darshanam, breathe 3 times



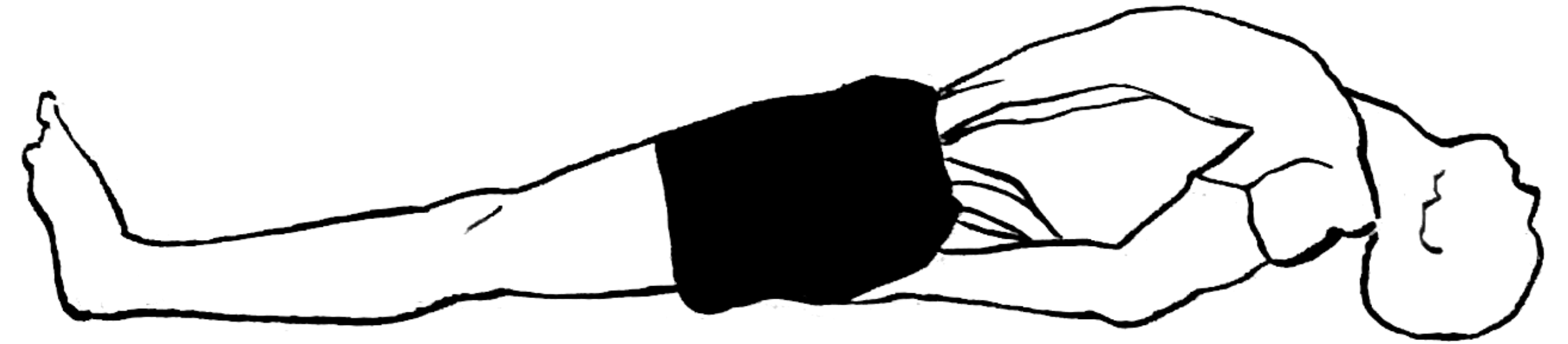
Saravangasana / Halasana sequence

- Place your head down, exhale to Tadagi mudra
- Rest



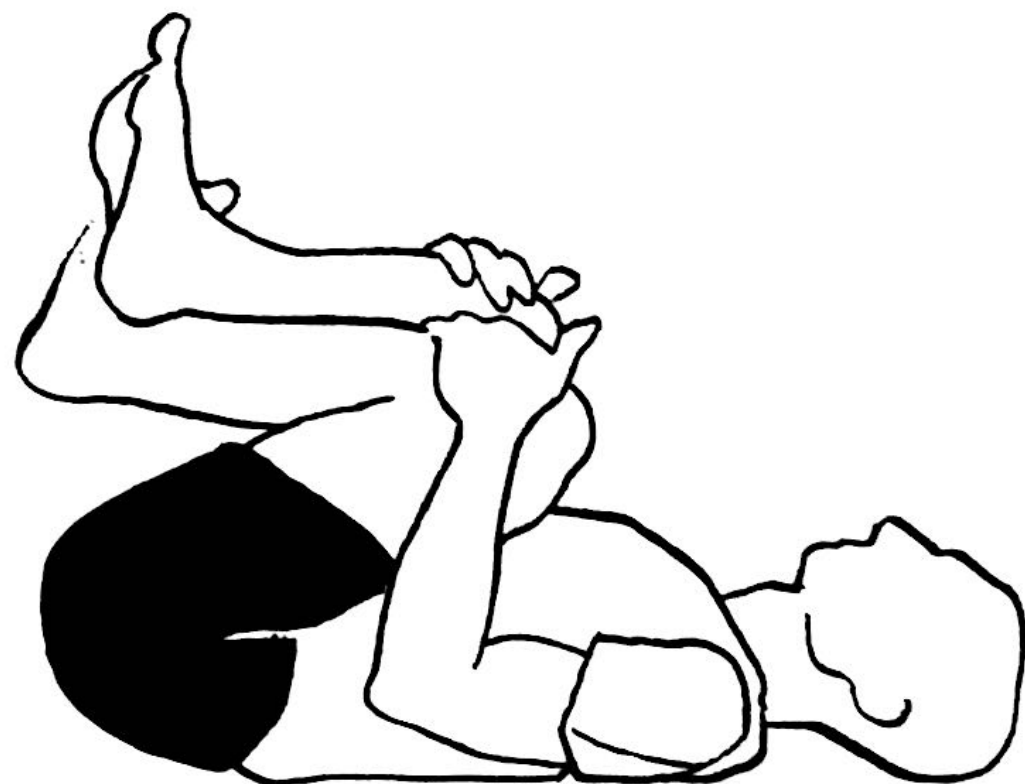
Matsyasana

- Draw your legs together with your hands on the floor by your sides
- Press your elbows to the floor, and lift your chest
- Place your head lightly on the floor
- Breathe 8-15 times
- Release to shavasana

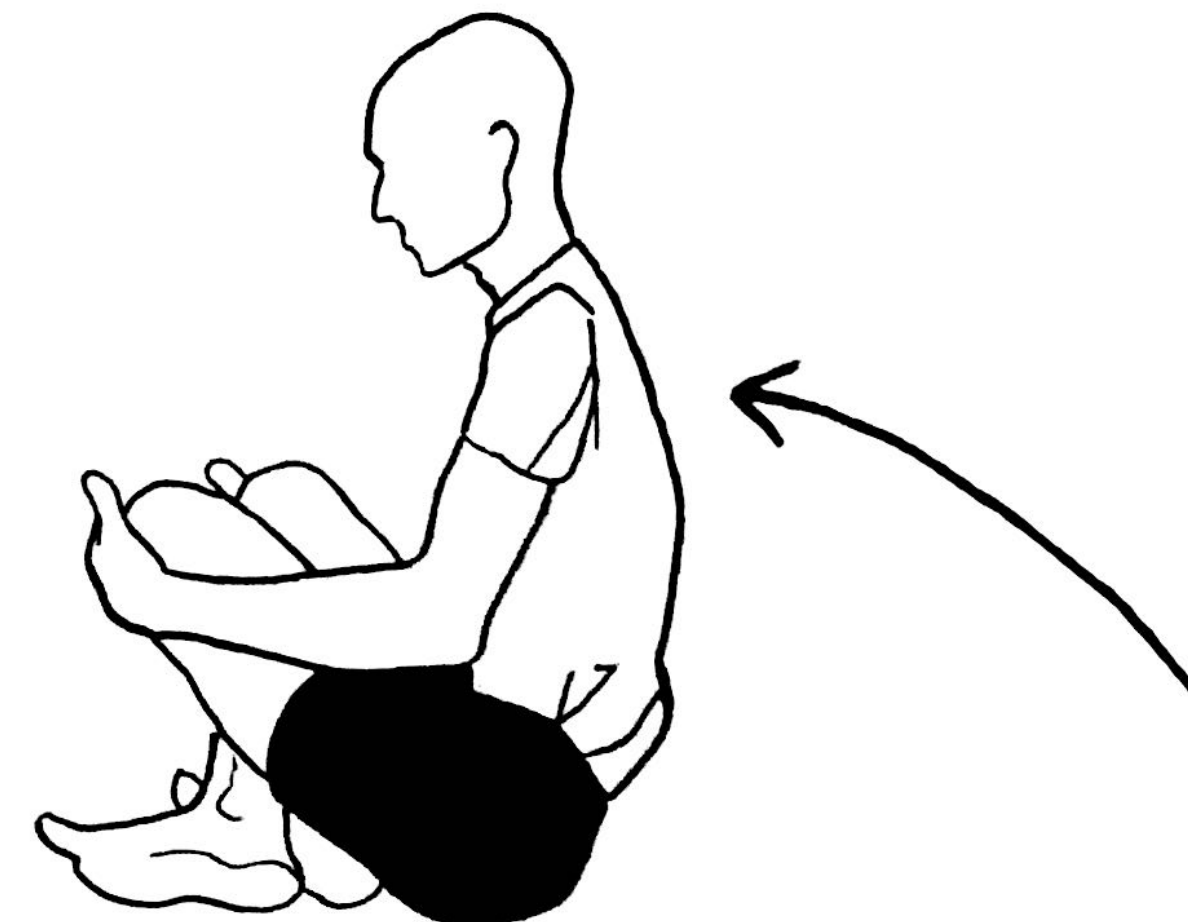
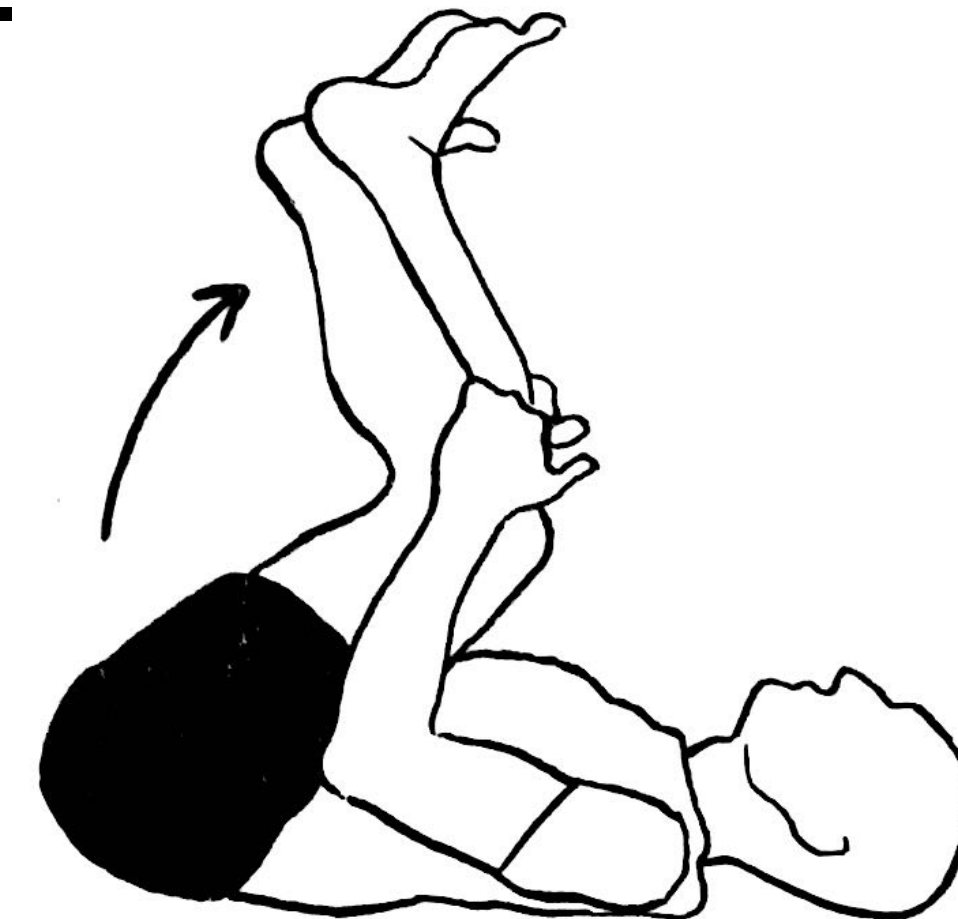


Supta vajrasana transition

- Stretch your arms over your head to the floor behind you; this is the asana sthiti.

