

Yoga Education Teacher Training

2024

Module 1:

Yoga Asana Sangraha
Beginners & Introductory
Sequence



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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.

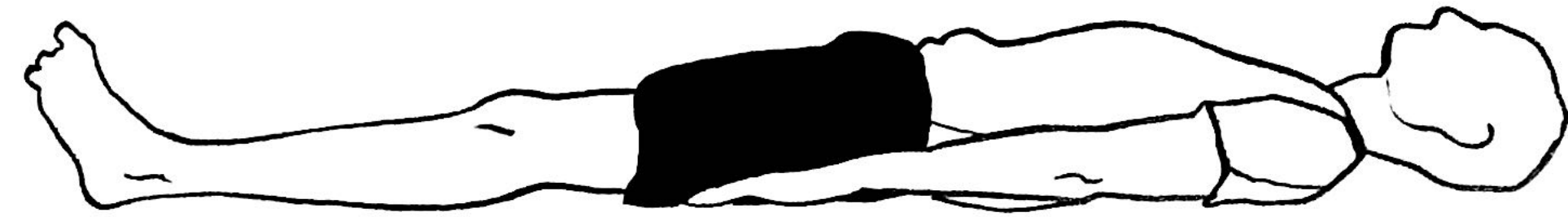
Lying Down Resonance Practice

- **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

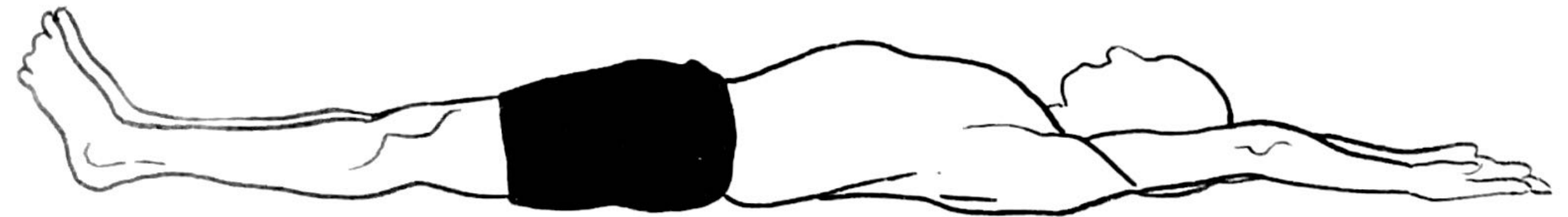
Tadagi Mudra Sequence

- **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



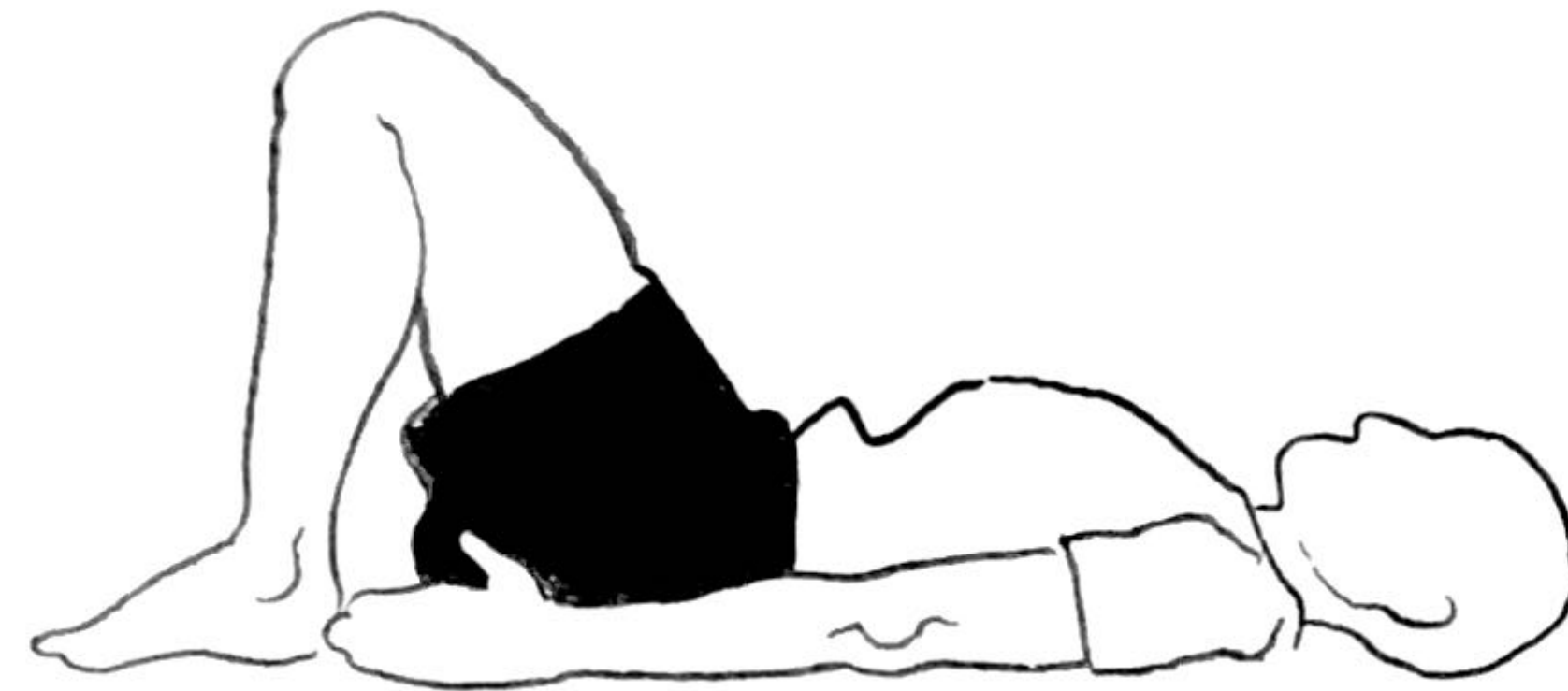
- Breathe 5 times, extending the exhalation, then bring the arms back down by your sides



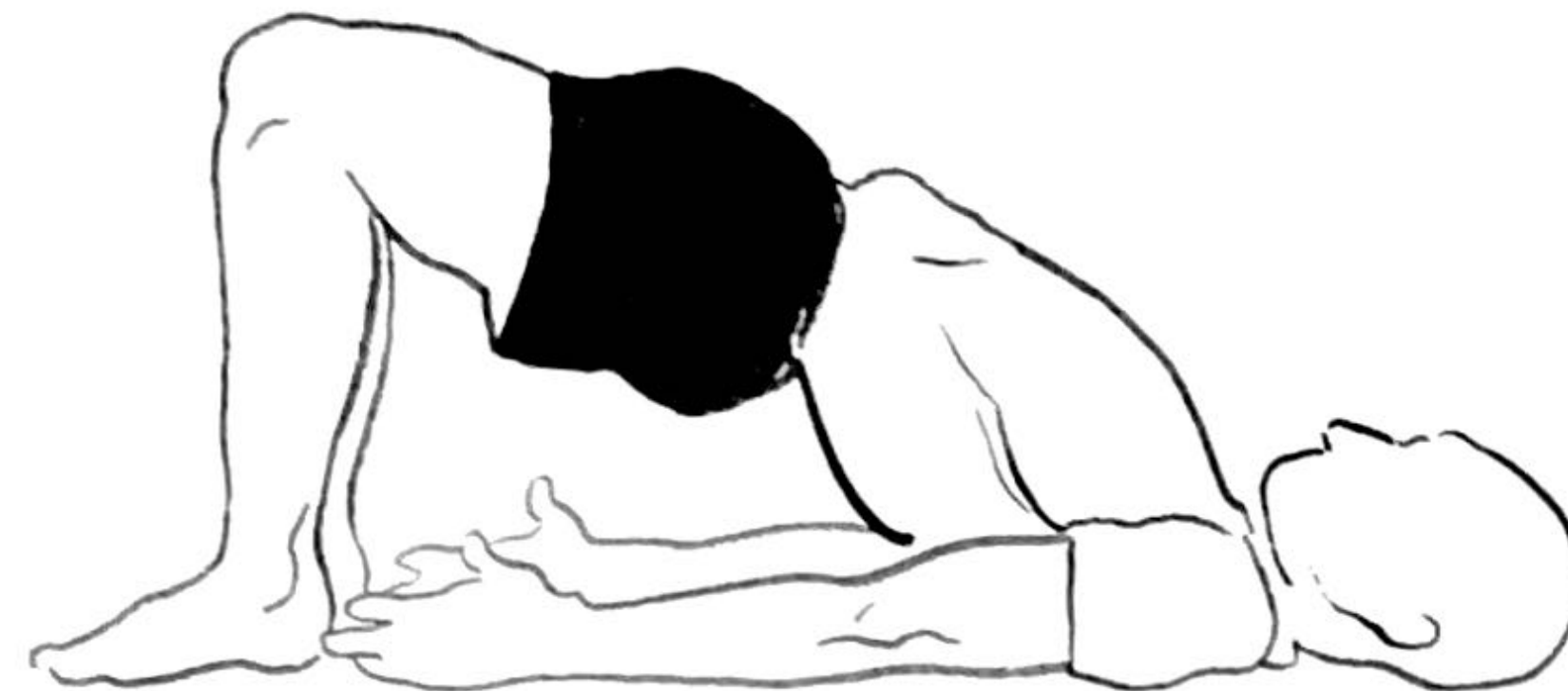
Tadagi Mudra Sequence

- **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

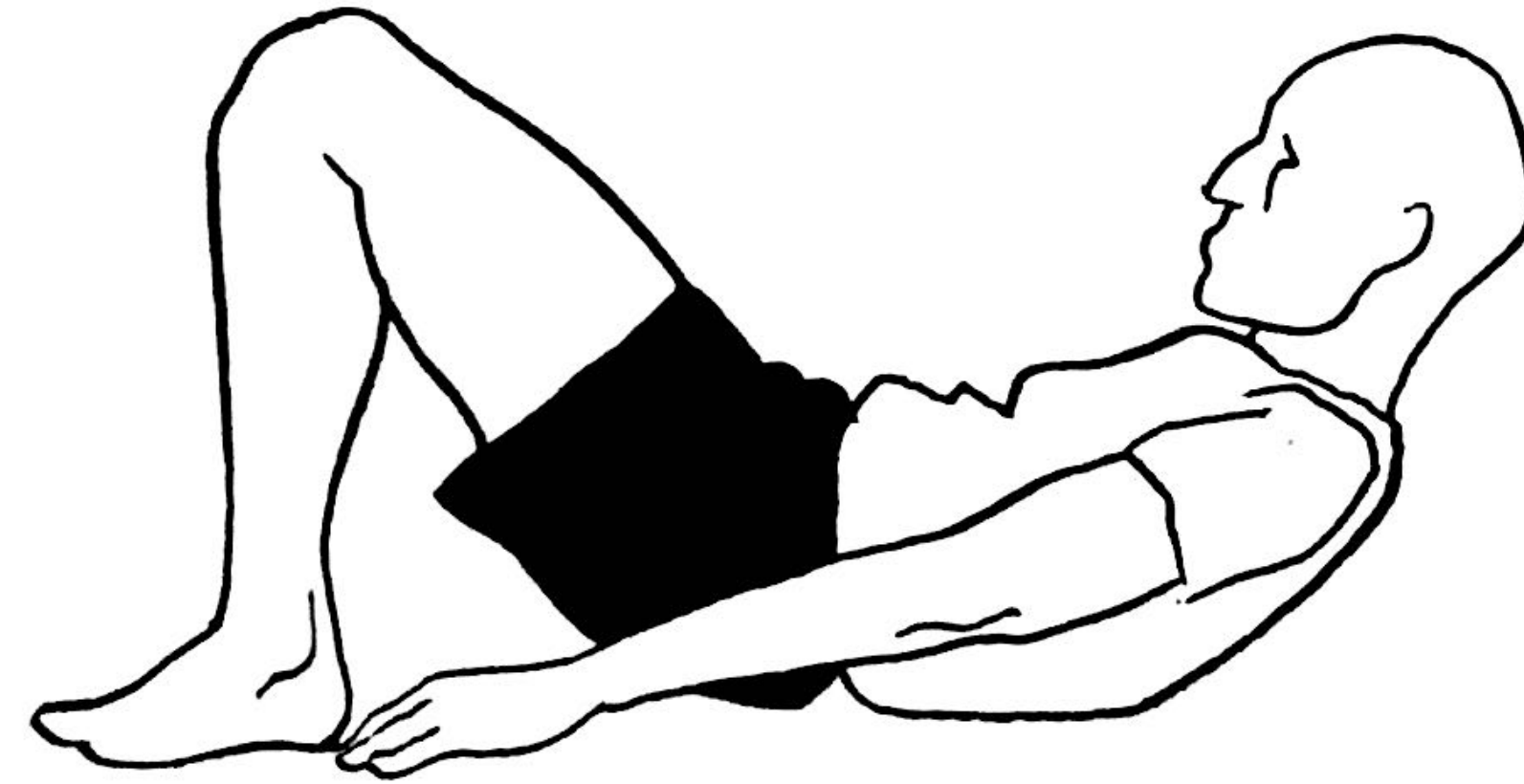


- Breathe five times, and lower down on an exhalation

Tadagi Mudra Sequence

- **Nabi Darshanam**

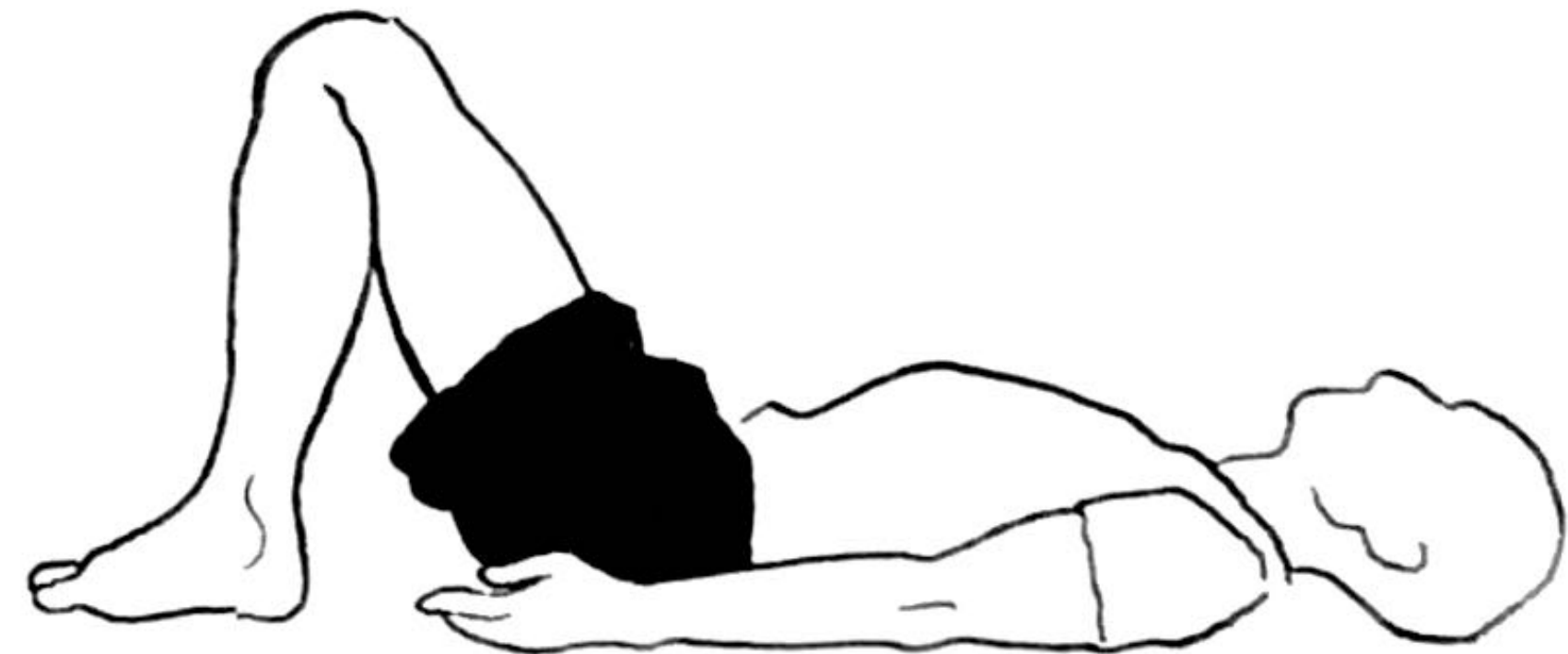
- Keeping your knees bent, press your lower back to the floor
- Exhale, and lift your head to look at your navel
- Keep the fronts of your shoulders moving toward each other
- Breathe 5 times, then come down, and rest with straight legs



- Repeat twice

Pavanamuktasana Kriya

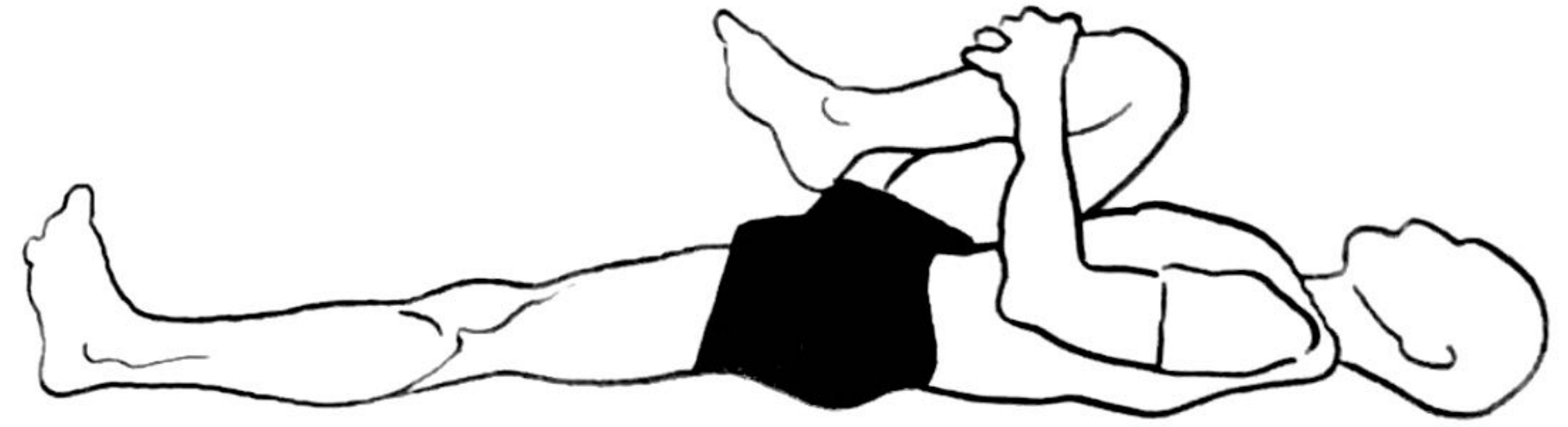
- **Sthithi position is flat on the back with the legs and arms straight.**
- Bend your knees, and keep your feet flat on the floor
- Bend your right knee in towards your chest, and interlace your fingers around your shin
- Push your lower back towards the floor, and then push your shin forward into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