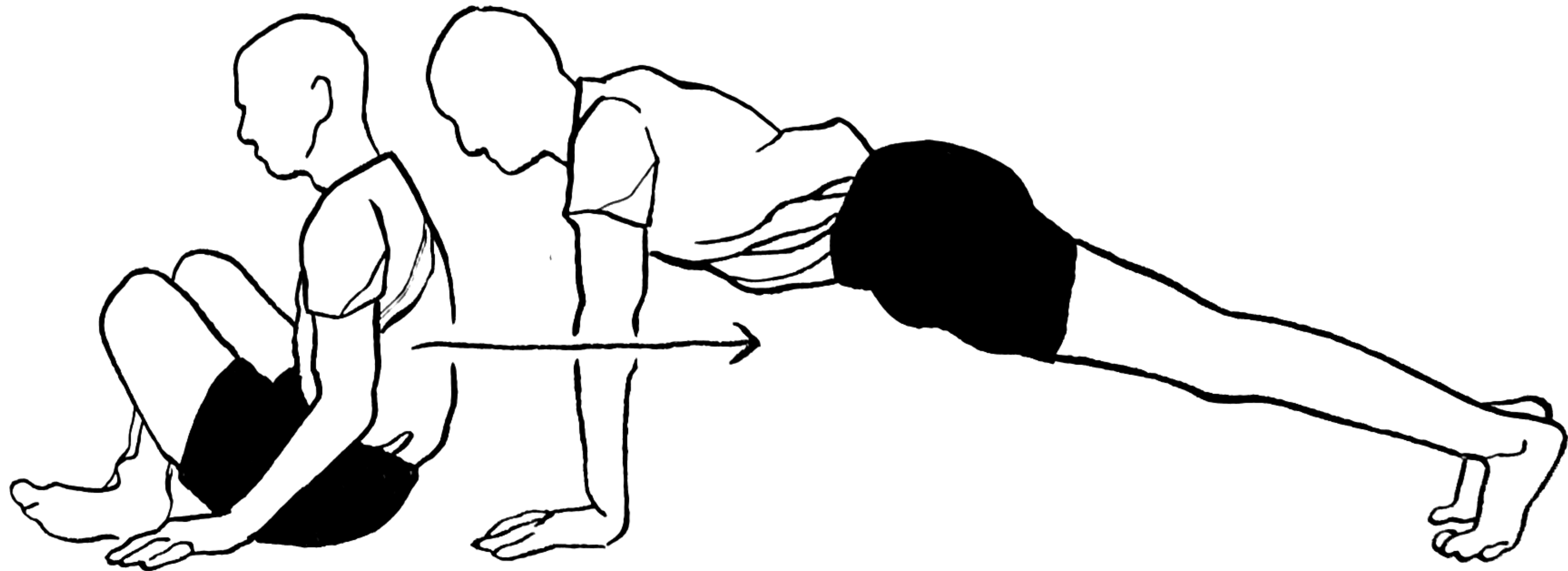


- To transition to seated, bring each hand to each knee, and rock yourself to sit.



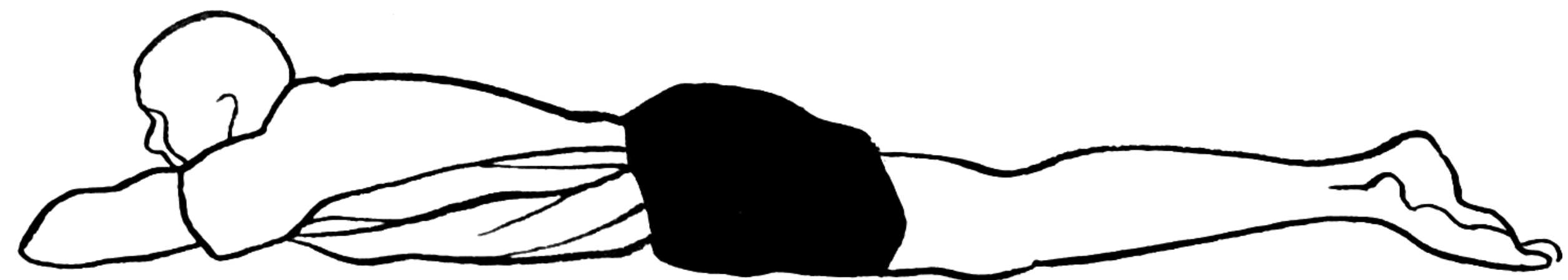
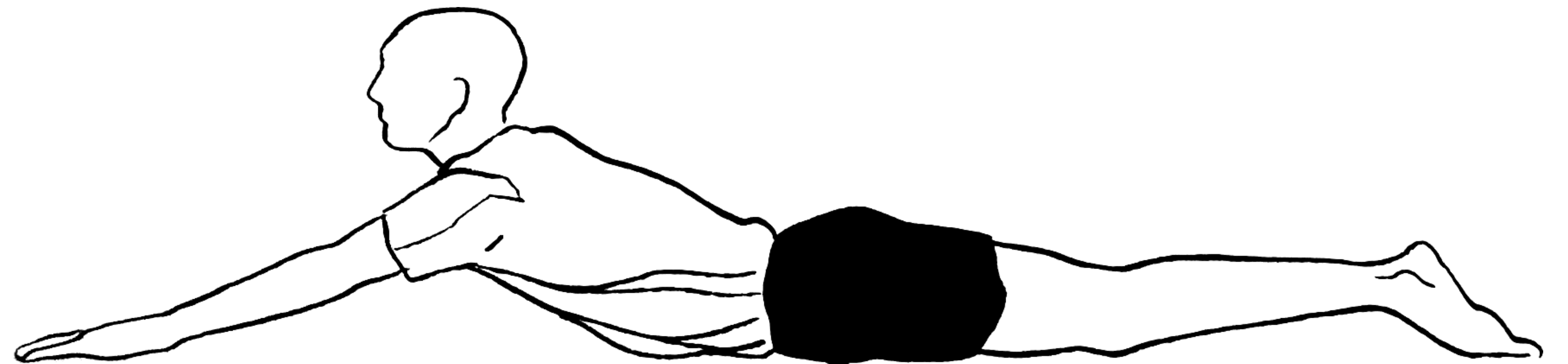
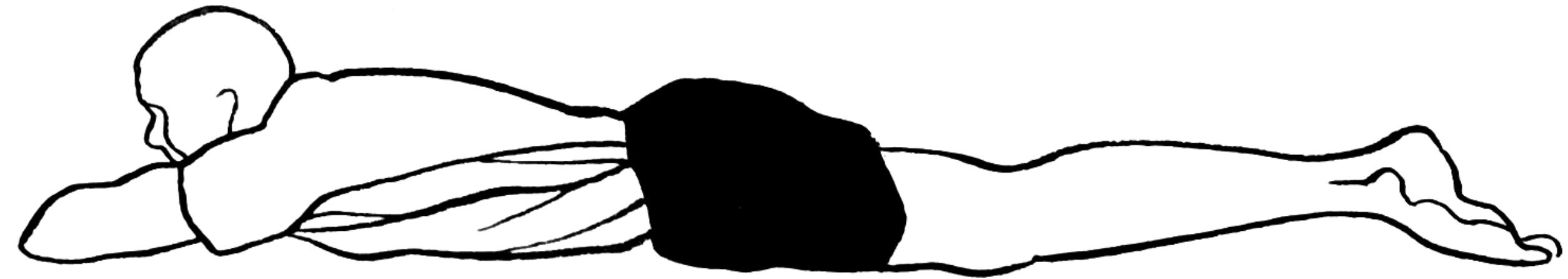
Supta vajrasana transition to prone postures

- Cross your ankles, and step or jump back to a high plank.
- Slowly lower onto your belly as you exhale.



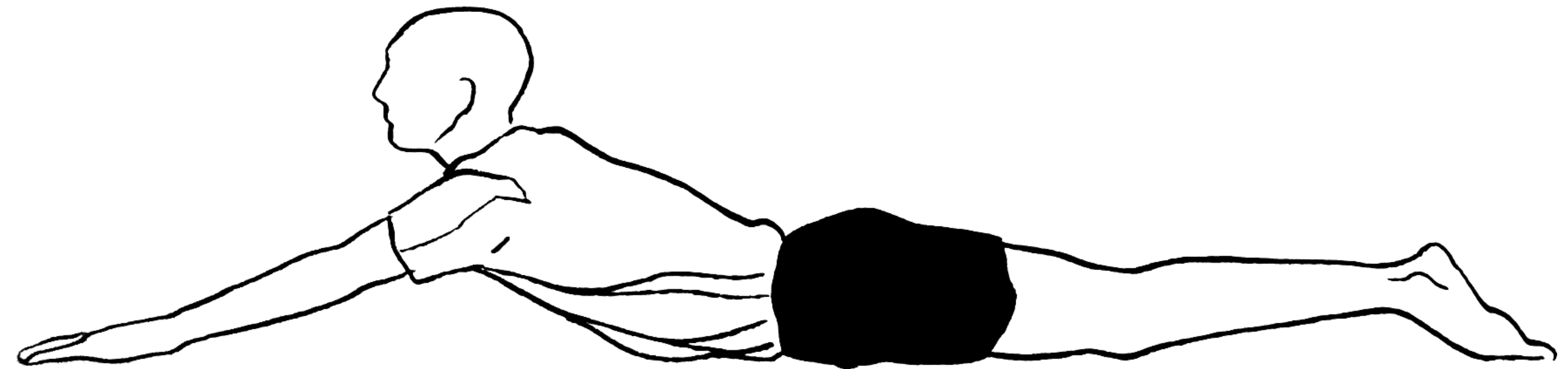
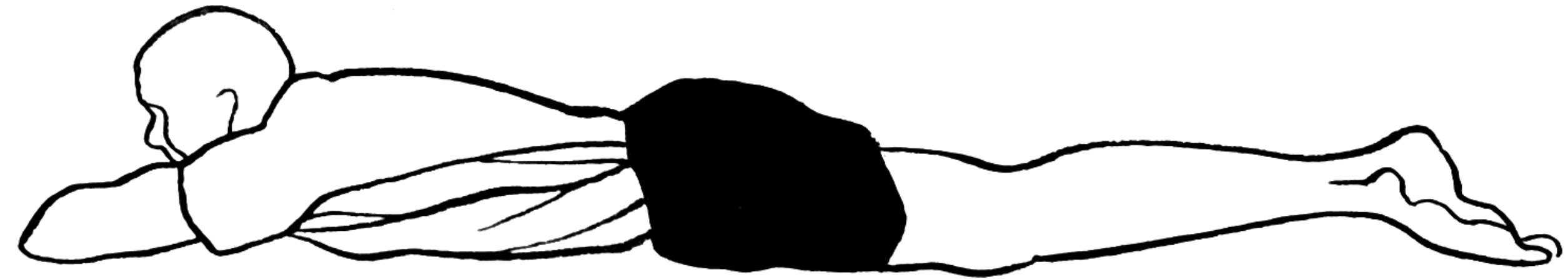
Bhujangasana sequence

- Sthiti position on the belly with the hands folded under your chin
- Lift chest, tighten your legs, pelvic tuck, pubic bone pushes forward, extend hands on the floor
- Return to sthiti

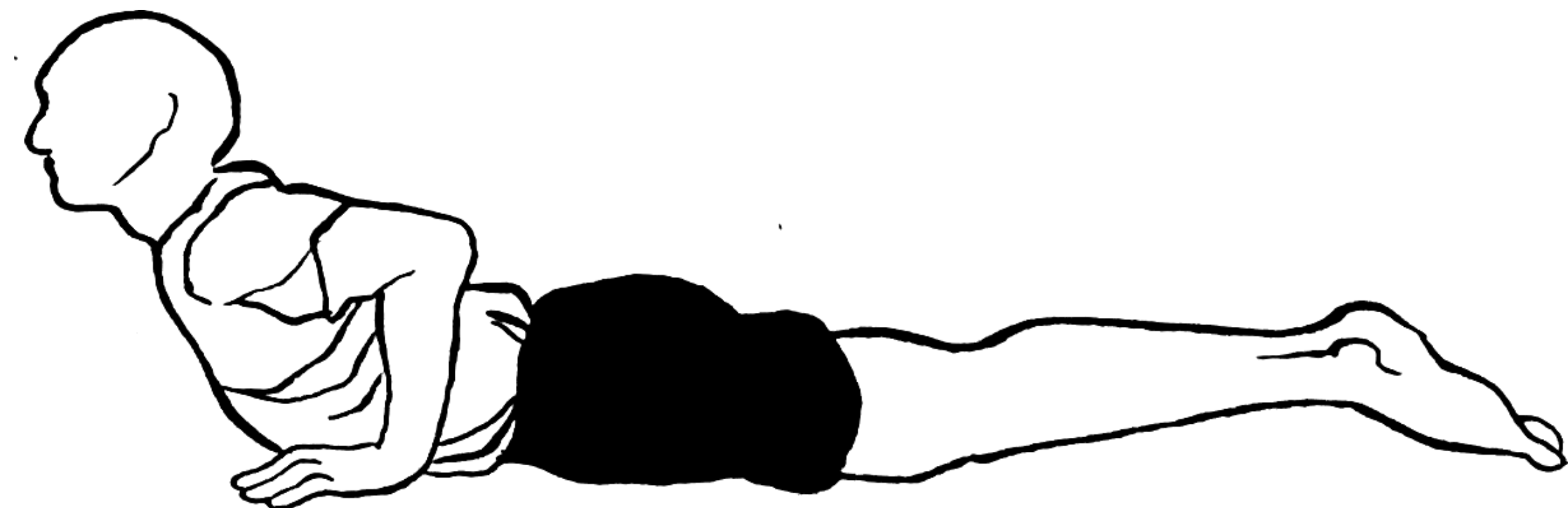


Bhujangasana sequence

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- Lift chest, tighten your legs, pelvic tuck, pubic bone pushes forward, extend hands on the floor
- Return to sthiti

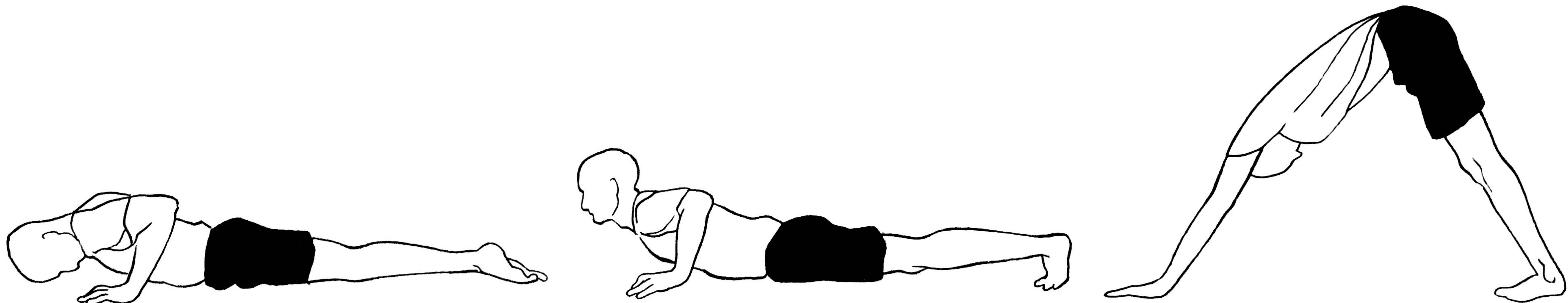


- Repeat steps 1 and 2
- Draw hands back to the lower ribs, hands lightly rest on the floor
- Remain in bhujangasana for 5-8 breaths



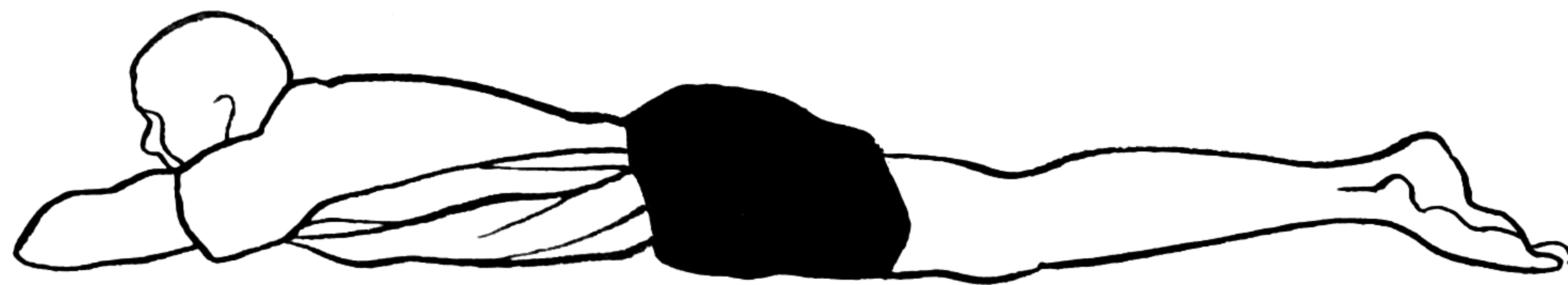
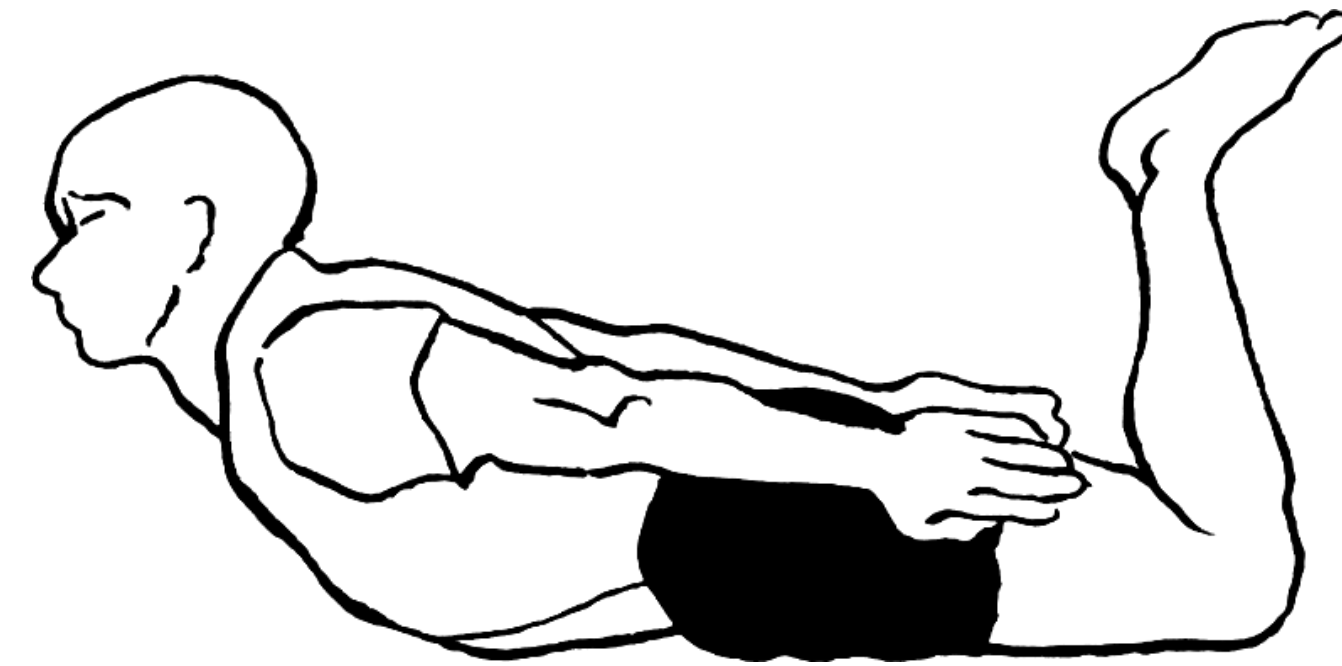
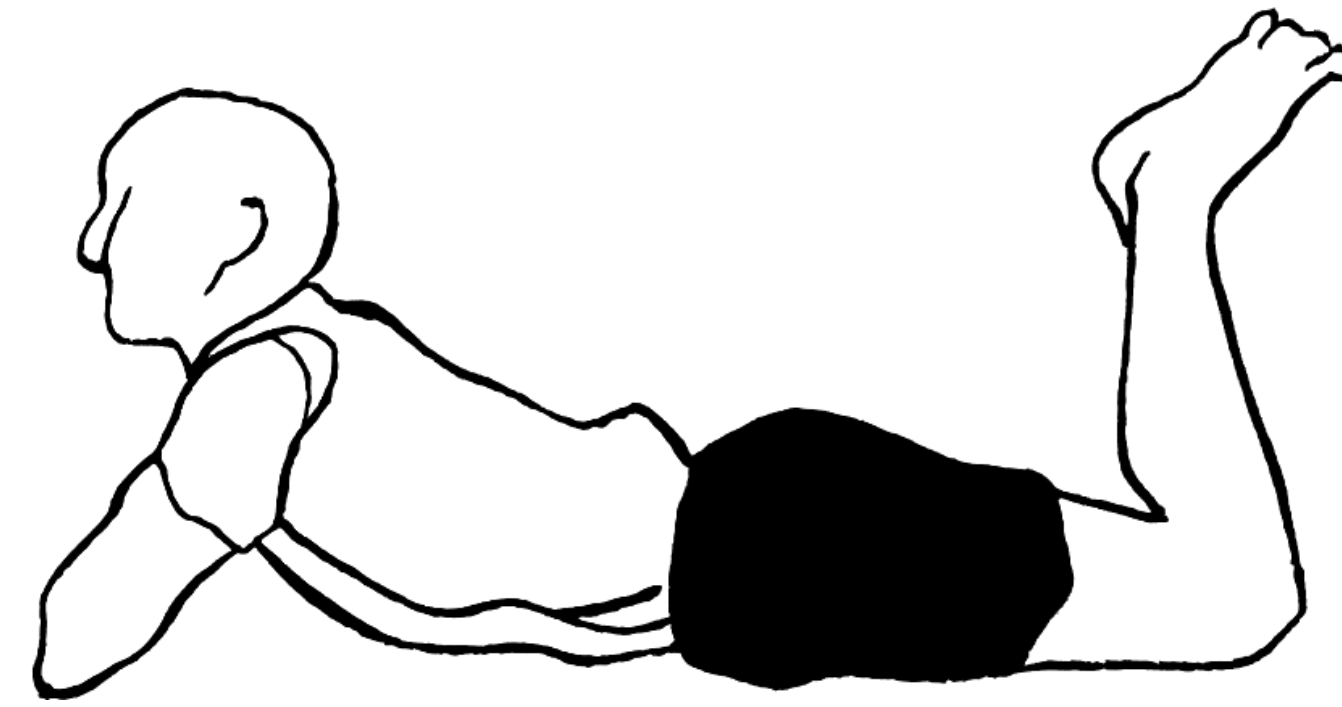
Transition to downward dog for the counterpose