Pavanamuktasana Kriya

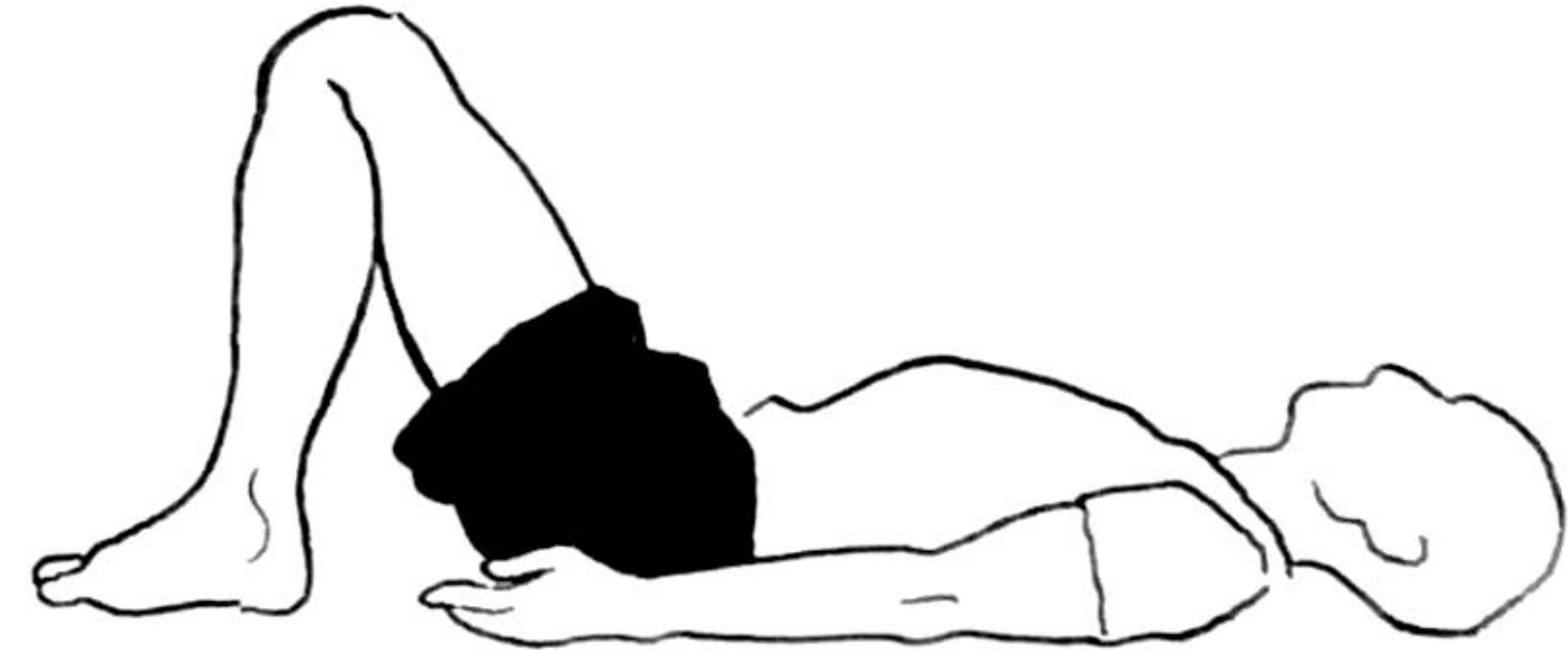
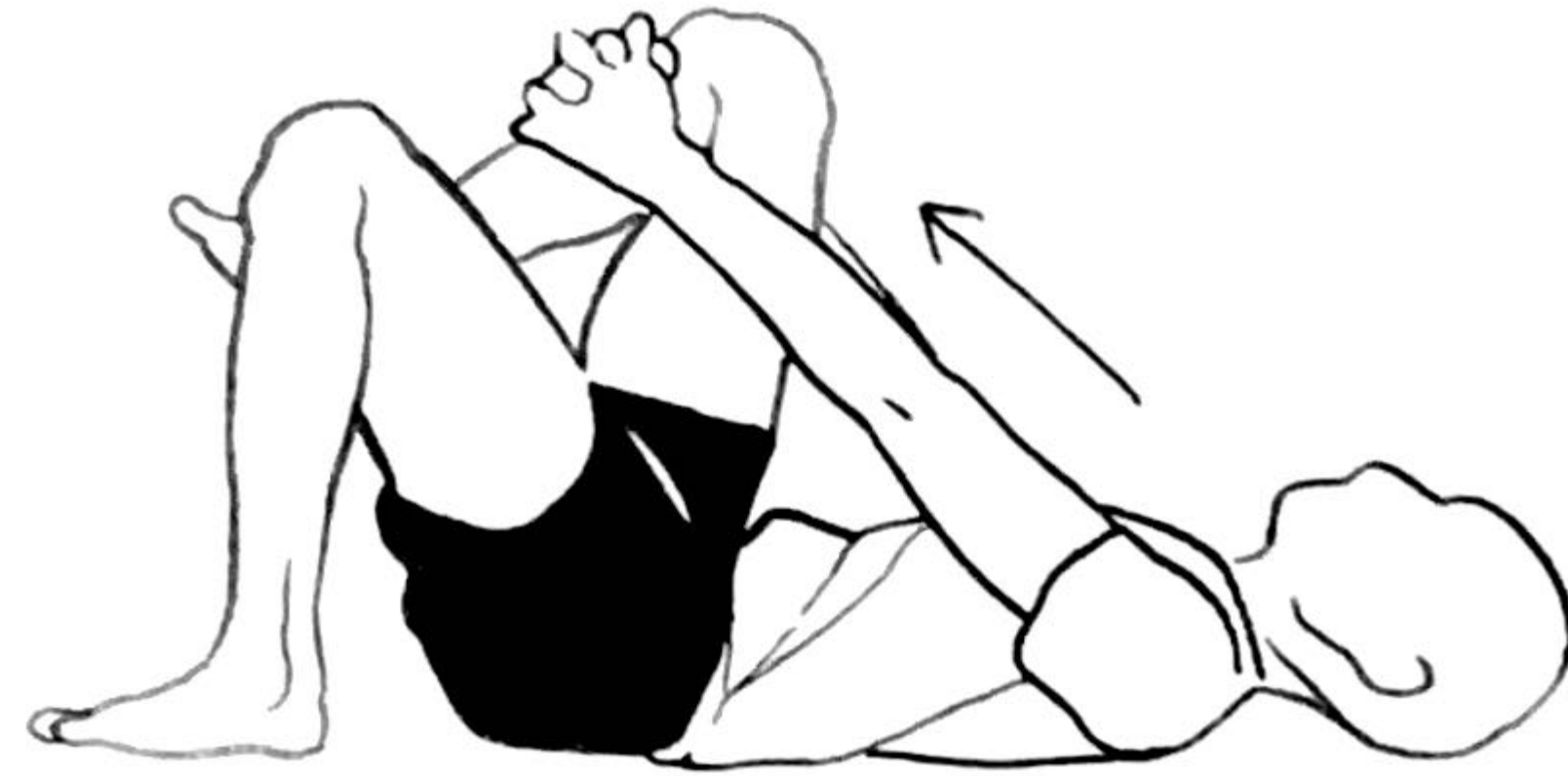
- **Continued**

- 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.



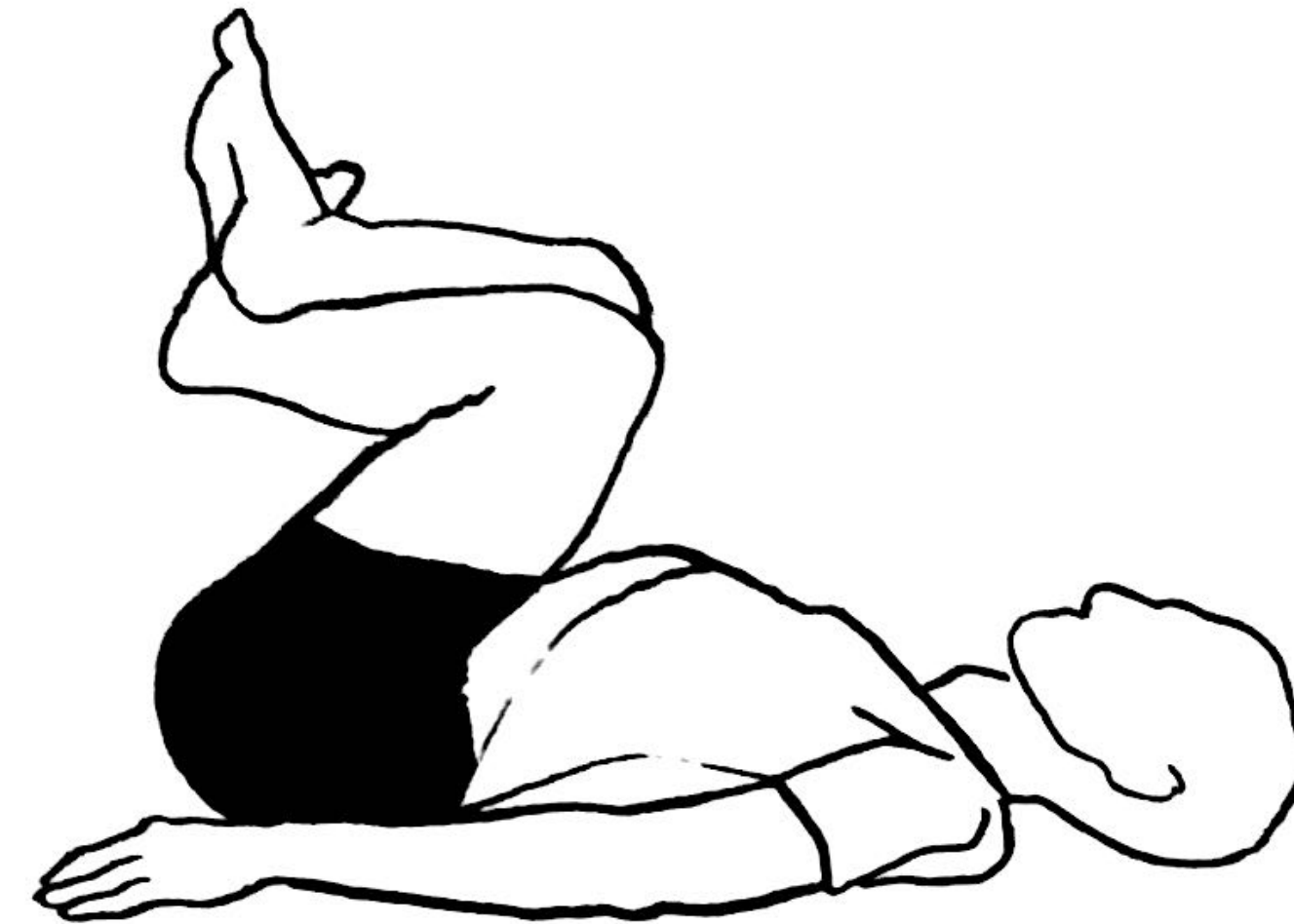
Pavanamuktasana Kriya

- **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
- Repeat twice



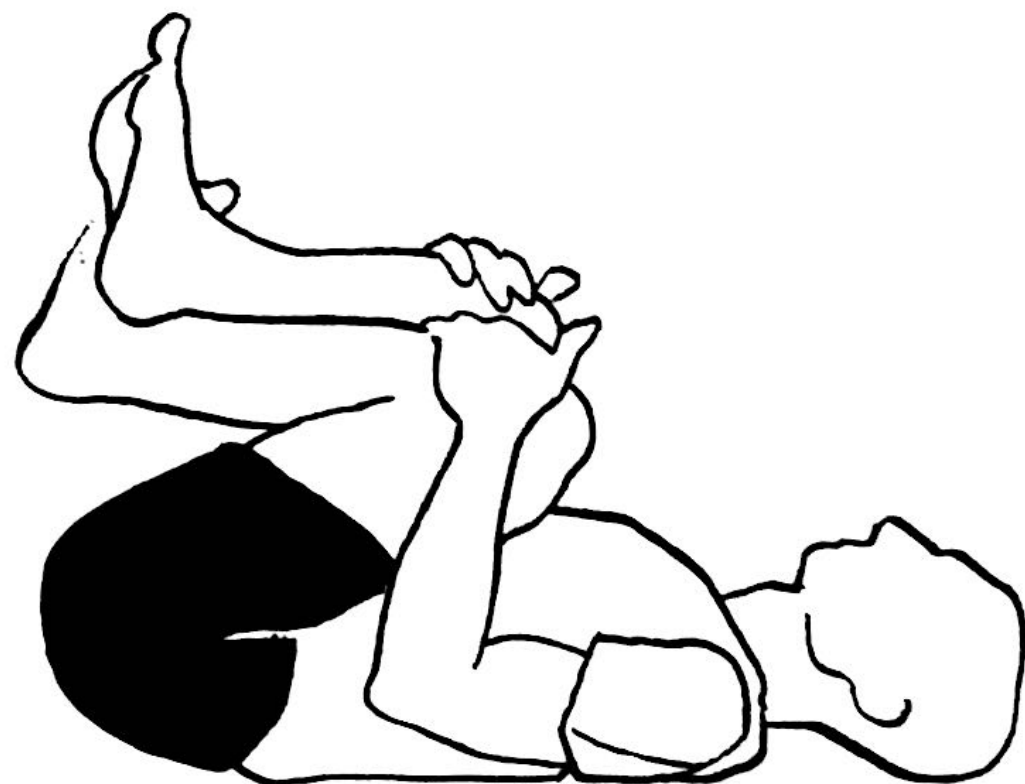
Supta vajrasana transition

- **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

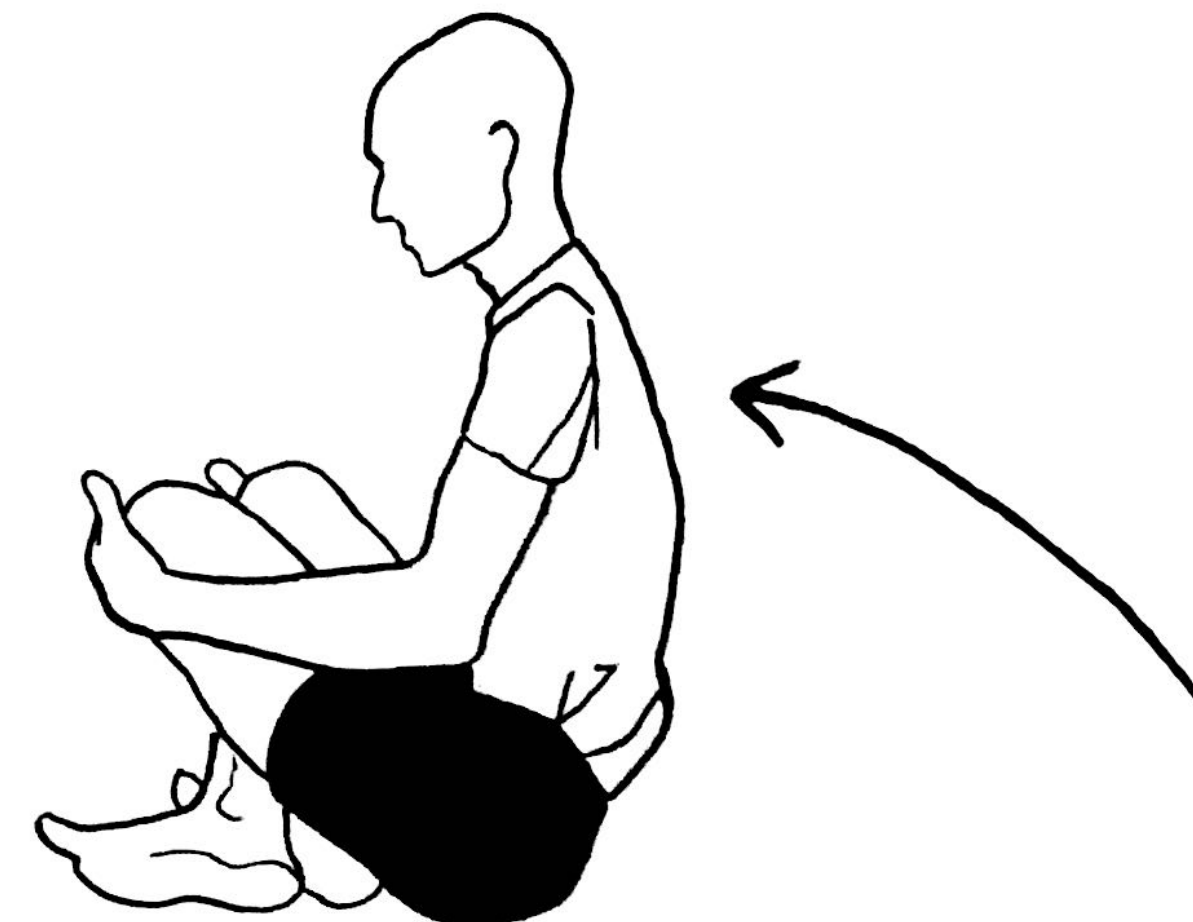
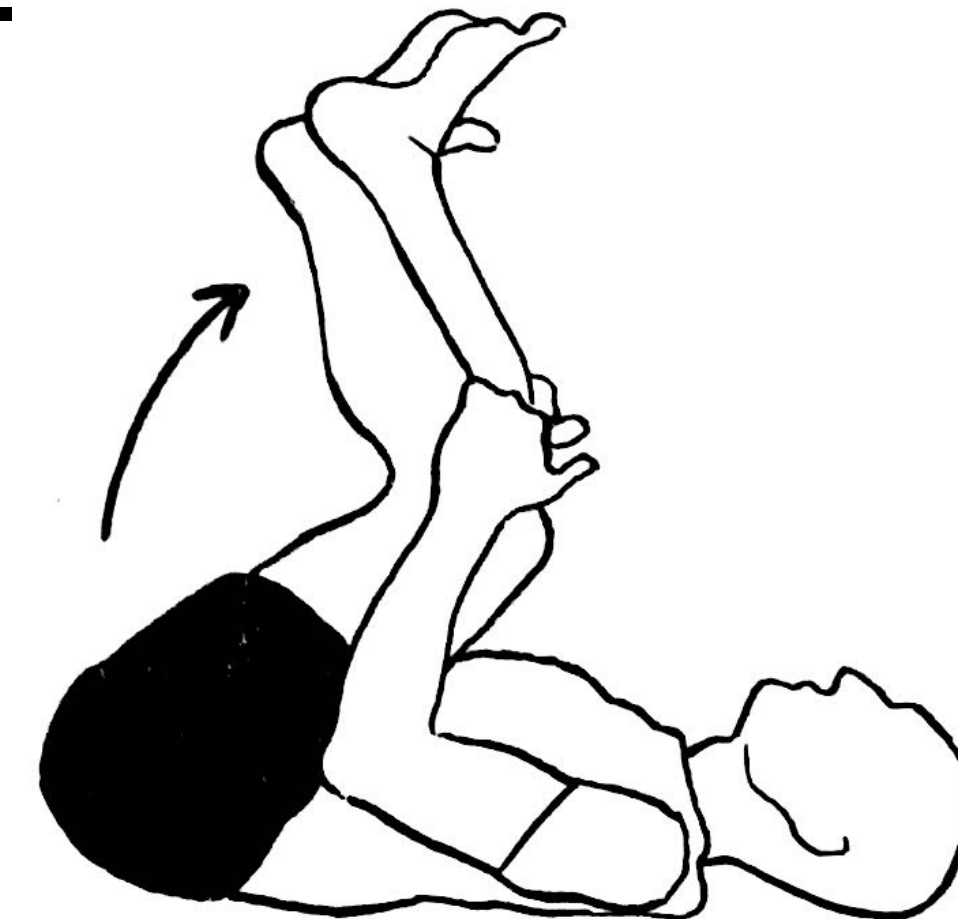


Supta vajrasana transition

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



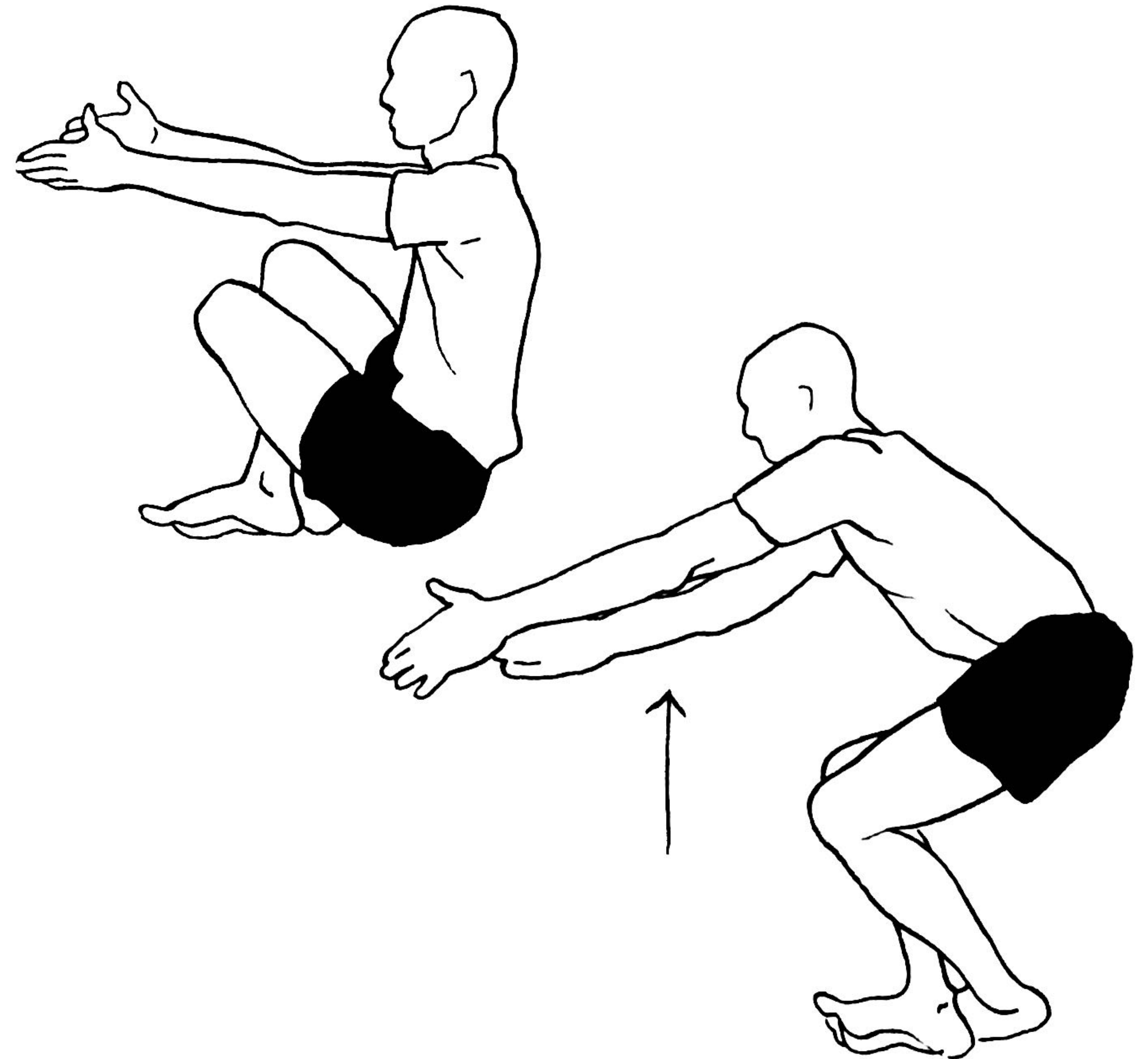
- To transition to seated, bring each hand to each knee, and rock yourself to sit.



Supta vajrasana transition

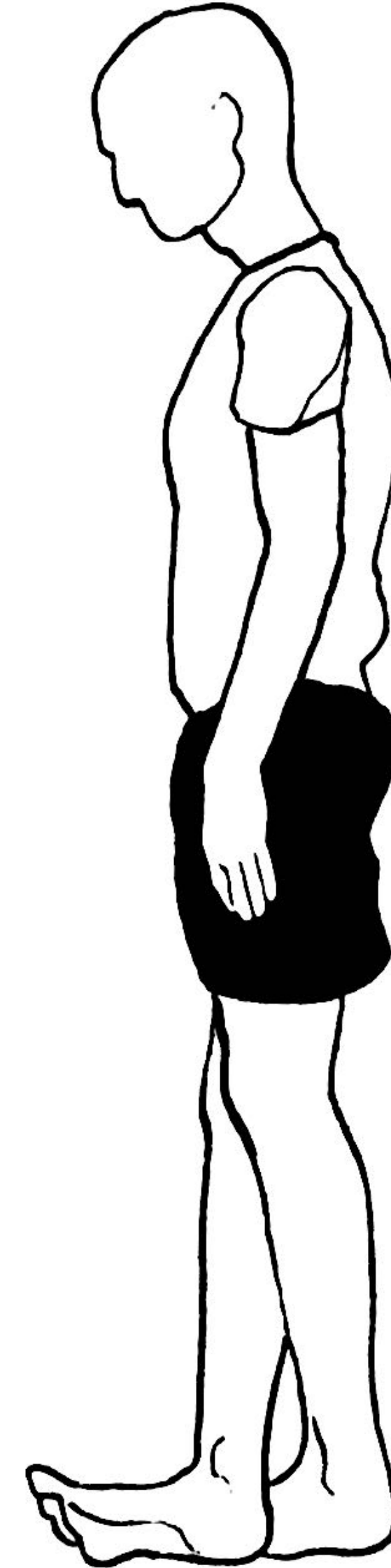
- **Longevity practice**

- 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.



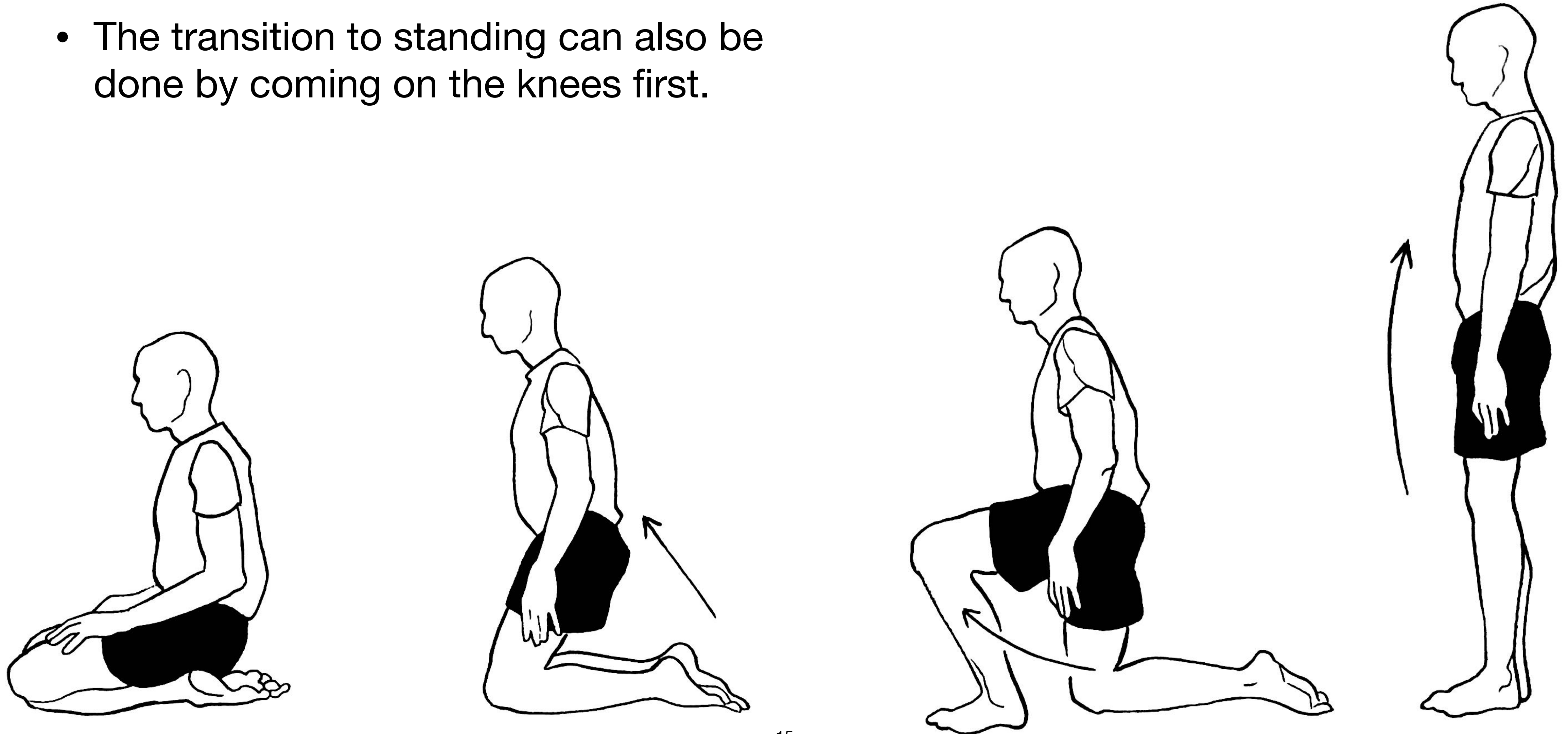
Supta vajrasana transition

- **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.