- Tuck your toes under and tighten your knees away from the floor
- Bring your hands under your shoulders and lift your chest slightly off the floor
- Tighten your elbows, and push to downward dog



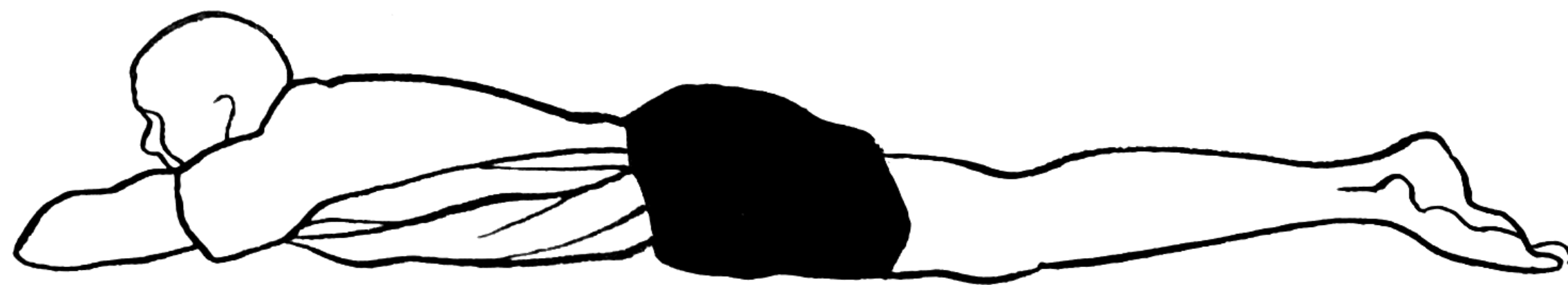
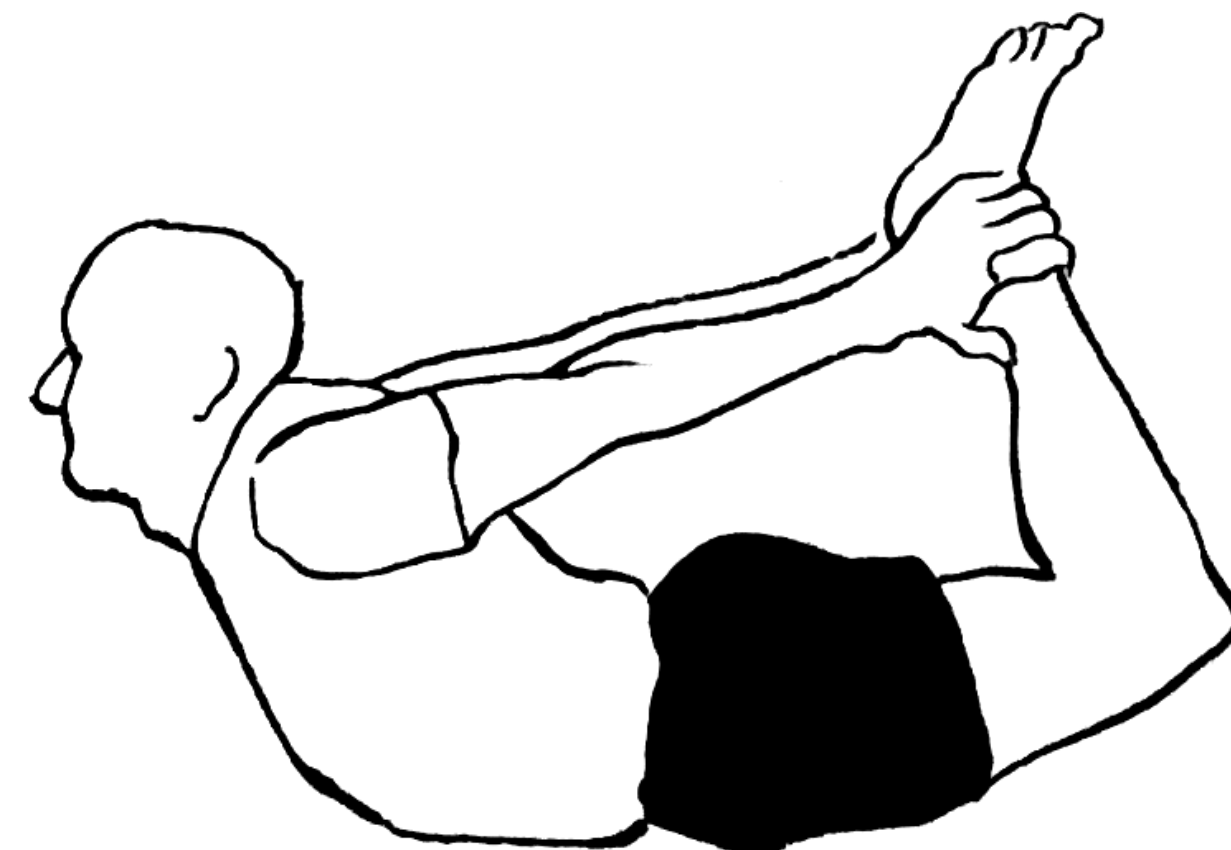
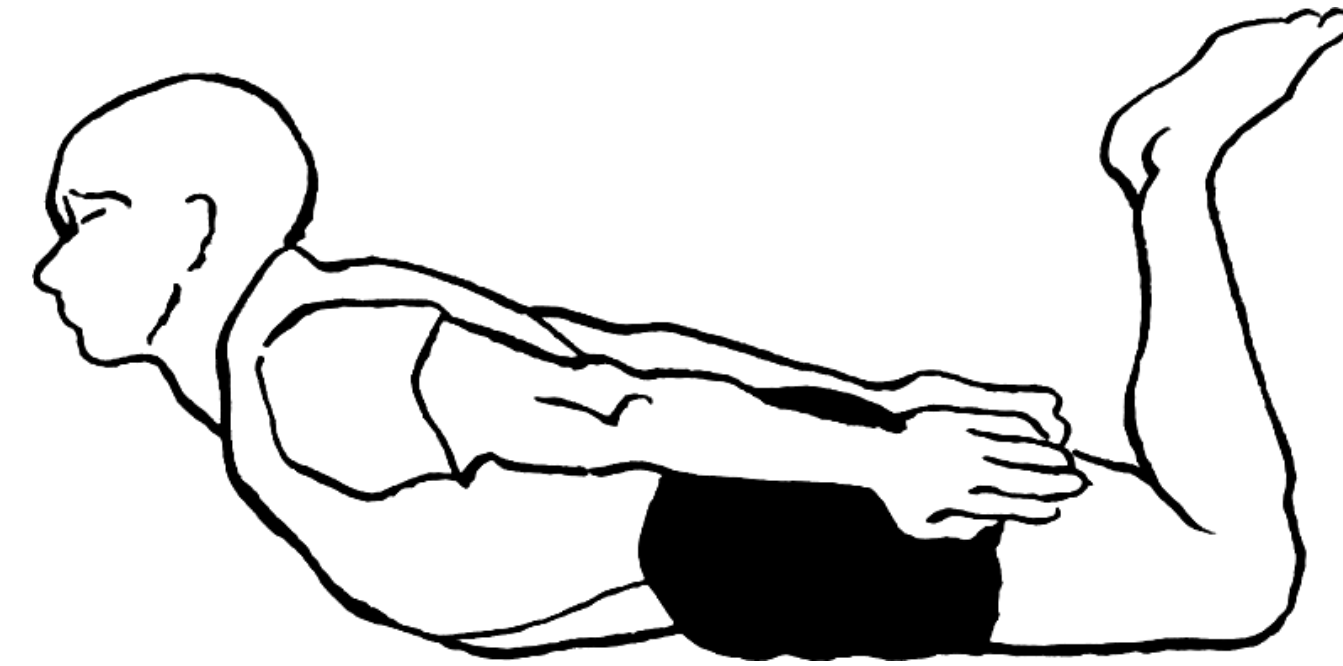
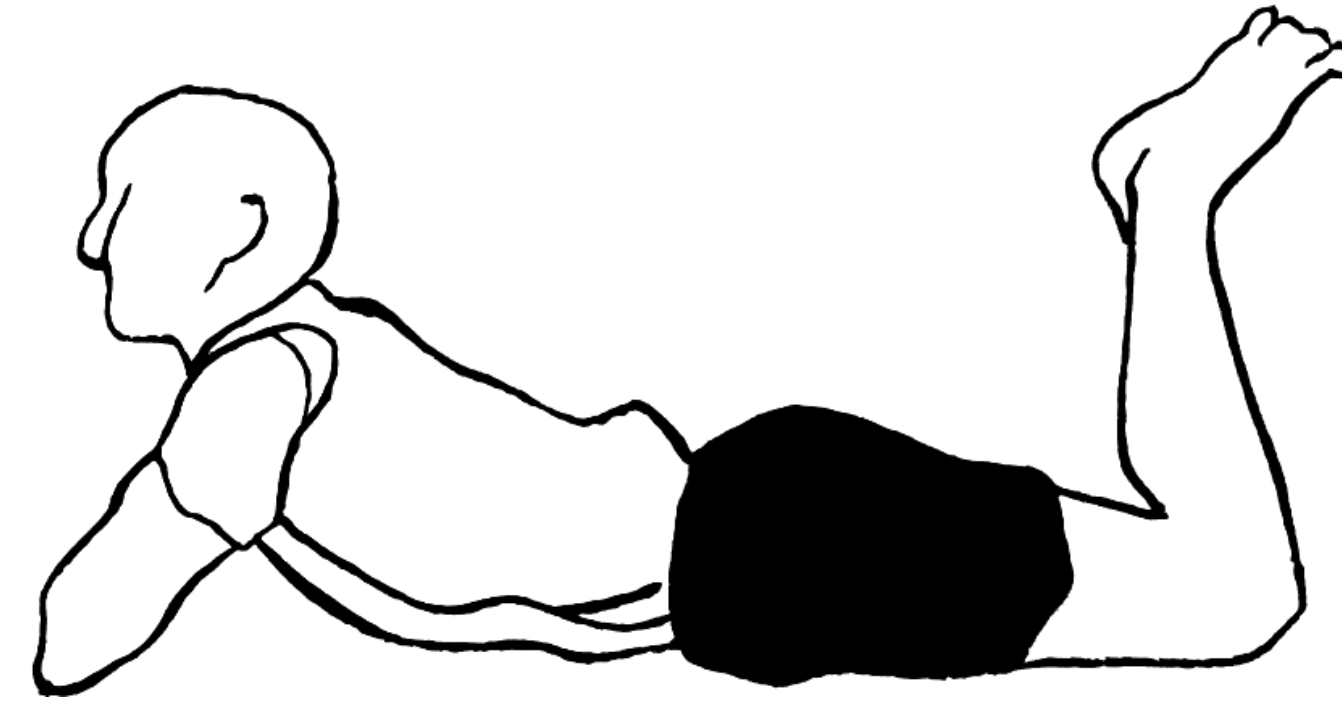
Dhanurasana sequence • Kulvinkasana