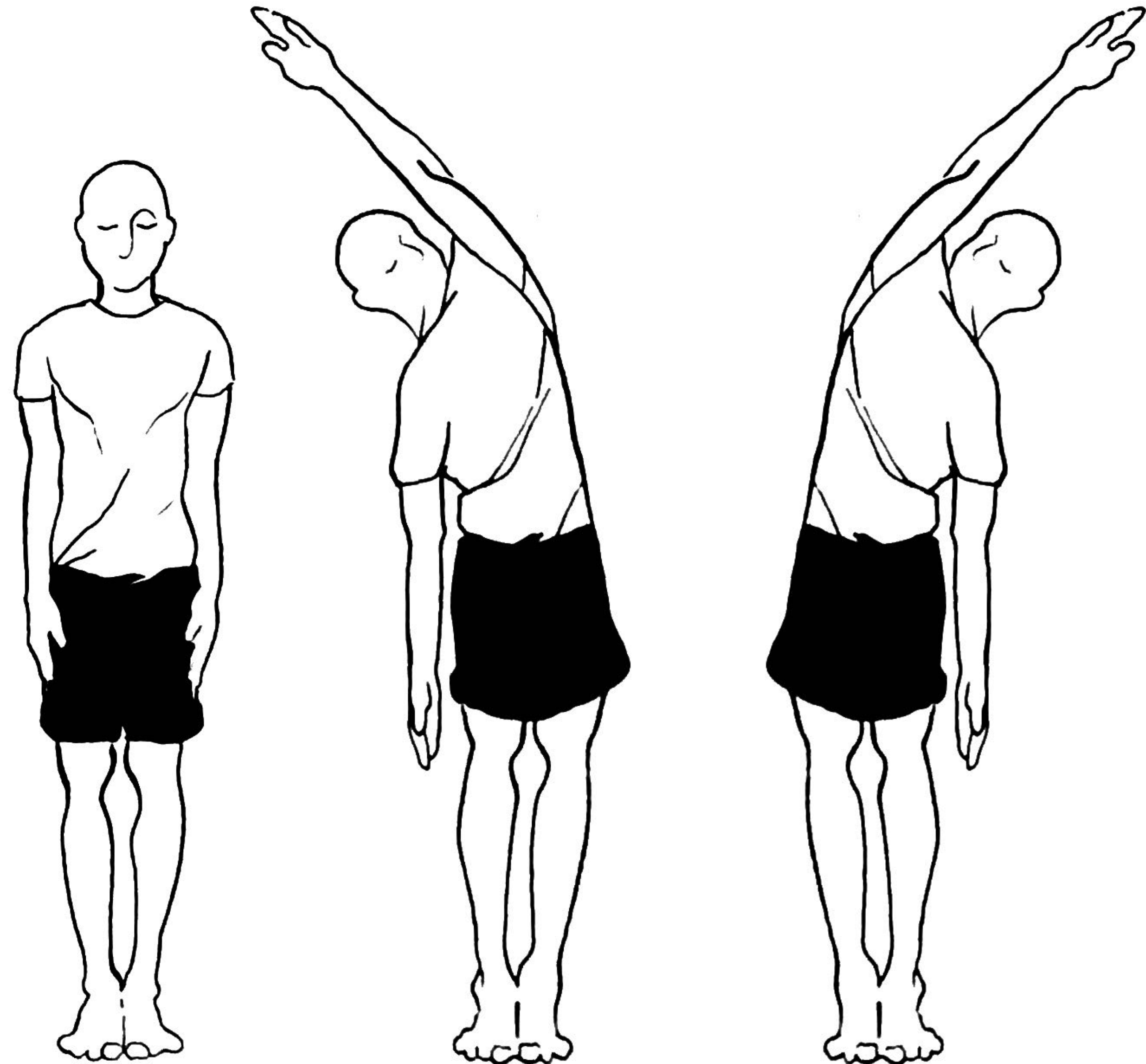
Five Directions of the Spine

- **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

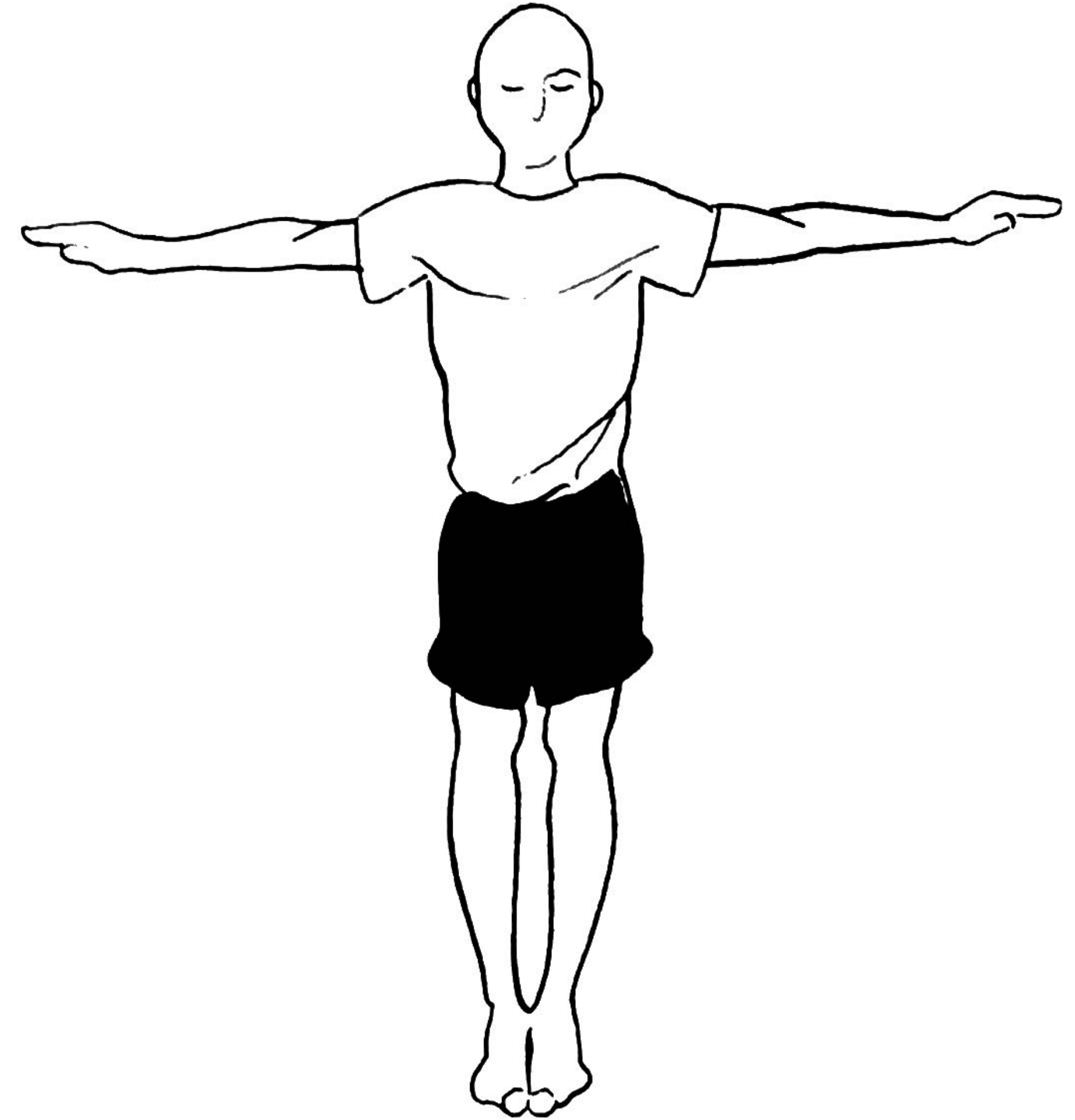
- **Ardha kati chakrasana**

- 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

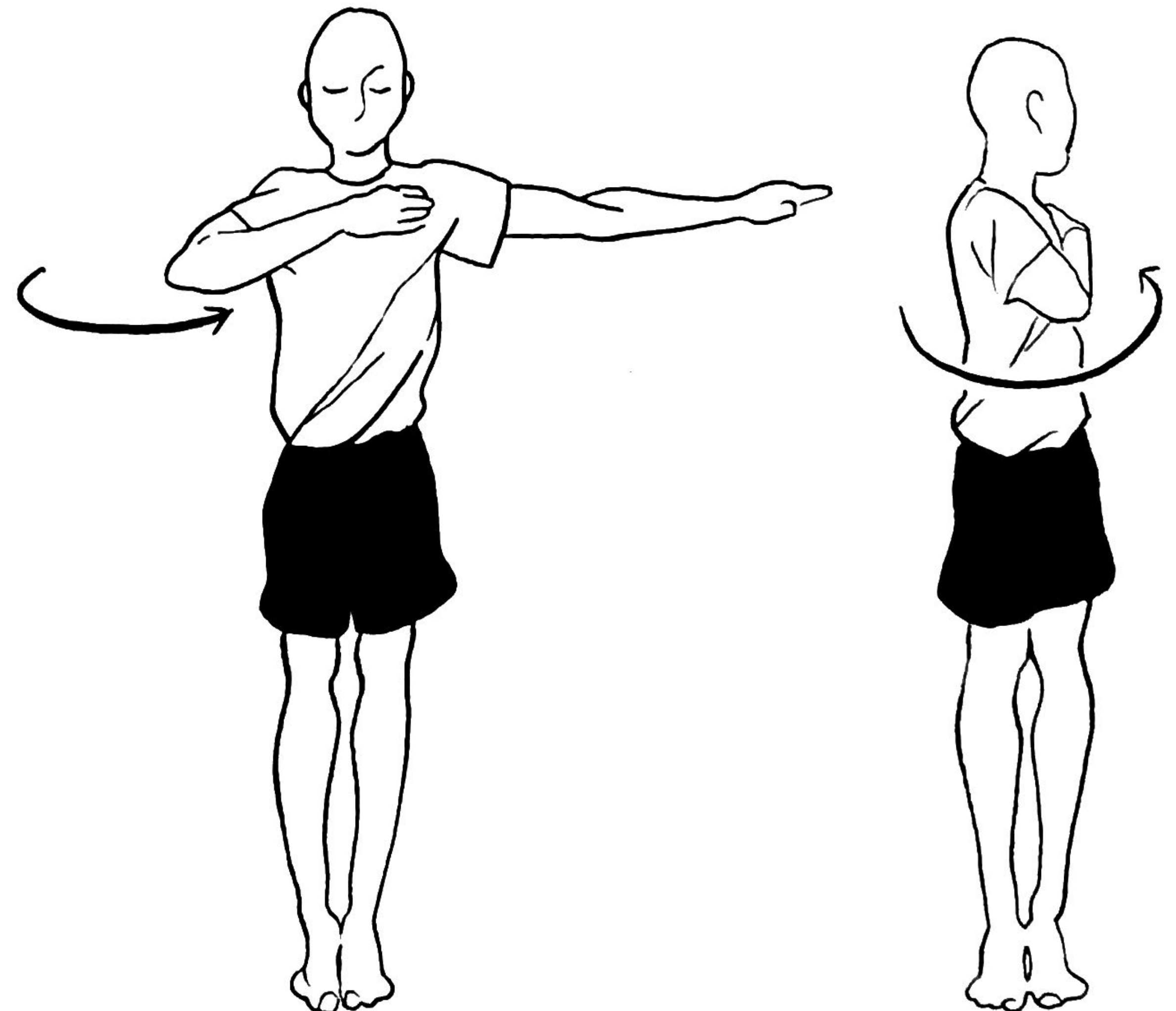
- **Kati chakrasana**
 - Begin in a standing position
 - Open your arms out to the sides of your body



Five Directions of the Spine

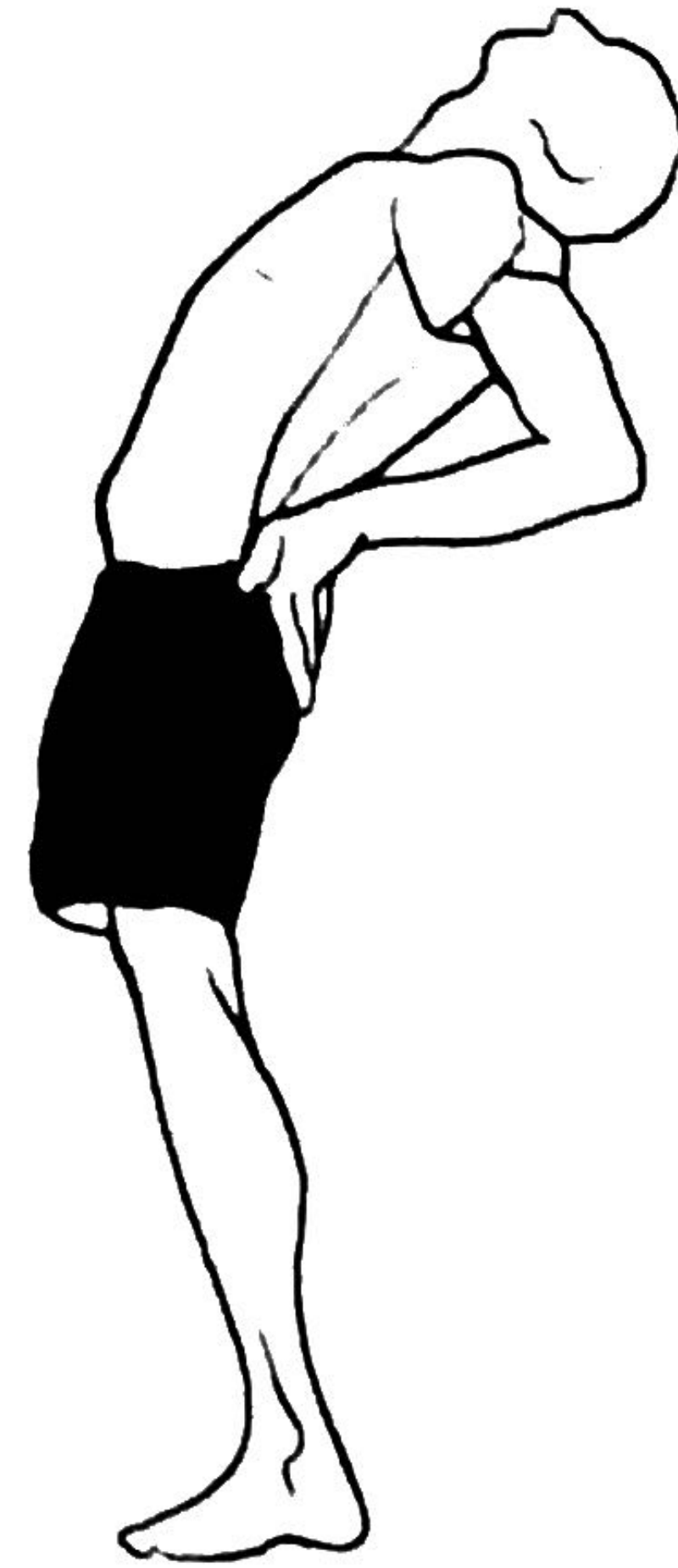
- **Continued**

- 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

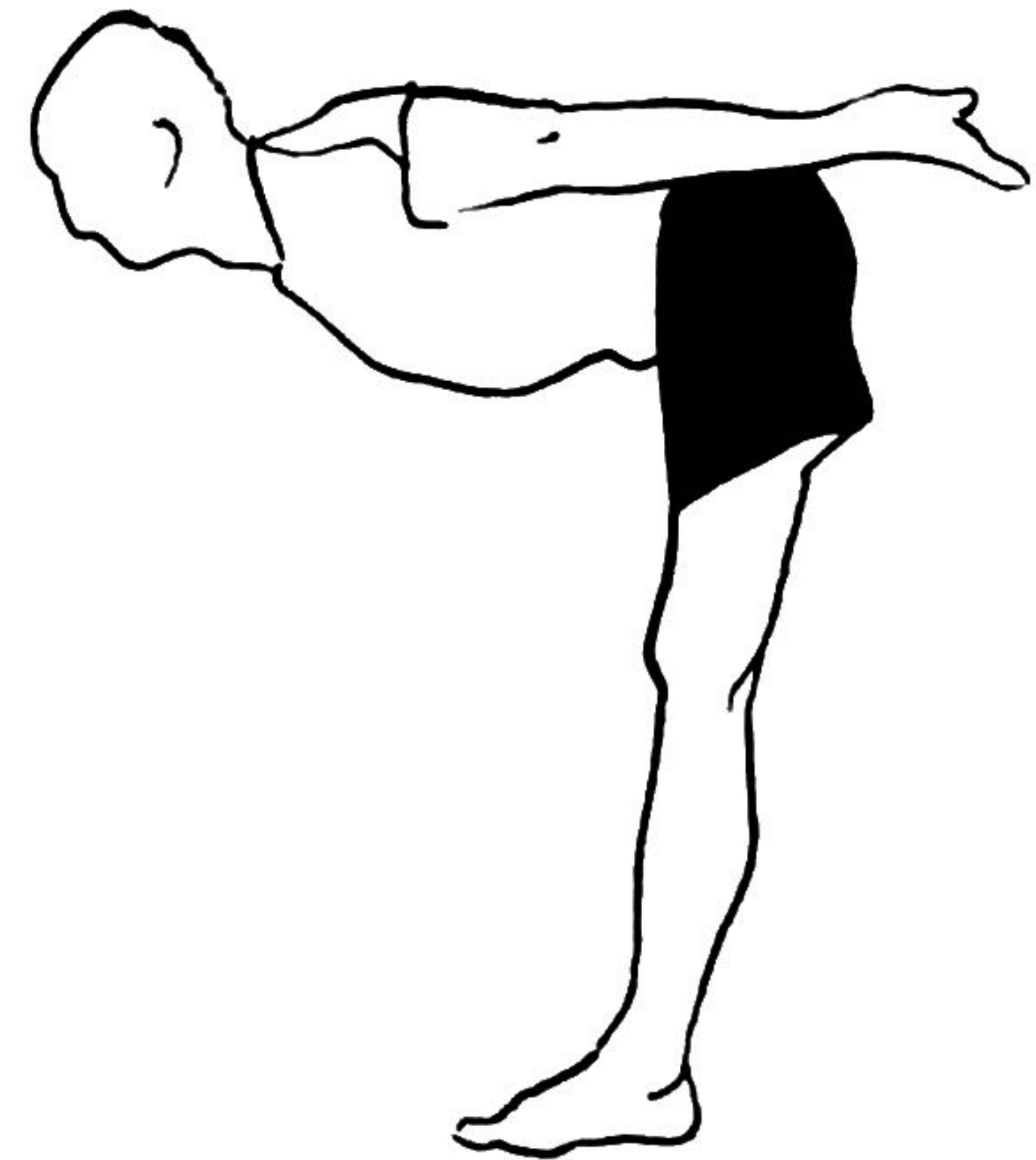
- **Urdhva hastasana**
 - Slide your hands forward and interlace your fingers, pushing the palms downward
 - Reach your hands forward as you inhale, and stretch the arms over the head
 - Do a slight pelvic tuck
 - Inhale and rise up on your toes, gazing at the floor one meter in front of you. This is 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.

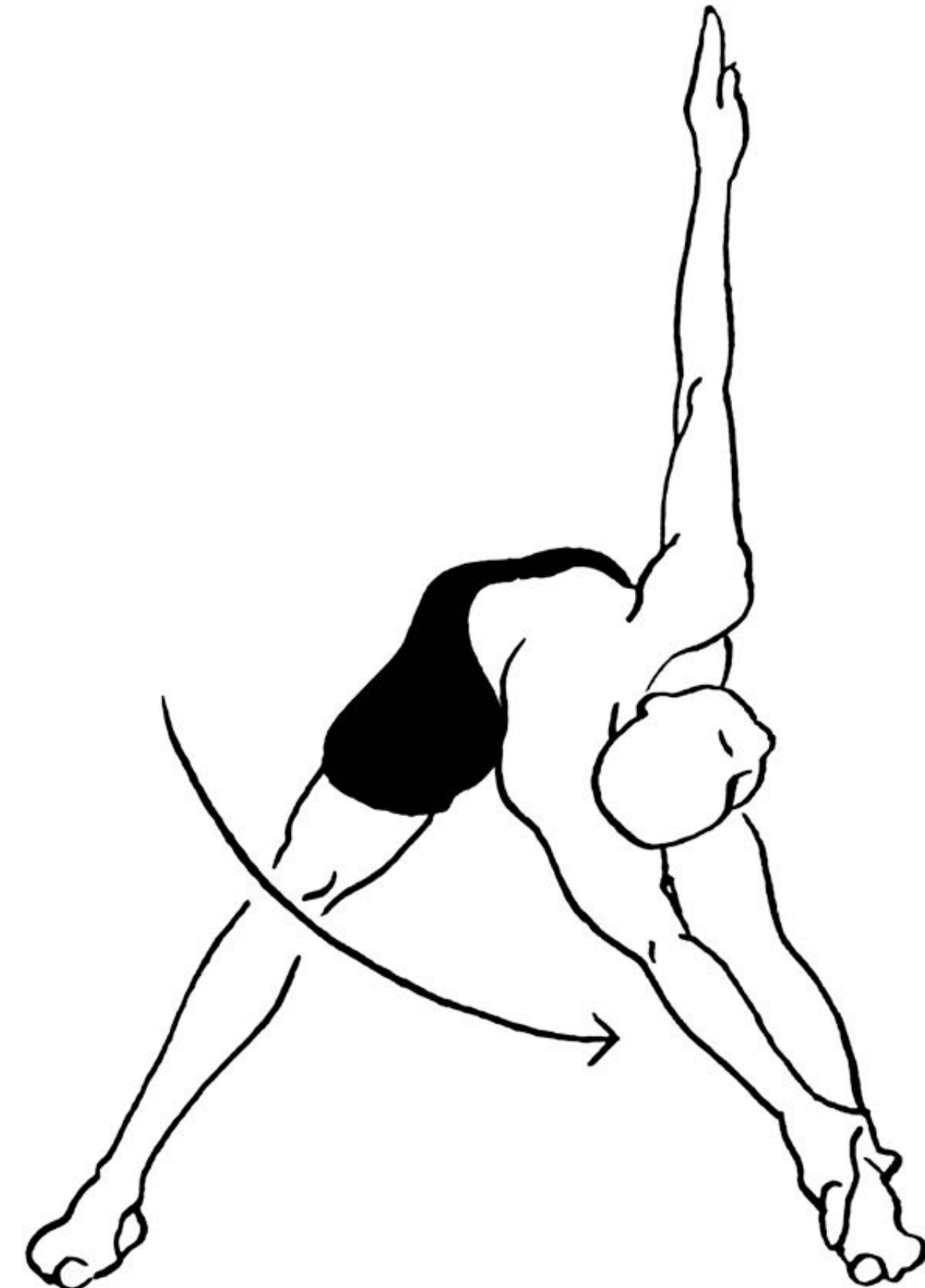
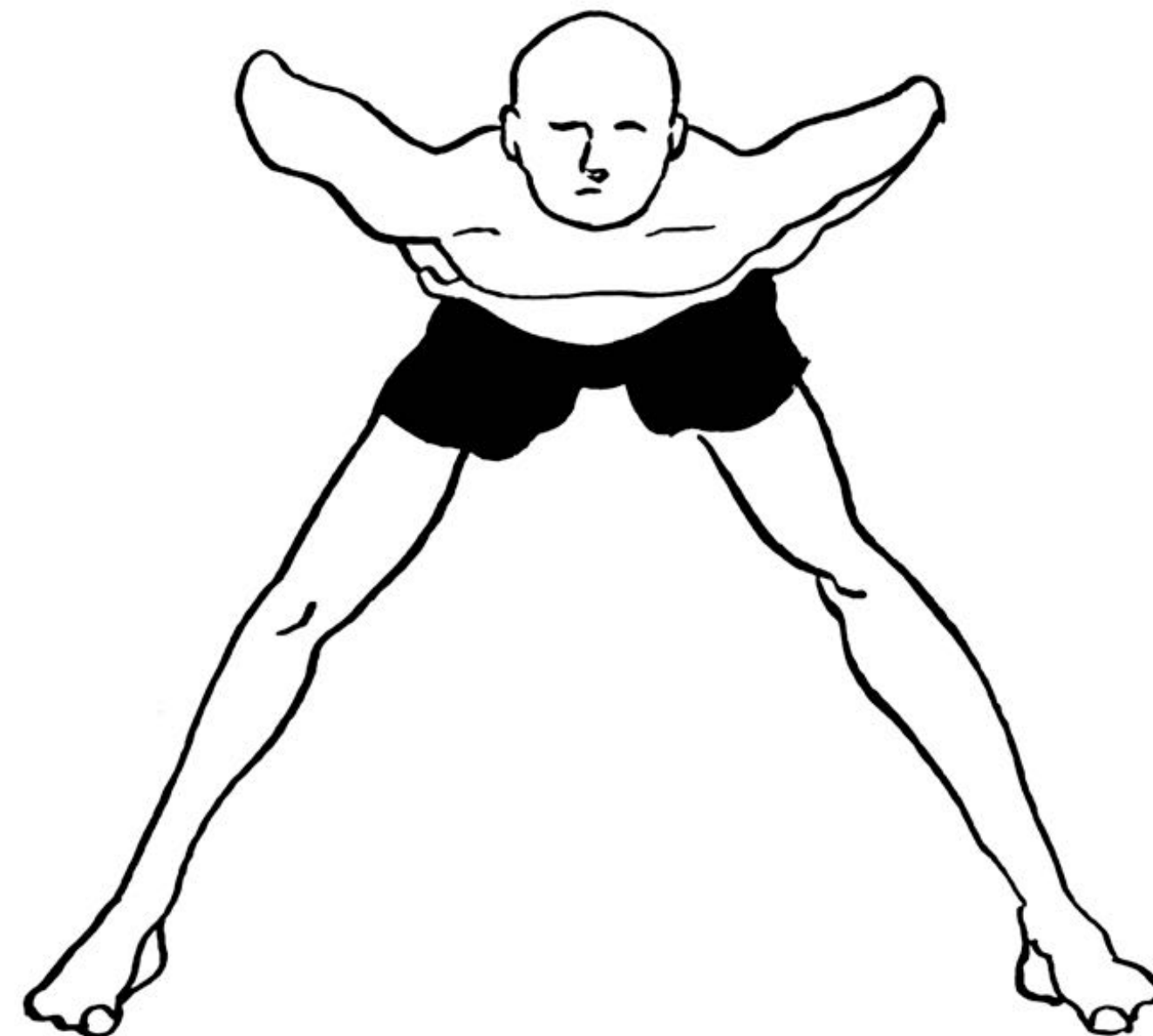
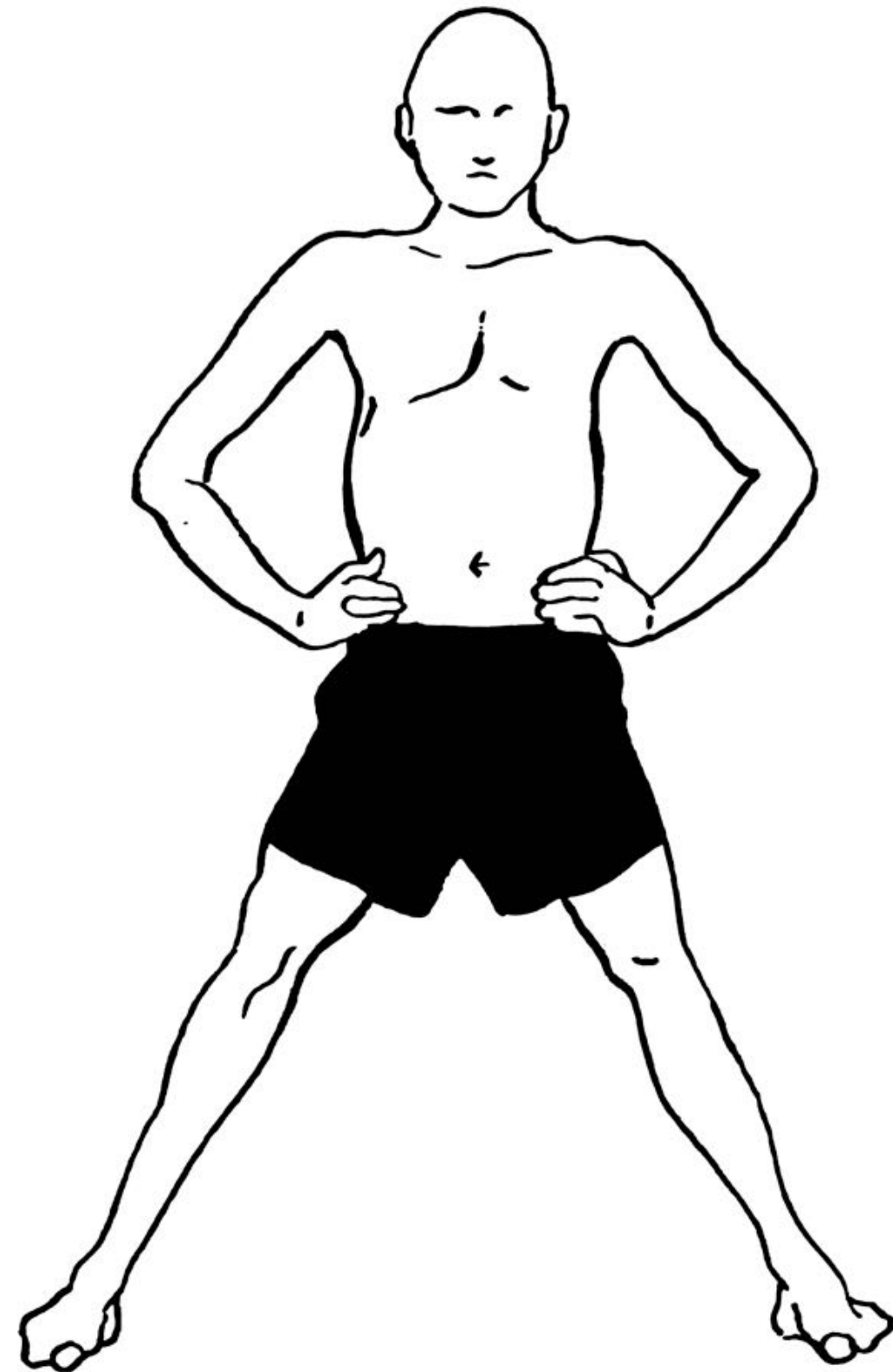


Five Directions of the Spine - Notes

- **Repeat Twice**
 - The second time go in the opposite direction
 - You can also bend forward with ardha uttanasana, then do urdhva hastasana, and finish with ardha chakrasana

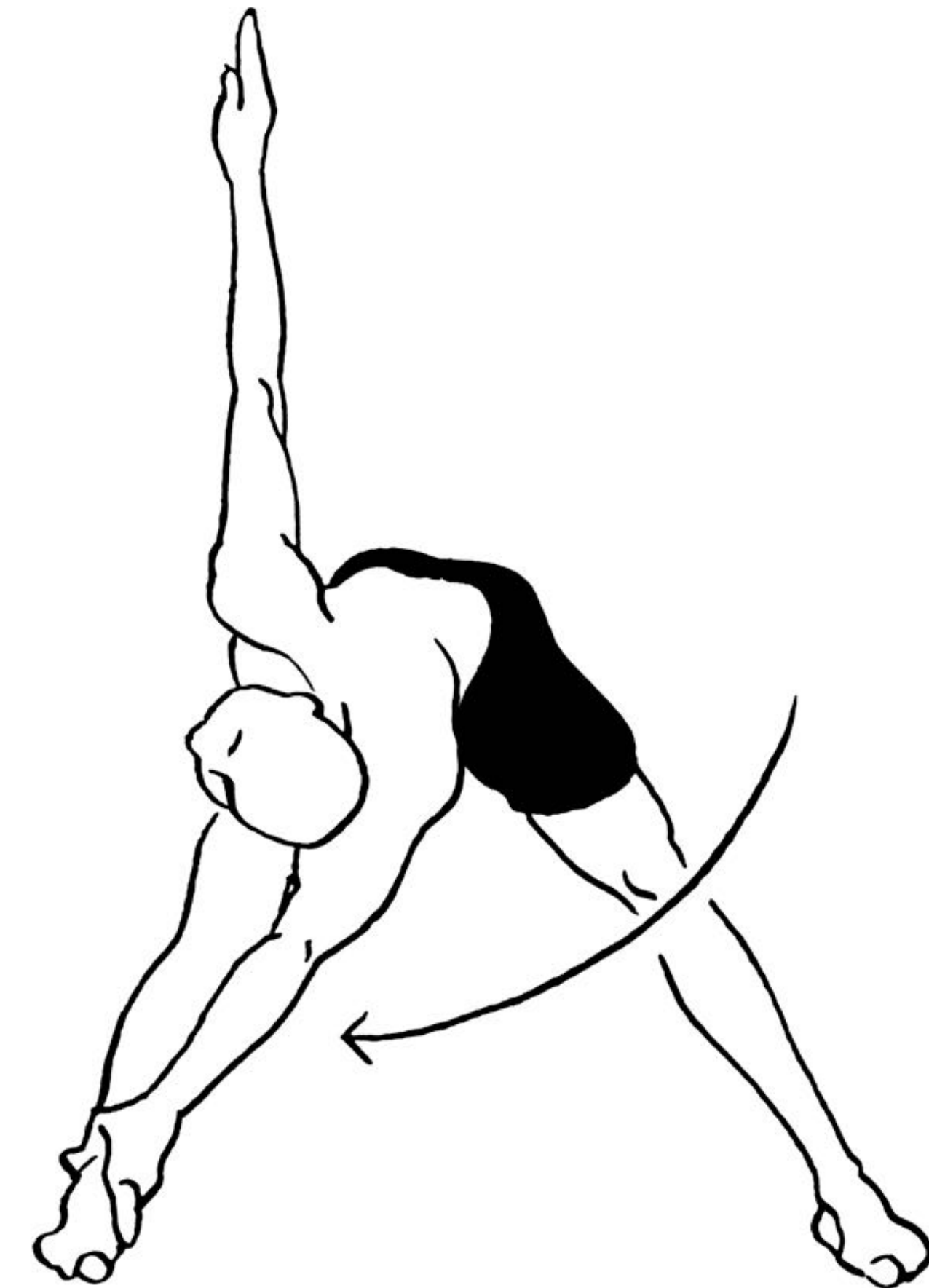
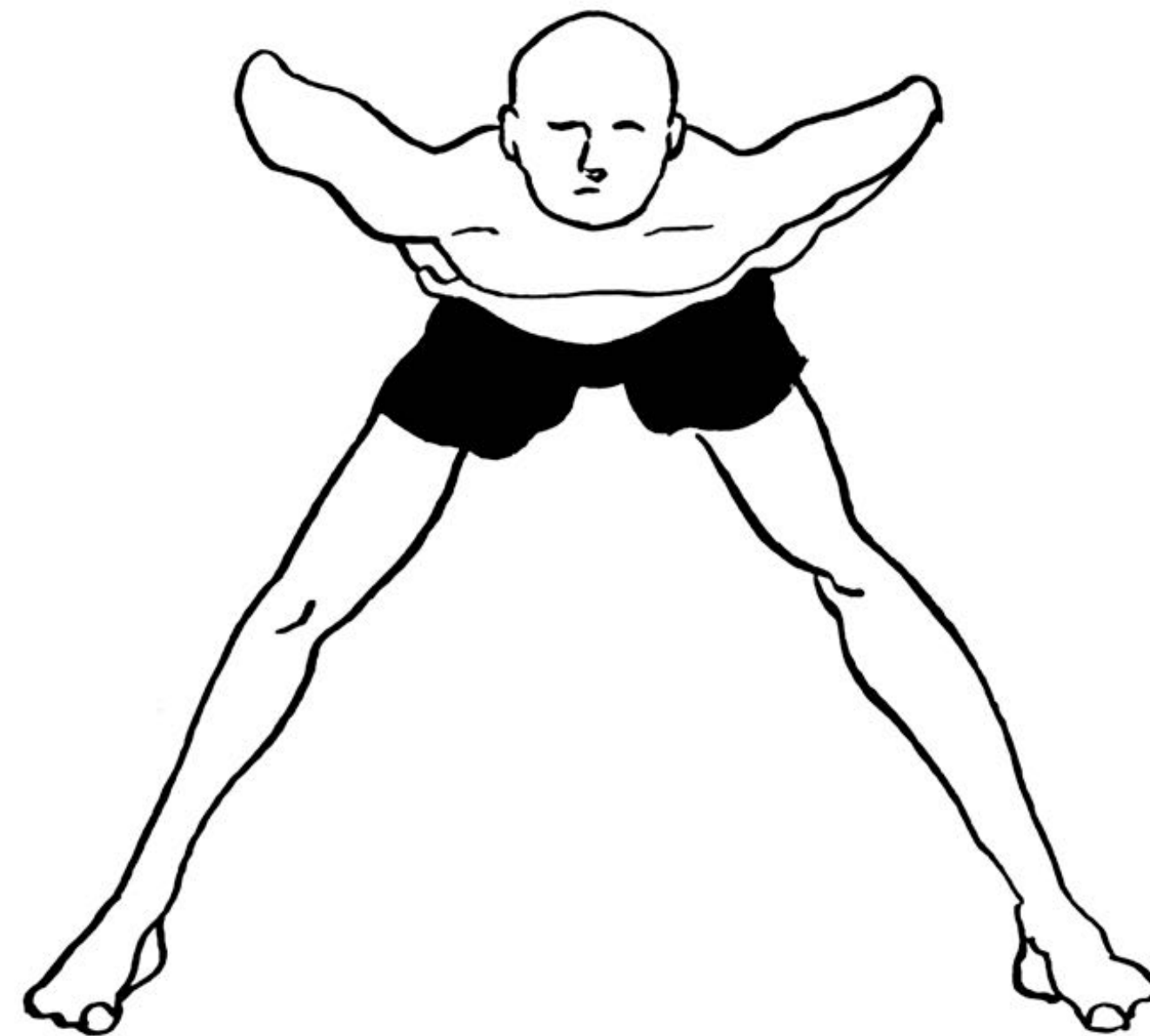
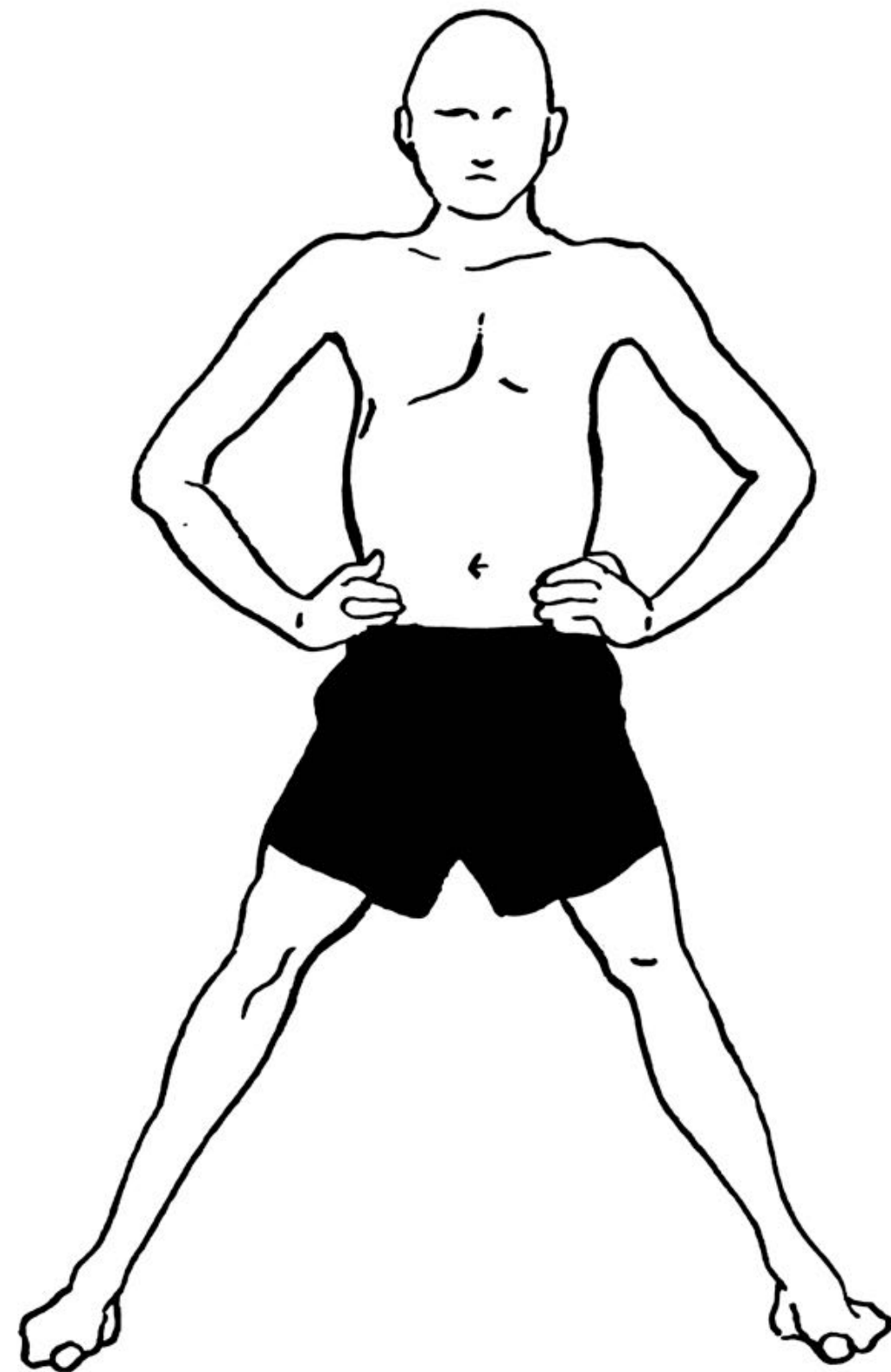
Twisted Trikonasana