- Sthiti position on the belly
- Lift your chest and bend your knees, and reach back to hold your ankles or feet
- Push your feet into your buttocks
- Bend your elbows
- Lift your chest
- Breath 5 times
- Rest in sthiti



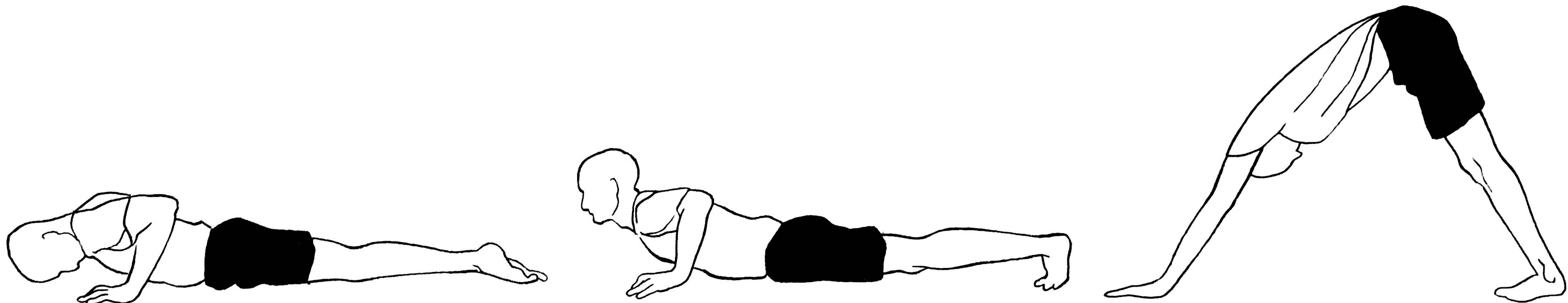
Dhanurasana

- Lift your chest and bend your knees, and reach back to hold your ankles or feet
- Push your feet into your hands, so your thighs press to the floor
- Lift your chest
- Lift your thighs away from the floor, toes towards your ceiling
- Breath 5 times
- Rest in sthiti



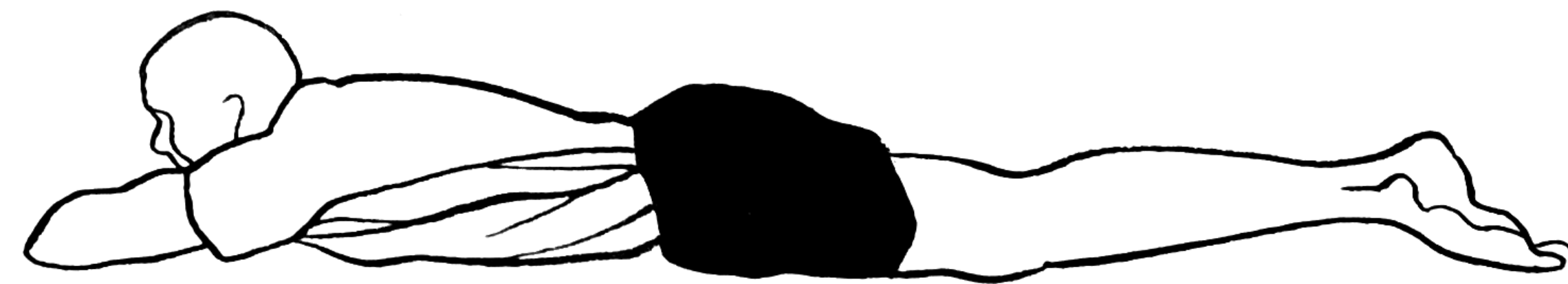
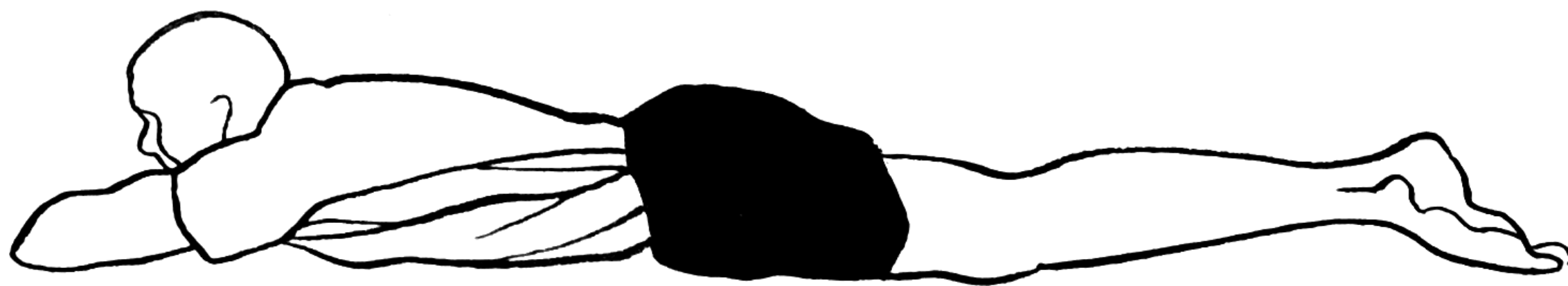
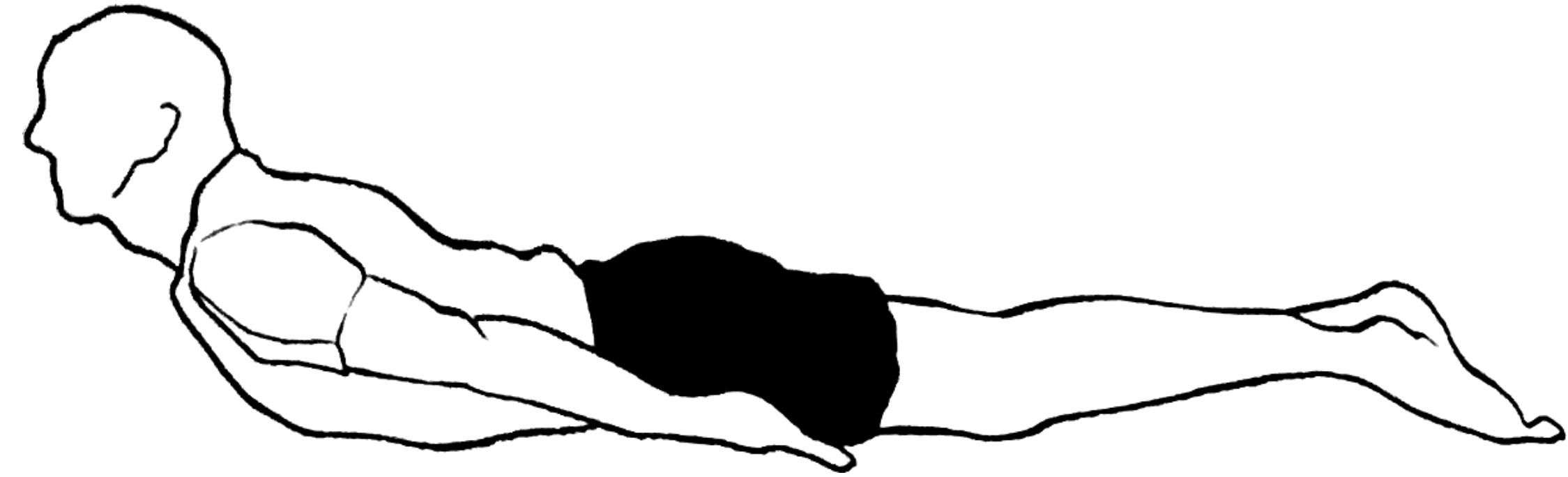
Transition to downward dog for the counterpose