- 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



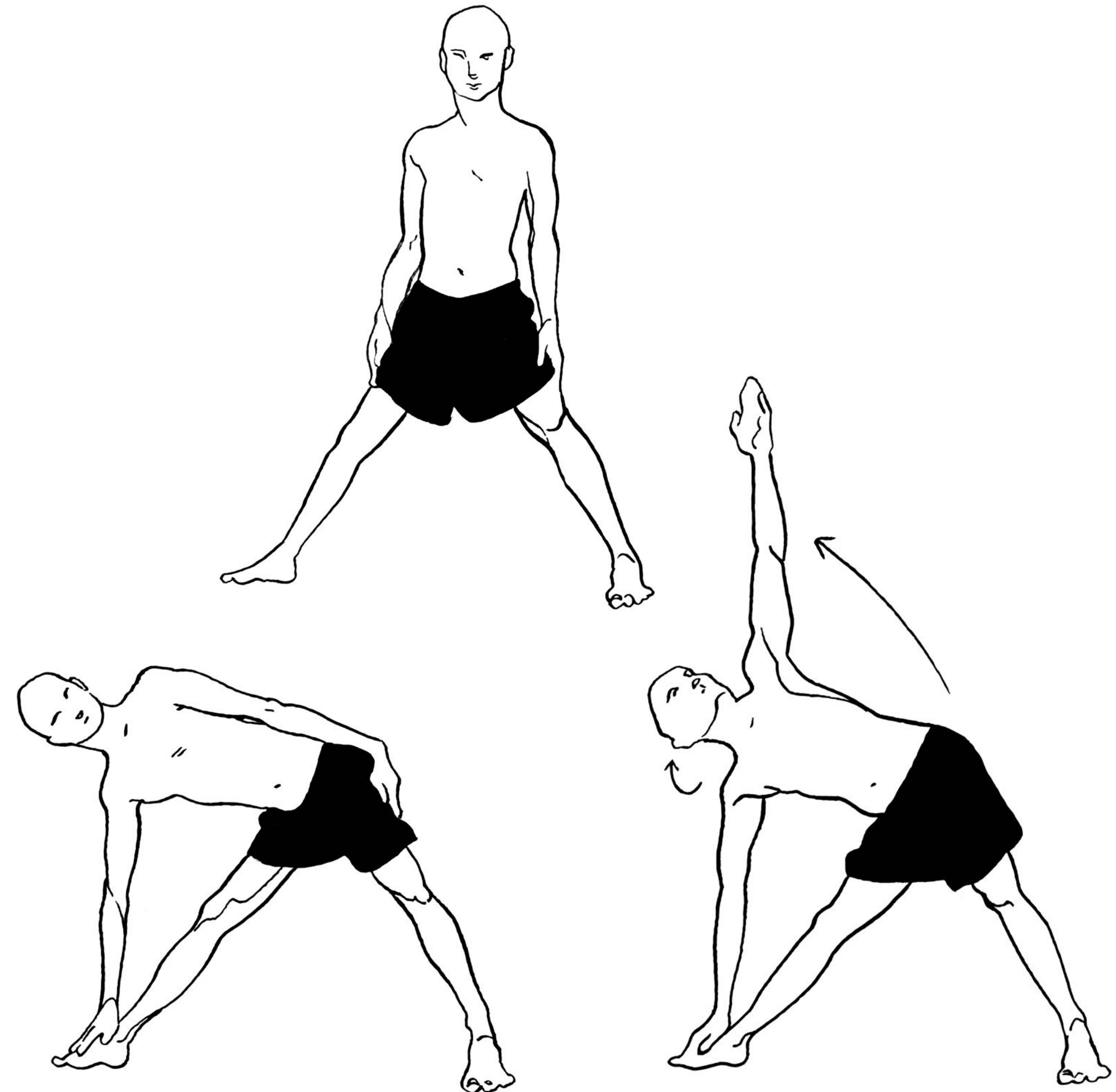
Twisted Trikonasana

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



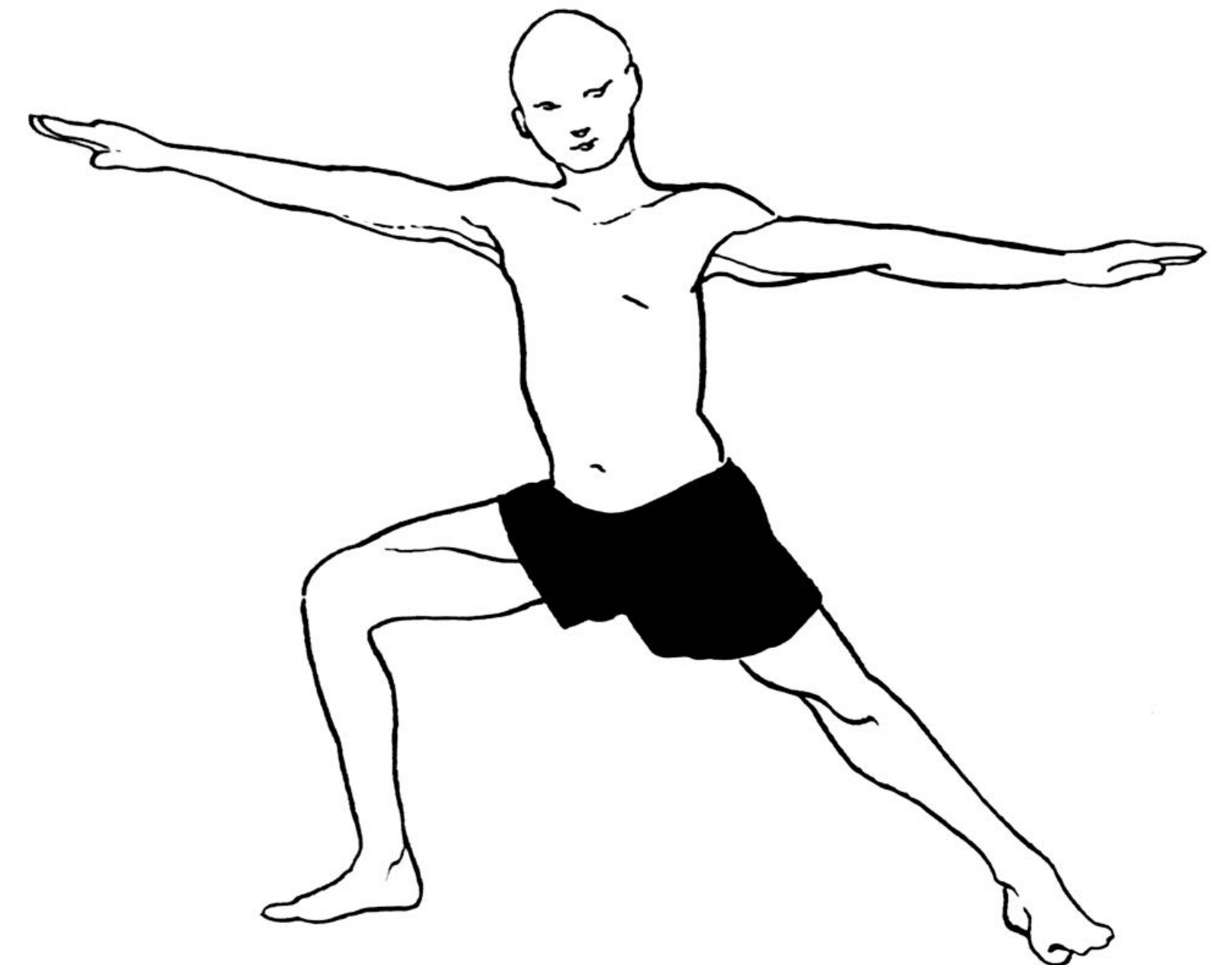
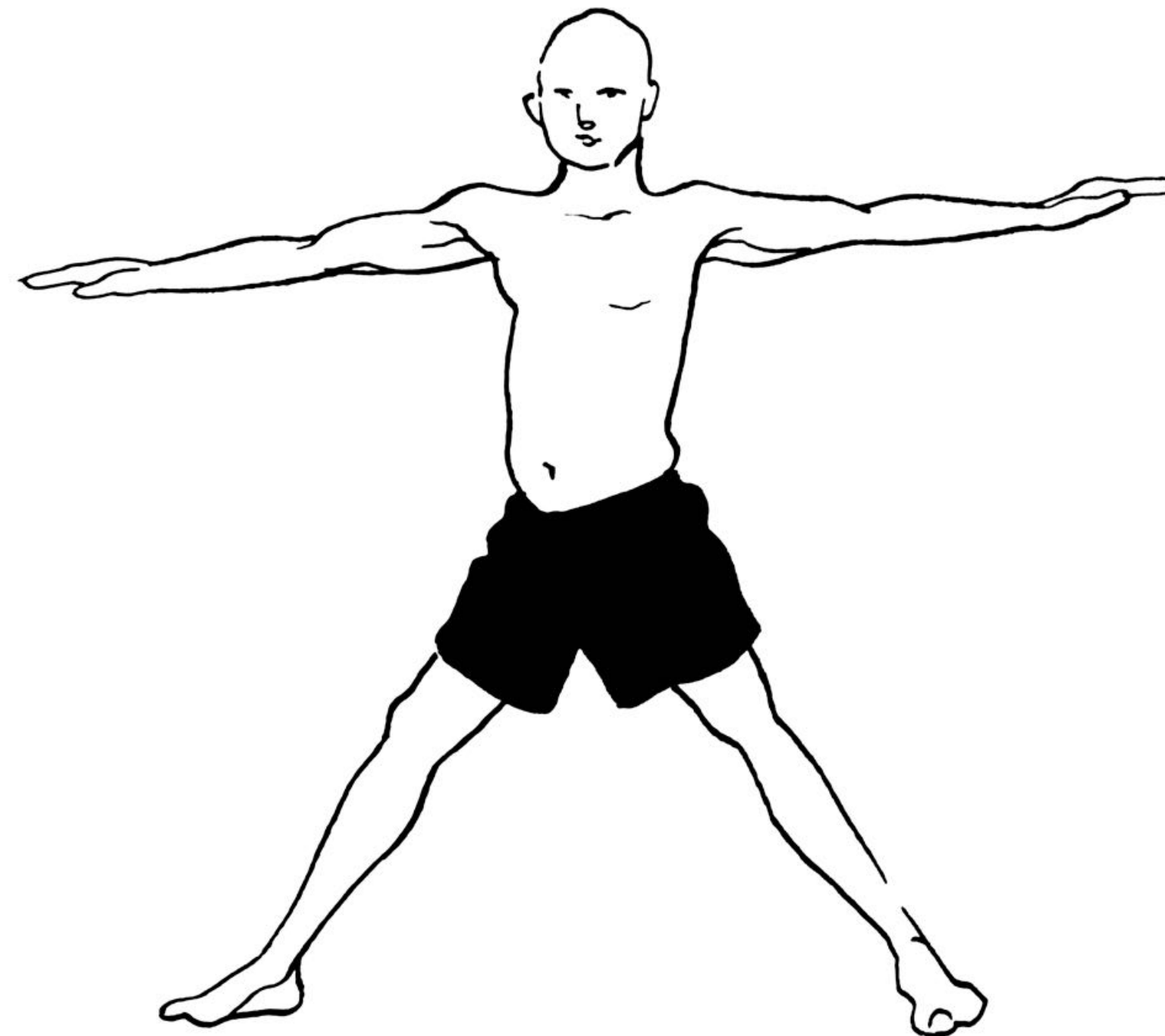
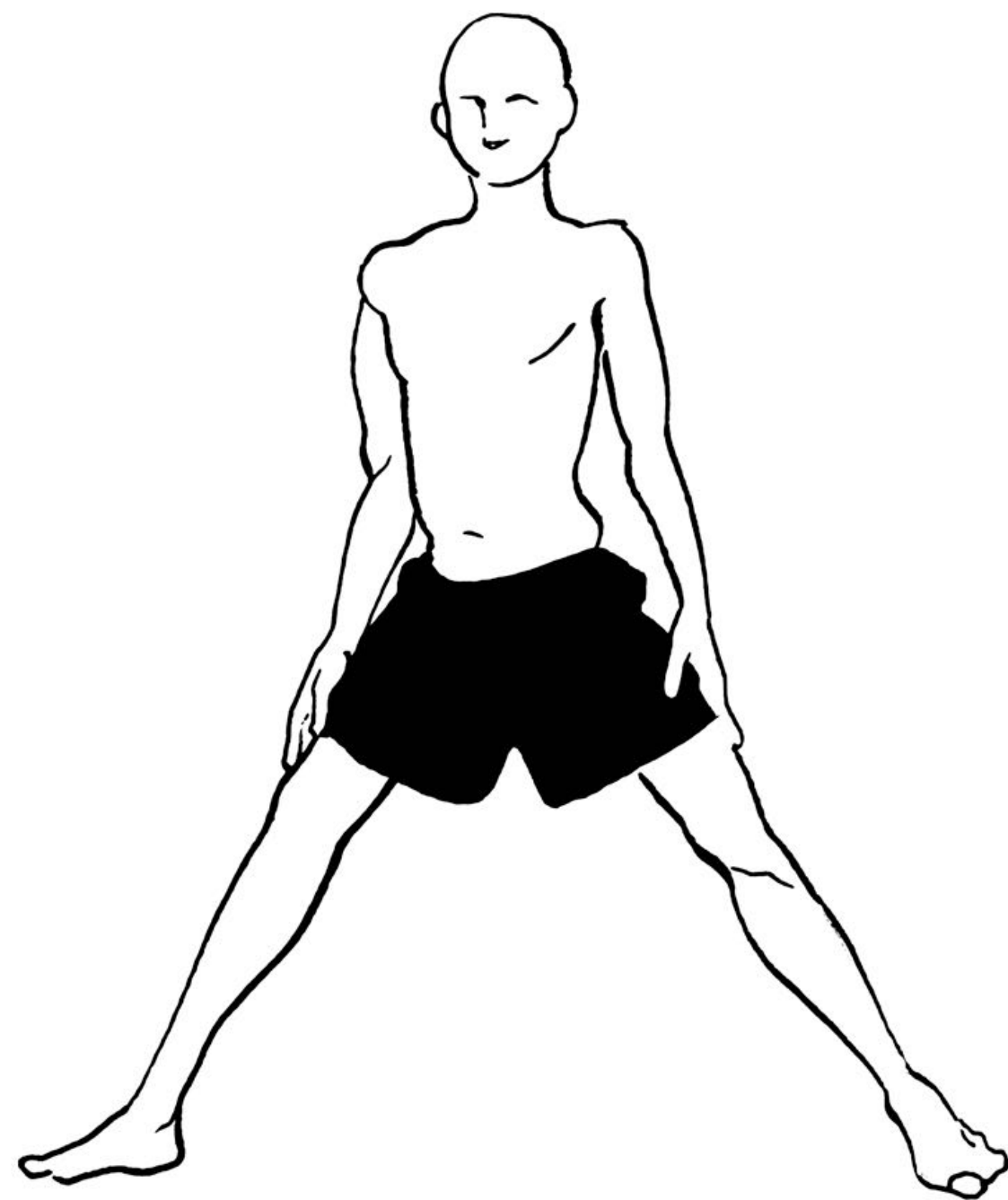
Trikonasana