- Tuck your toes under and tighten your knees away from the floor
- Bring your hands under your shoulders and lift your chest slightly off the floor
- Tighten your elbows, and push to downward dog



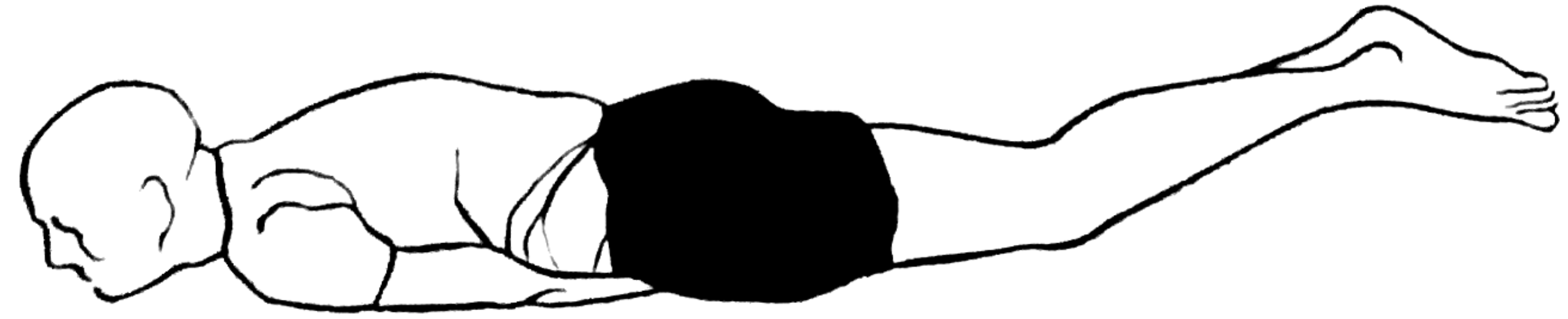
Shalabhasana sequence 1

- Sthiti position on the belly
- Place your hands by your sides
- Tighten your legs, pelvic tuck, pubic bone forward
- Lift your chest
- Lift your legs
- Breathe 5 times
- Return to sthiti



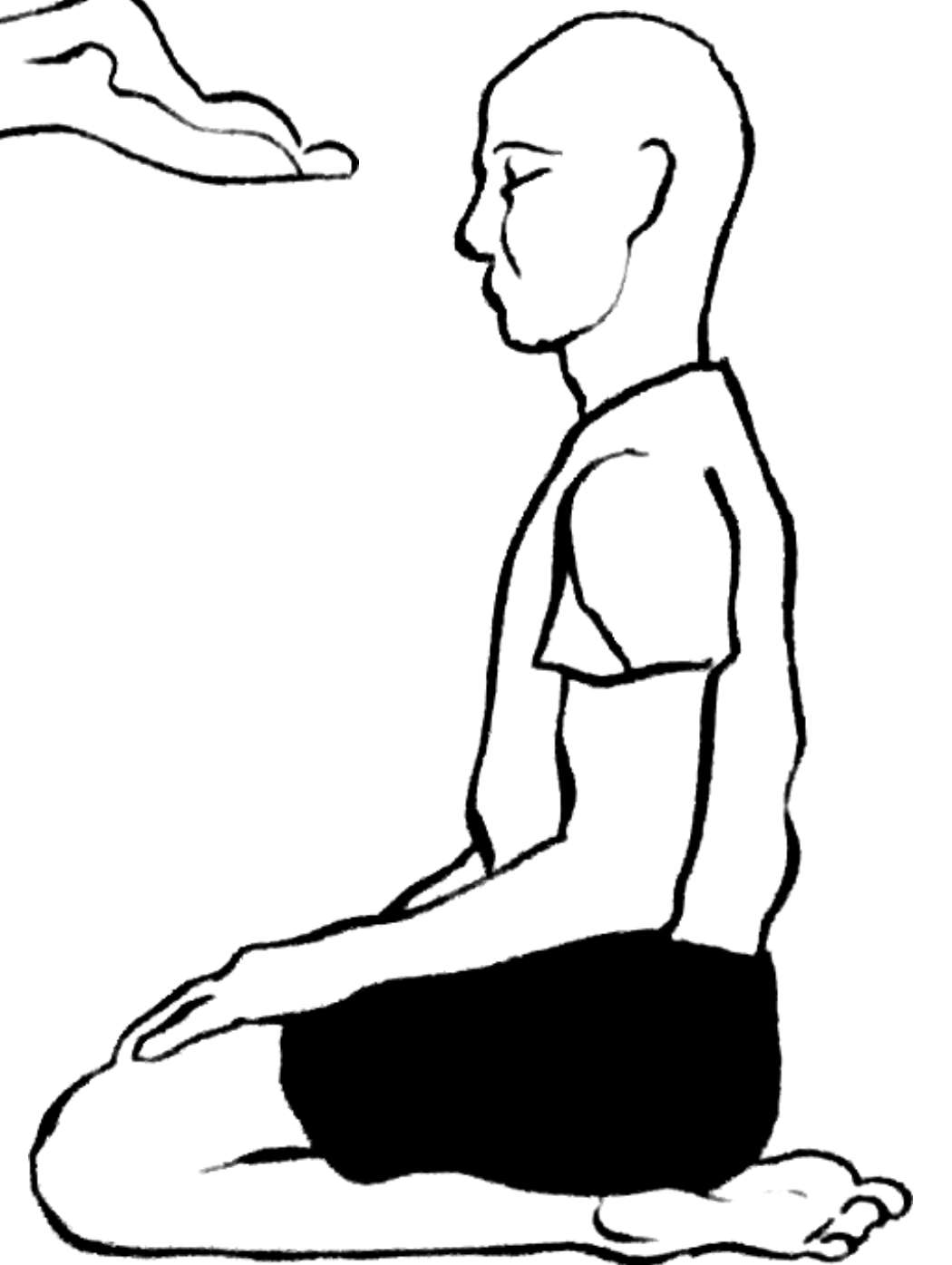
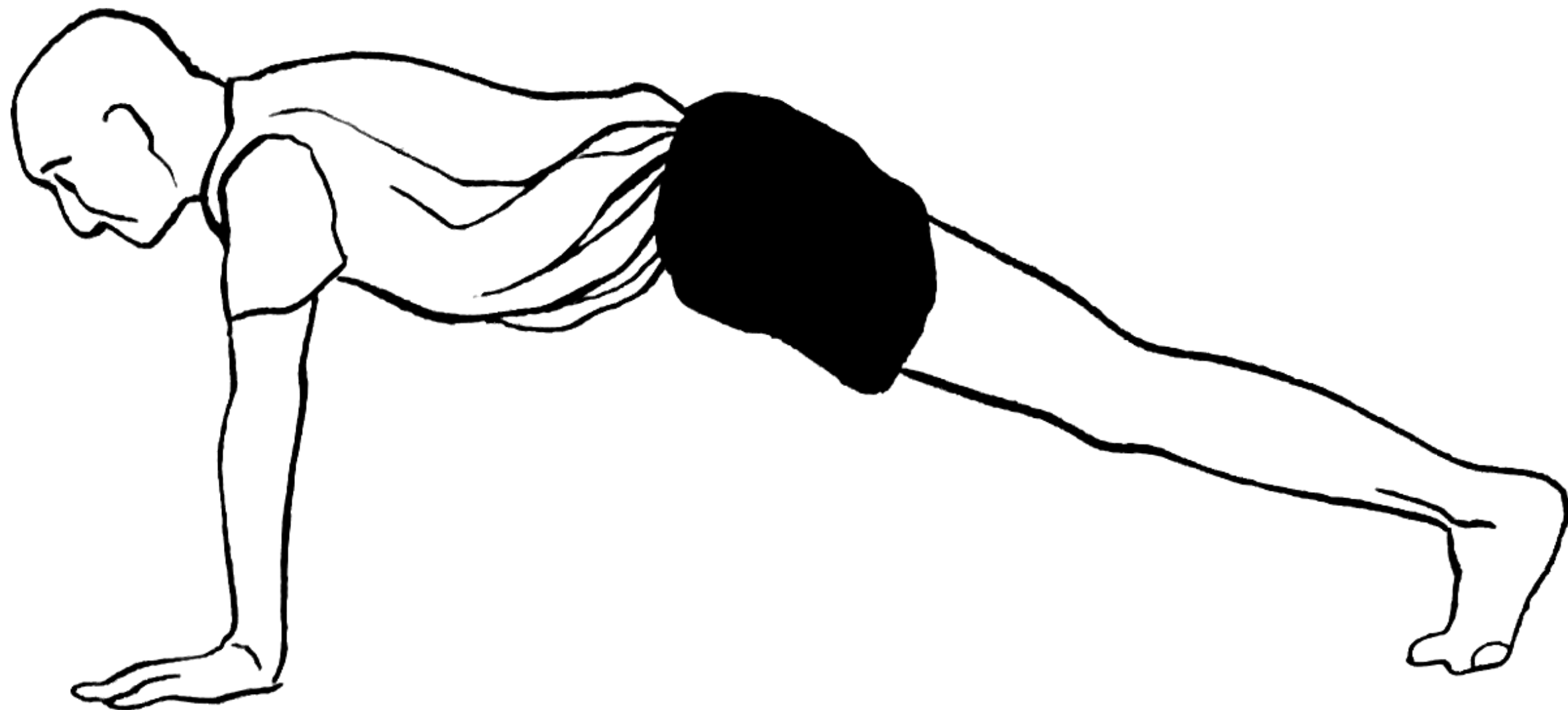
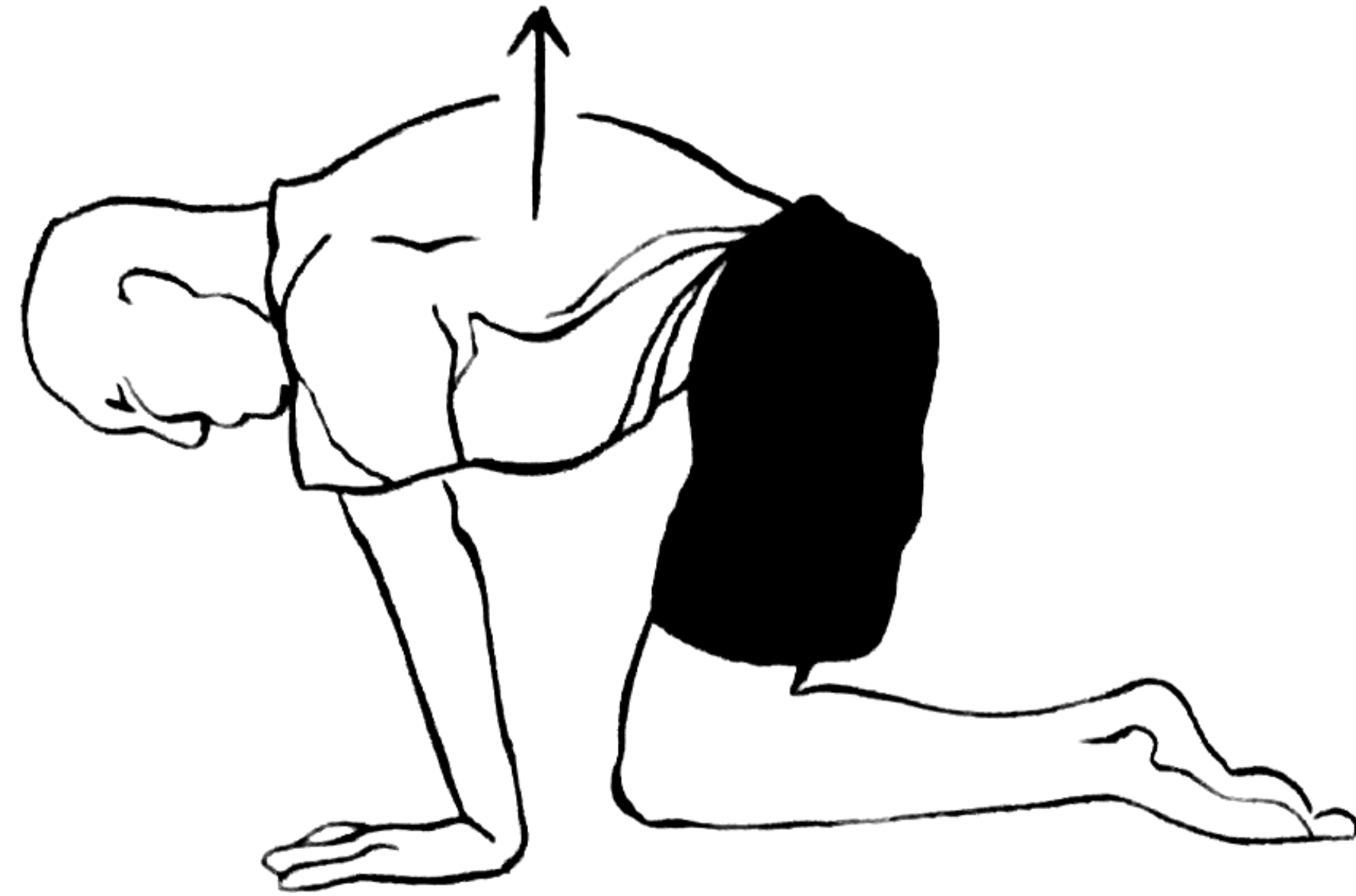
Shalabhasana sequence 2

- Place your hands by your side
- Place your hands under your thighs
- Prepare the legs, pelvic tuck, push your pubic bone forward towards your wrists
- Feel your legs naturally move forward and up off the floor
- Breathe 5 to 10 times



Transition to plank for the counterpose

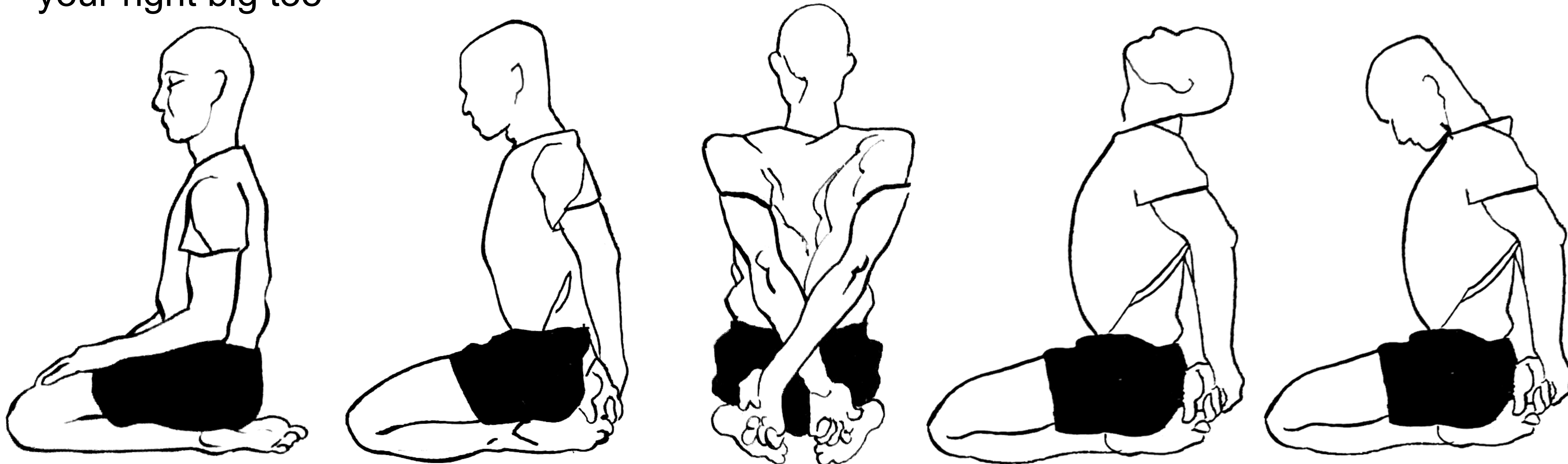
- Remain for plank in 10 breaths
- Place your knees on the floor, walk your knees to your hands
- Sit on your heels



Bhadrasana with toes

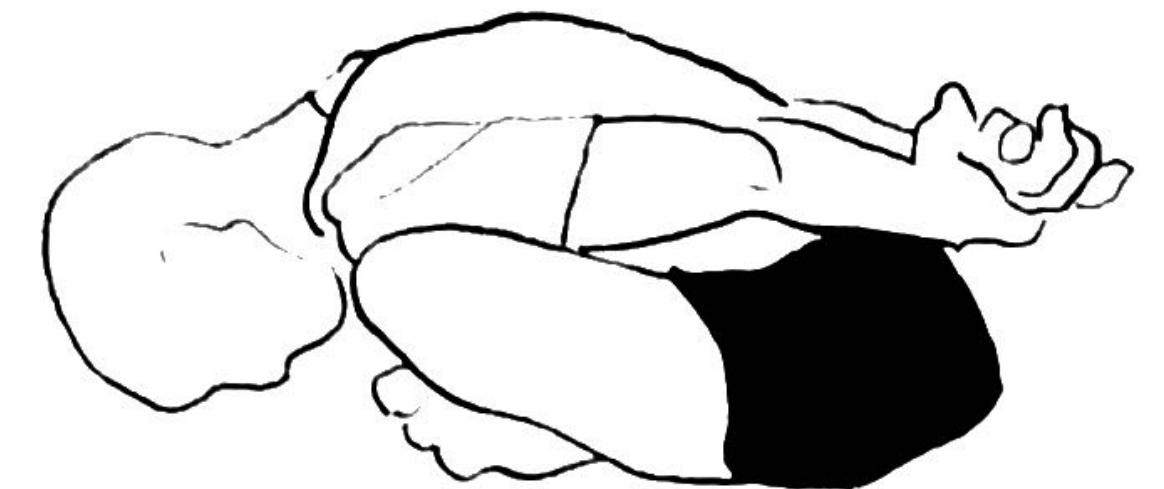
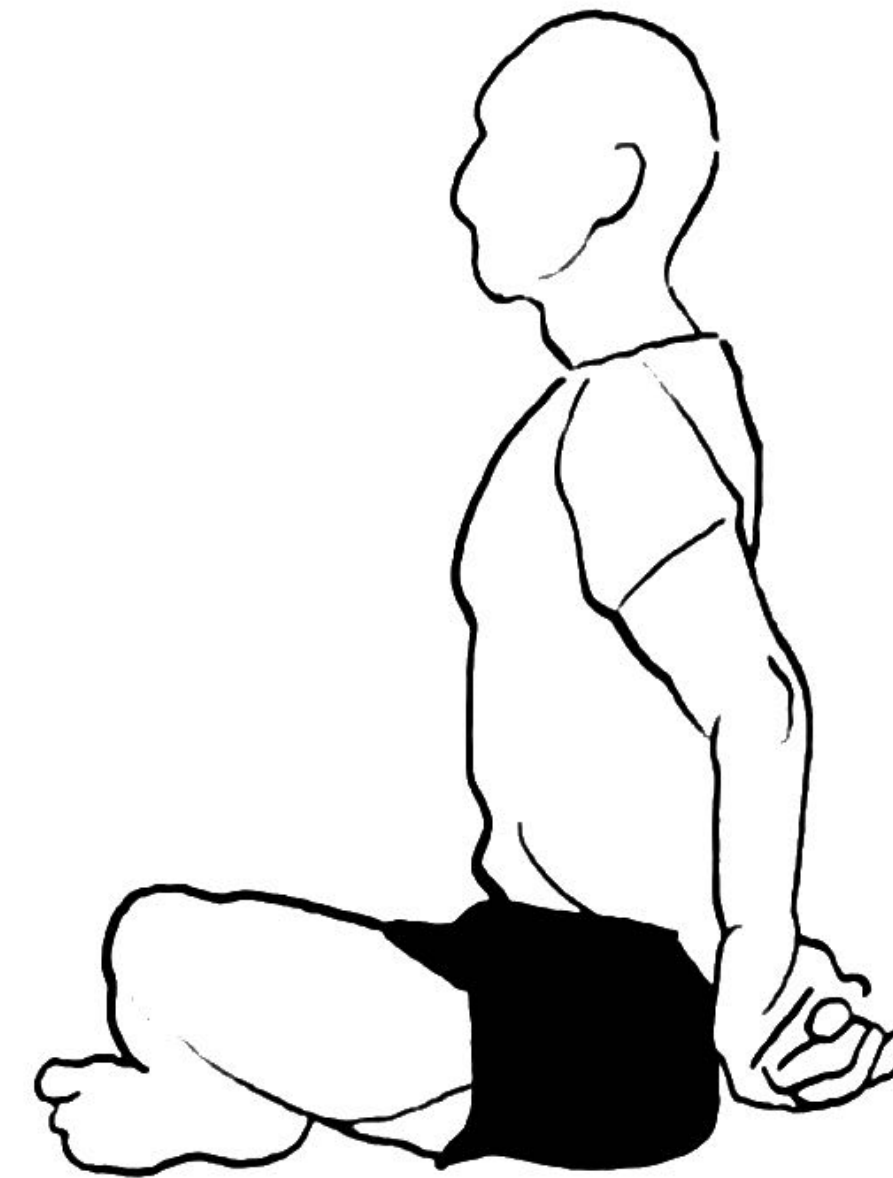
- Sit on your heels with your hands on your knees for 3 breaths
- Reach your right hand behind your back to hold your left big toe
- Reach your left hand over your right hand to hold your right big toe