- 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

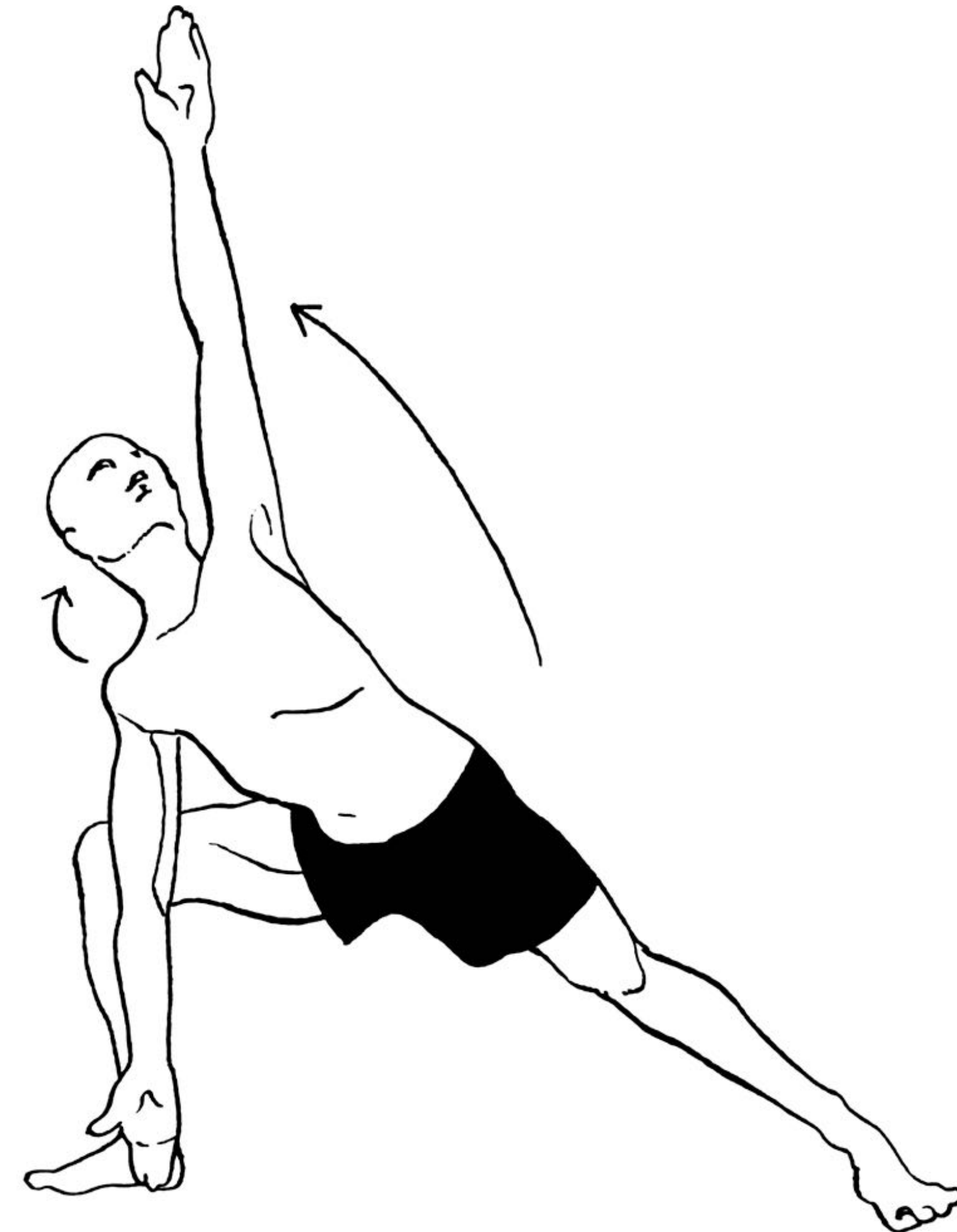


Parsvakonasana

- **Continued**

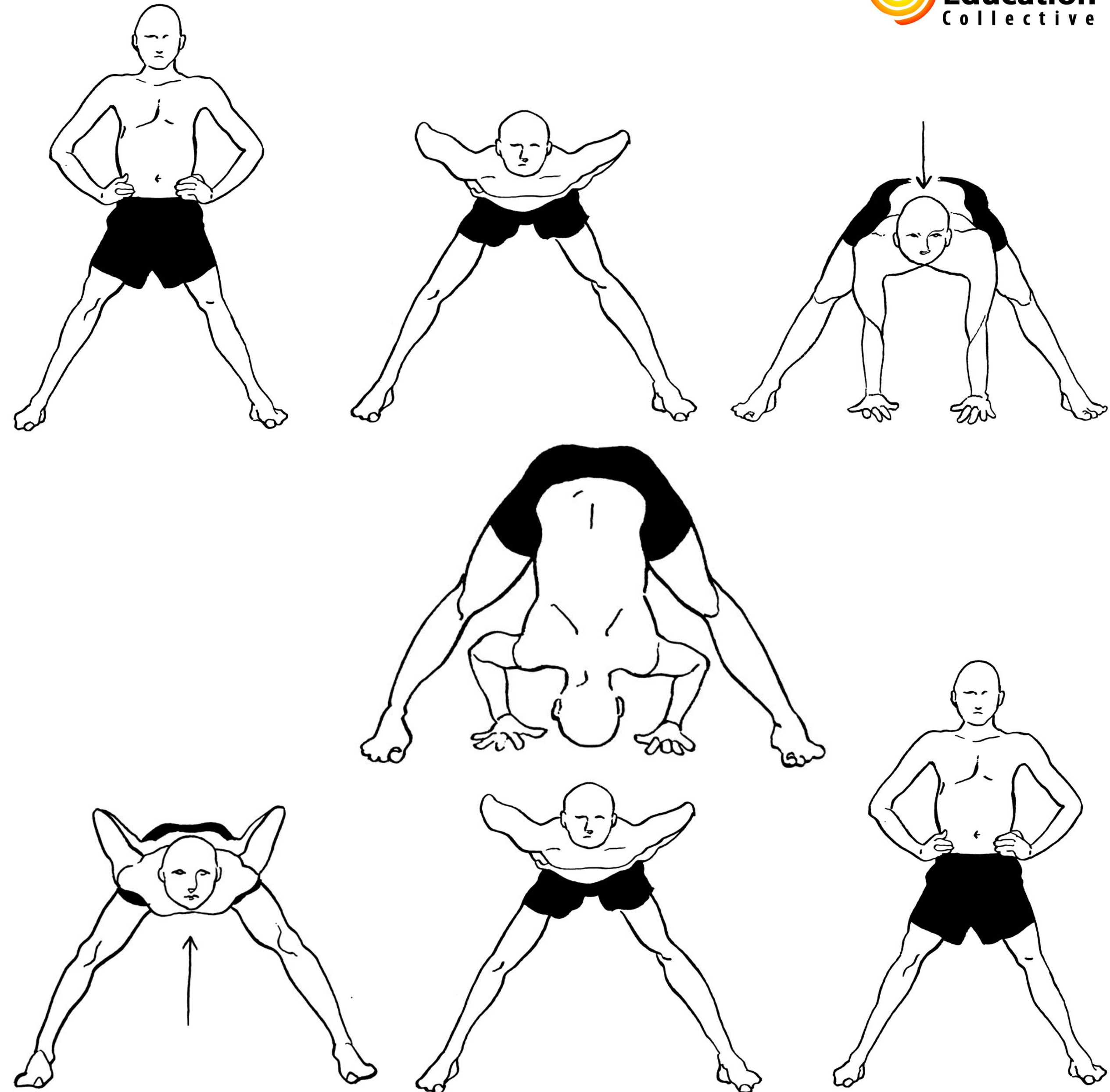
- From this position, simply drop your right arm down towards the floor until the fingers come next to your ankle
- Bring your left arm up in the air, and gaze at the hand. Arch your back a little as if you were doing a backbend
- Stay here for 3-5 breaths, and then inhale and stand up
- Repeat on the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

The first version of this asana can be done with the forearm resting on your thigh, and the second repetition with the fingers next to your ankle



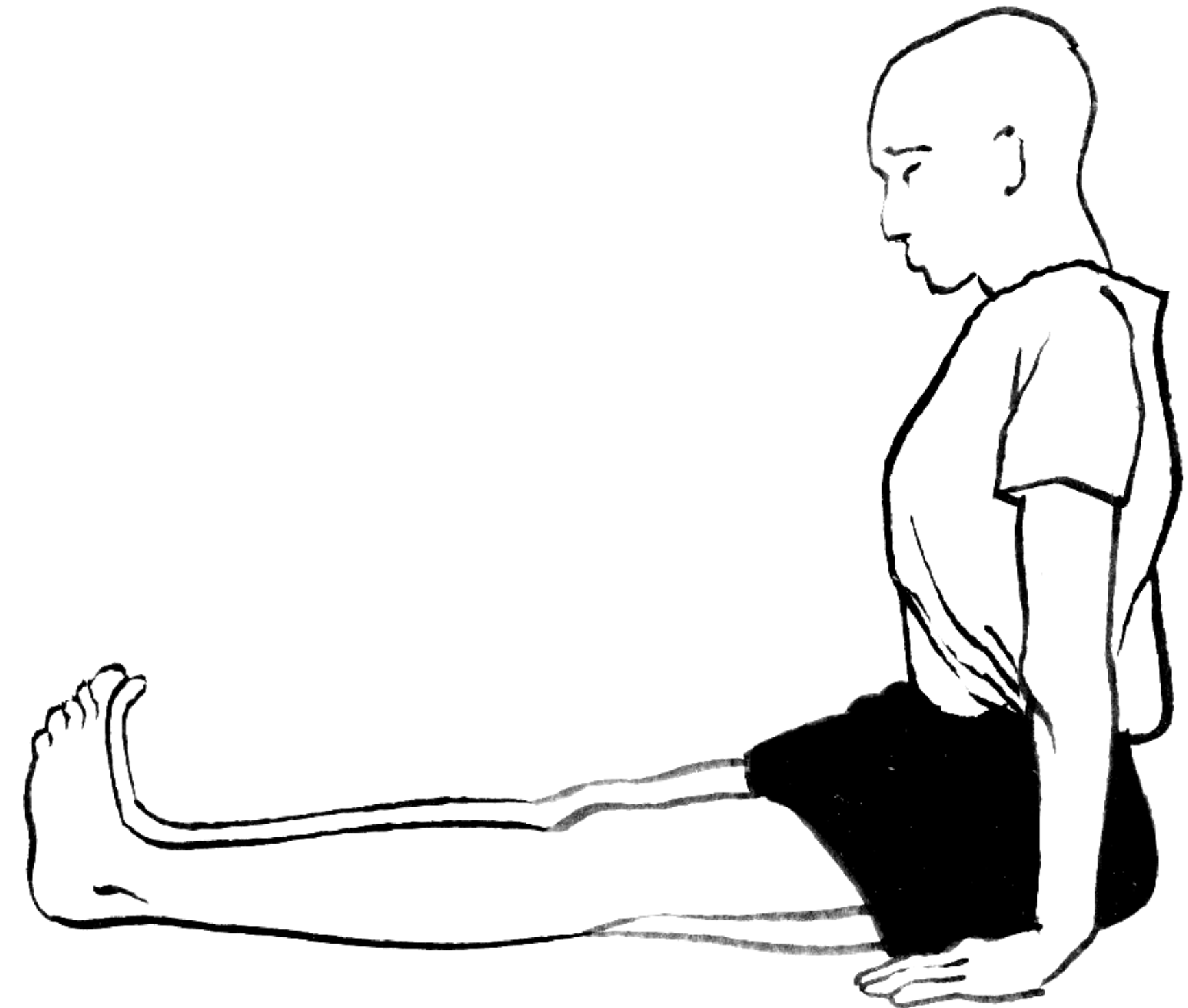
Prasarita Padottanasana

- 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



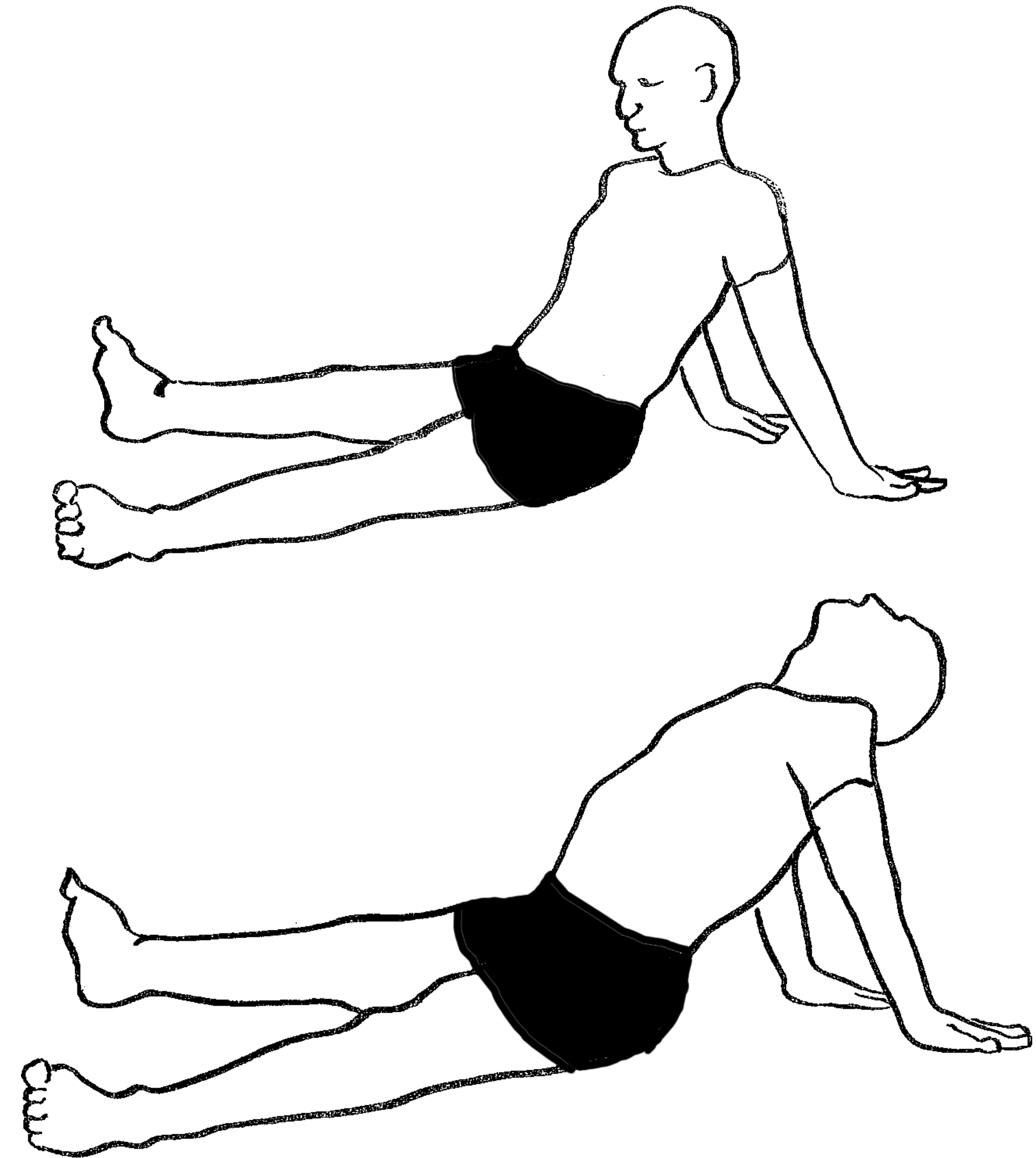
Dandasana

- Sit with your legs straight out in front of you, feet flexed with your toes pointed upwards
- Keep your spine elongated, and the shoulders relaxed
- Your chin should be slightly down, with the tongue against the roof of the mouth
- Breathe slowly through your nose