- Gaze up for five breaths
- Chin down for five breaths
- Release to bhadrasana



Yoga Mudra

- Sit in any cross-legged asana
- Hold your right wrist behind your back with your left hand
- Lift your spine and inhale
- Lengthen forward from your waist as you exhale, and rest your head on the floor
- If your head does not reach the ground, you can stretch your arms out in front of you with your hands on the floor, lengthening forward
- Imagine that all of your thoughts, troubles, worries, the entire content of your mind are flowing out from the top of your head, as though you are leaving them as an offering to God or Guru
- Stay there for a few breaths, meditating on the offering of your mind
- Rise back up as you inhale, and rest your hands on your knees



Kapalabhati

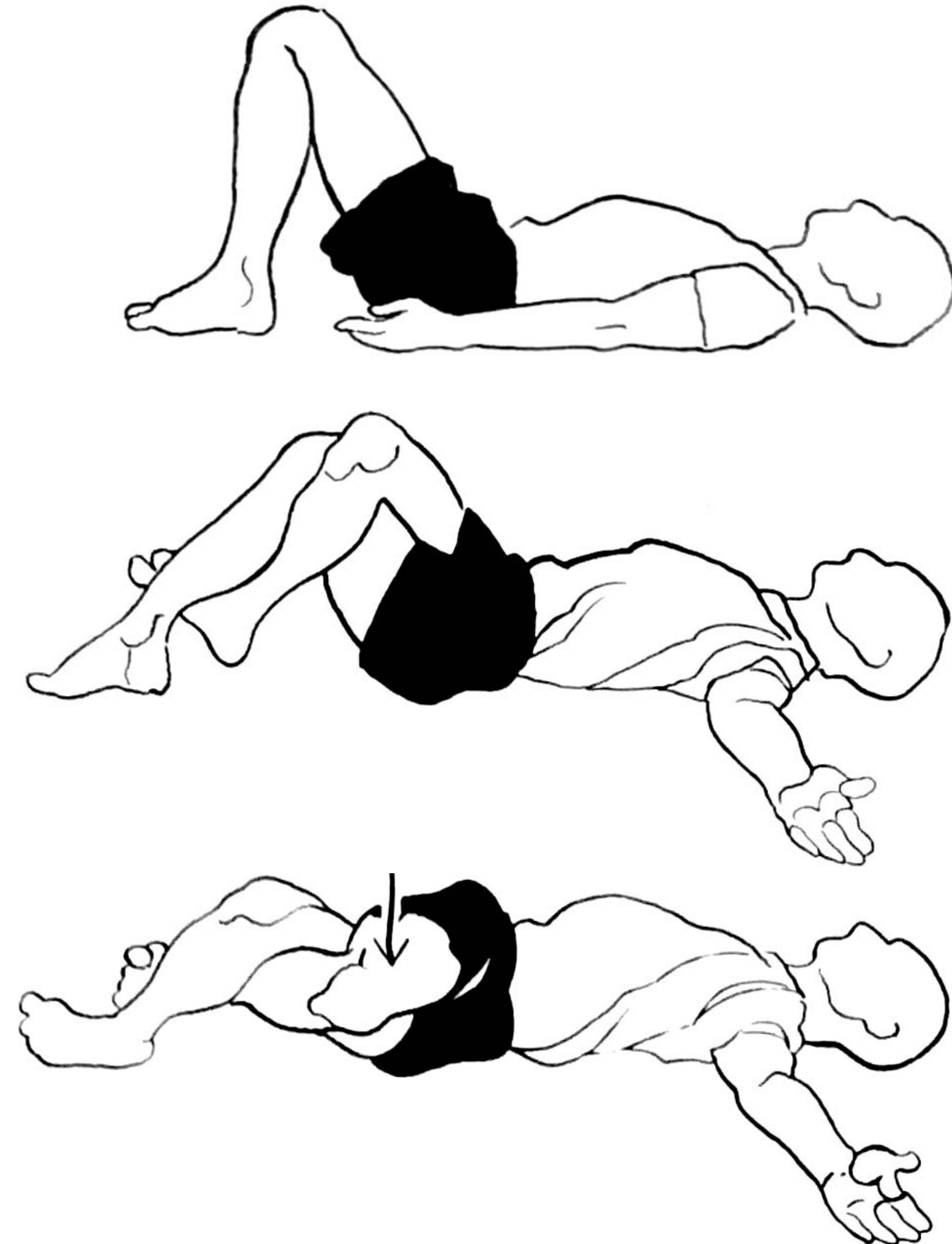
- Three rounds of kapalabhati, 10 pumpings each round
- Bring the awareness to the abdomen
- Breathe slowly 3 times
- Perform a quick exhalation by pumping the belly back towards the spine, as if you were lightly blowing your nose, followed by a relaxed inhalation
- repeat 10 times in a row, which is one round
- Follow that by three slow breaths
- Repeat 2 more rounds

Nadi Shuddhi

- Make nasika mudra with the right hand
- Keep the left hand in jnana mudra on the left knee
- Breathe in, and then out, through both nostrils, maintaining resonance frequency throughout the entire practice
- Place your right thumb on your right nostril, and breathe in through your left nostril
- At the end of the inhale, close your left nostril and breathe out through your right nostril
- Inhale in through the right nostril, then exhale out the left nostril. This is one round
- Do 4 more rounds of nadi shuddhi
- Finish through the left nostril and rest your hand on your knee, sitting quietly in a meditative state

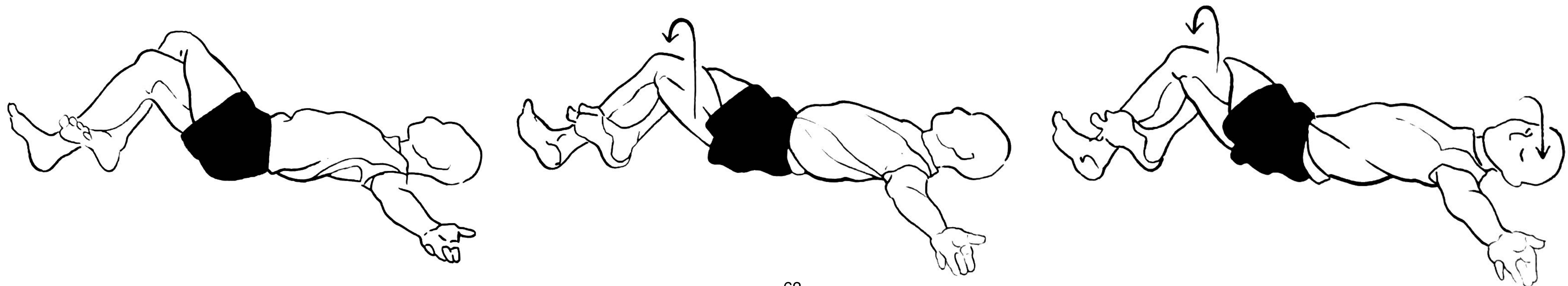
Supta Garudasana Twist

- Lie on your back, and bend your knees so your feet are flat on the floor, about 60 cm from your buttocks
- Cross your right knee over your left knee, and if it reaches, hook your right foot behind your left ankle
- Open your arms straight from your shoulders
- Lower your legs to the left as you exhale, and inhale bring them back to center



Supta Garudasana Twist

- **Continued**
 - Repeat this 3 times, and on the 3rd repetition remain in the twist for 5 breaths, and look over your right shoulder
 - Come up on an inhalation, and then repeat on the opposite side



Rest

- Lie on your back and spread your feet 30 cm apart, and the hands 15 cm from your sides
- Keep the legs either straight or the knees bent
- Breathe in and out one or two slow, full breaths
- Then gradually allow the breath to become light and slow
- Do the body scan using the marma sthanas: ankles, shins, calves, knees, thighs, anus, kandasthana, genital organs, navel, throat, roof of the mouth, root of the nose, eyeballs, center of the eyes, center of the forehead, top of the head
- Spread your awareness and prana evenly through your whole body, resting in the healing response
- After 7 minutes, slowly bring yourself to sit for a closing prayer



लोकाः समस्ताः सुखिनो भवन्तु ॥

लोकाः समस्ताः सुखिनो भवन्तु ॥

लोकाः समस्ताः सुखिनो भवन्तु ॥

ॐ शान्तिः शान्तिः शान्तिः ।

lōkāḥ samastāḥ sukhinō bhavantu ॥

AUM śāntiḥ śāntiḥ śāntiḥ ॥

May all worlds be happy.

AUM Peace Peace Peace!