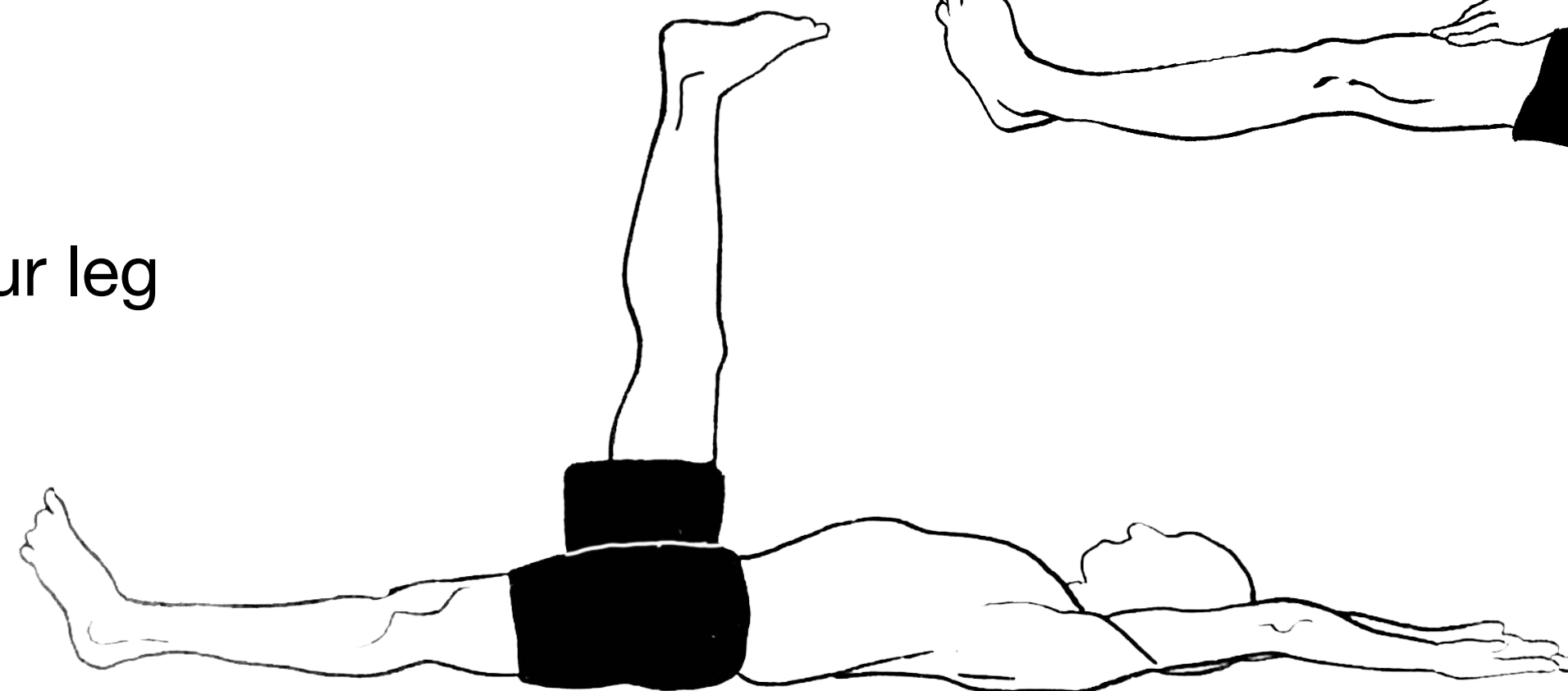
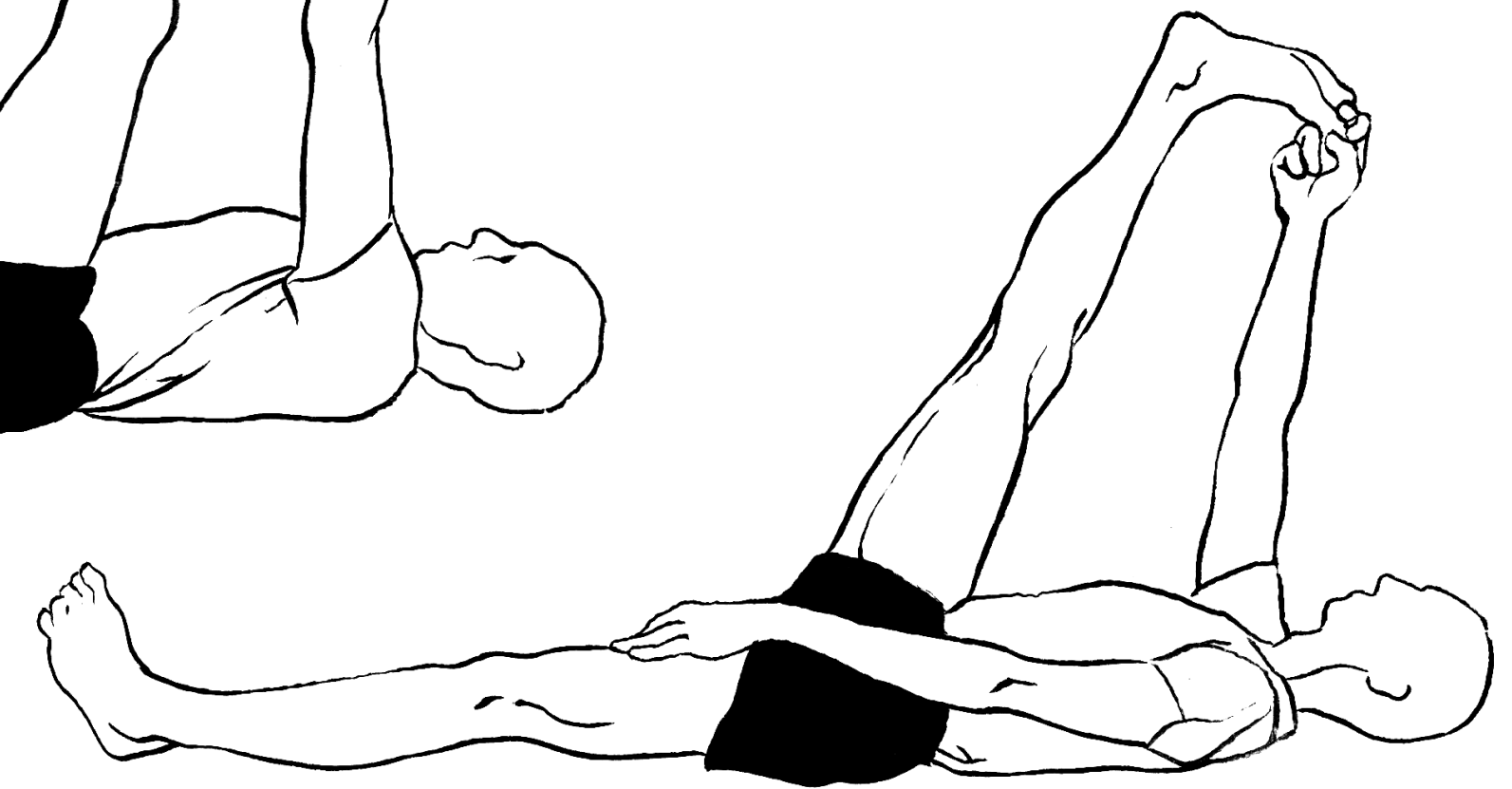
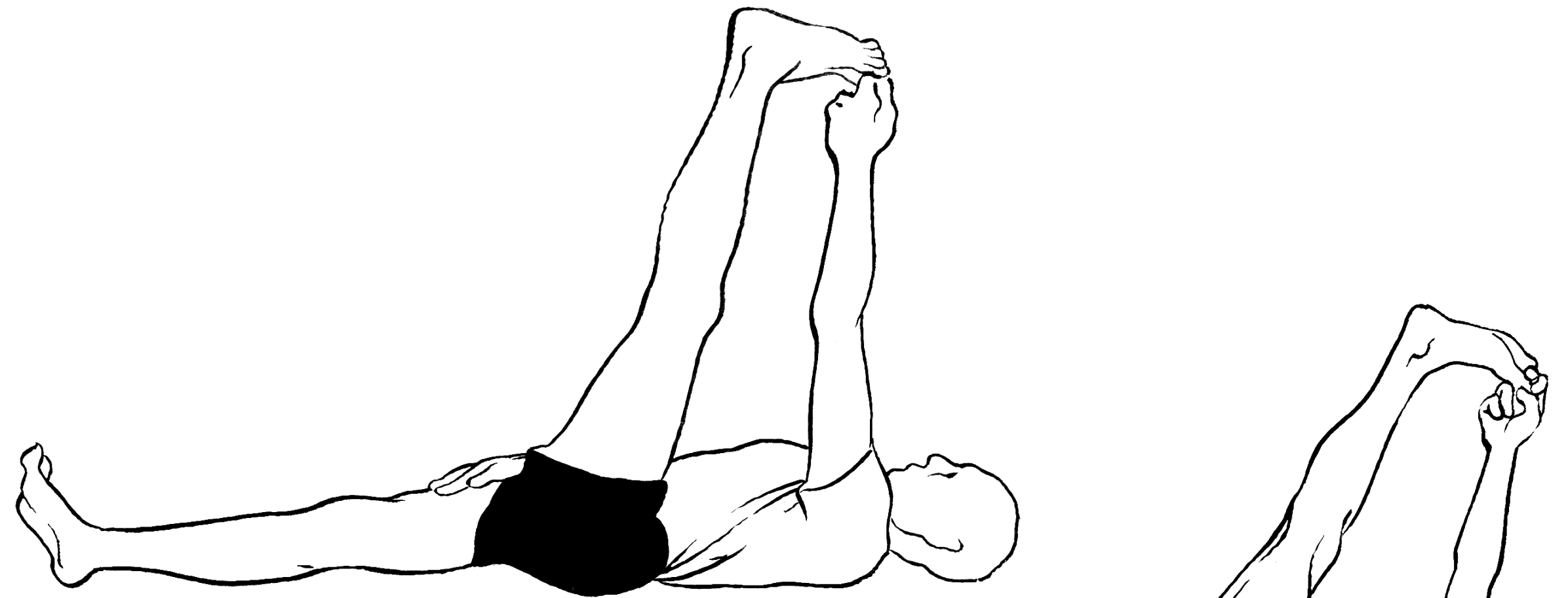
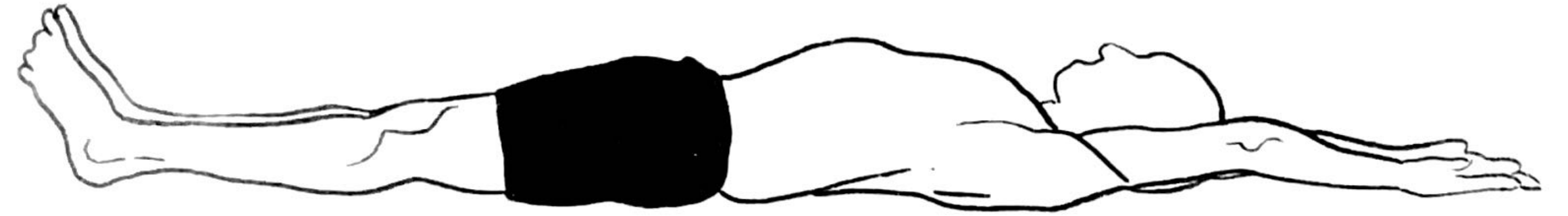
Sitala Dandasana

- Place your hands 30 cm behind you
- Spread your feet as wide as your yoga mat and relax the feet outwards
- Lengthen your lower spine and lift your chest
- Imagine you are lifting your kidneys to the front ribs
- Rest your head back between your shoulders
- Breathe 3-5 times
- To release, round your lower spine before lifting your head
- Come back to dandasana



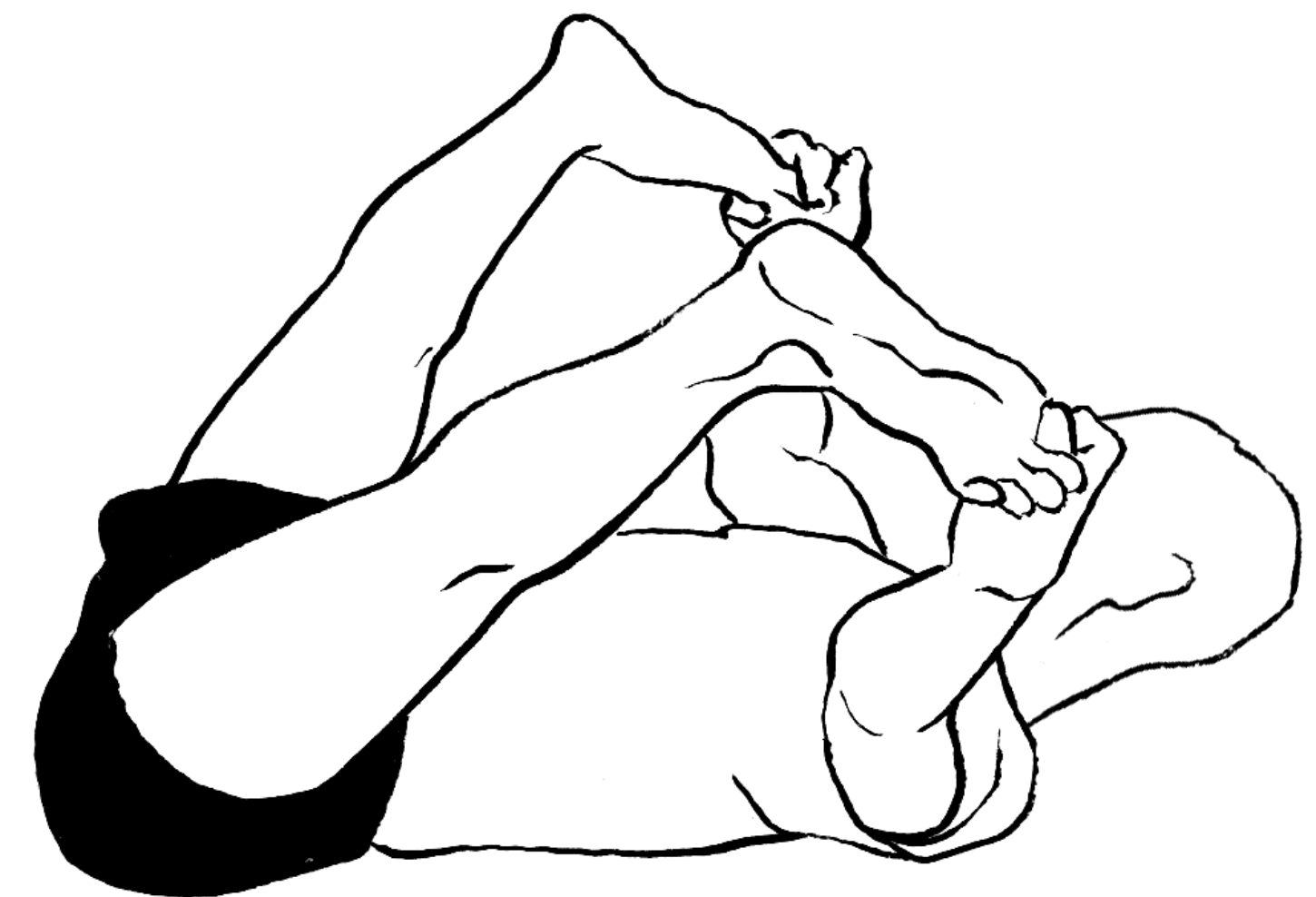
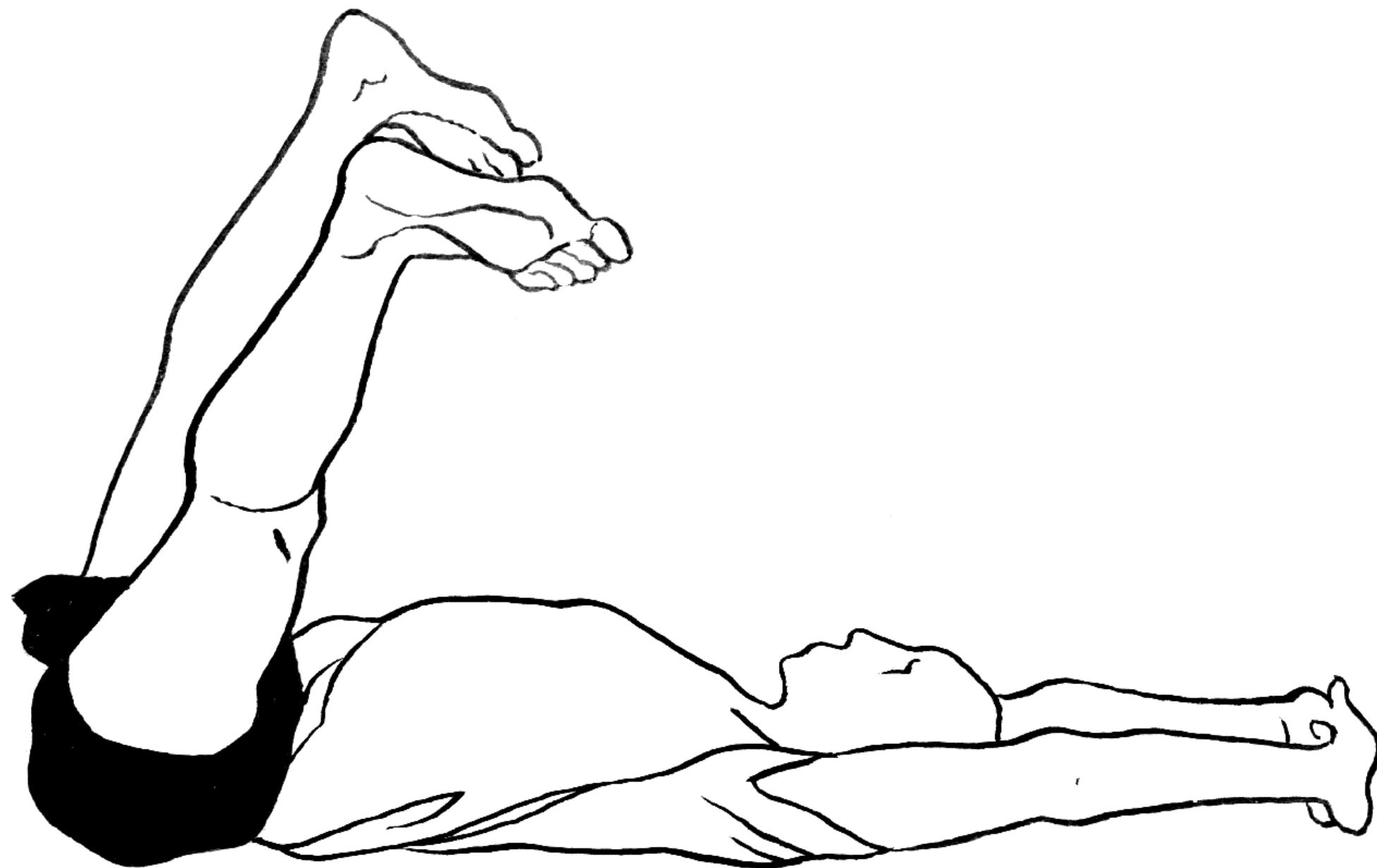
Supta Padangushtasana

- 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



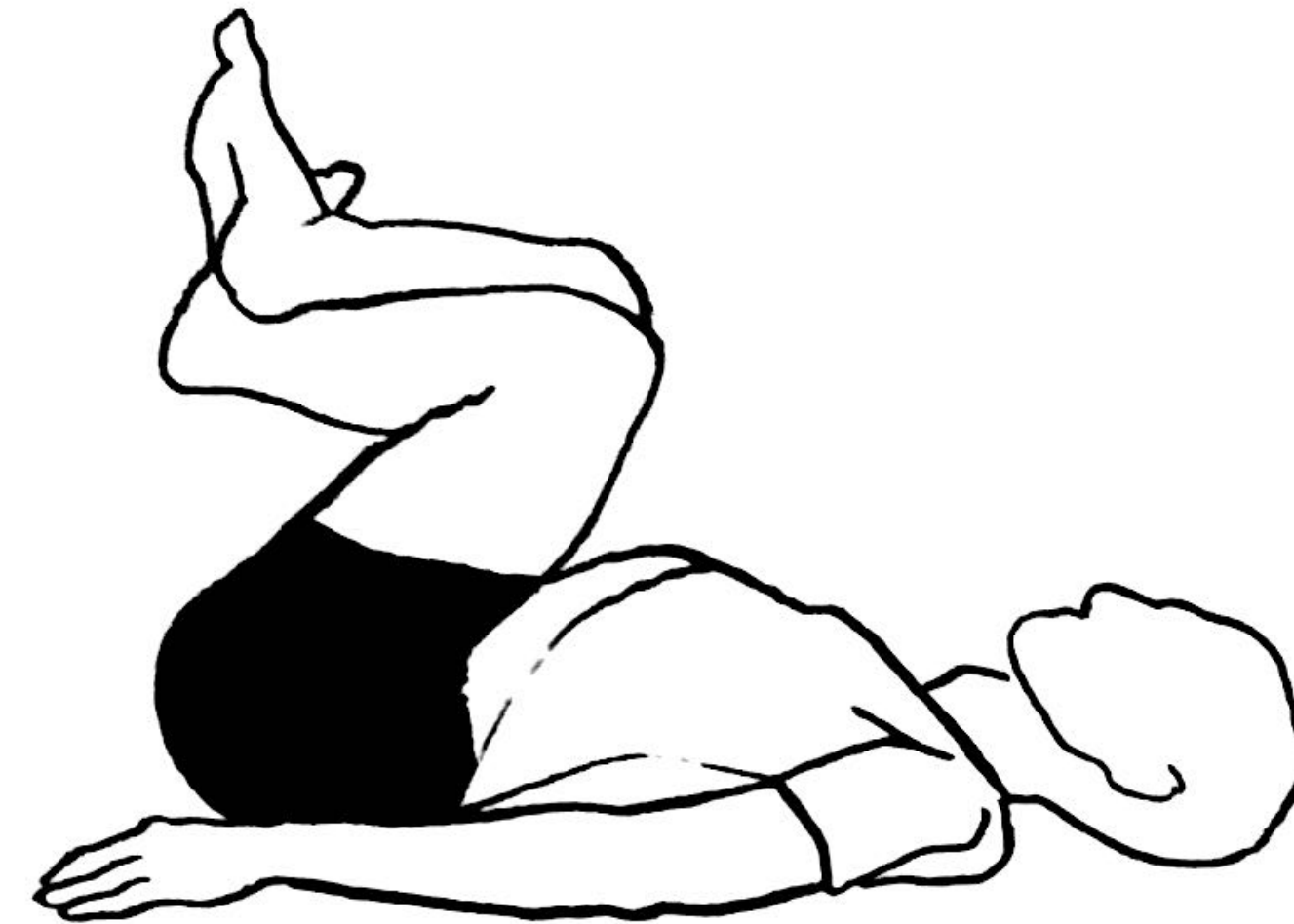
Supta Konasasana

- 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



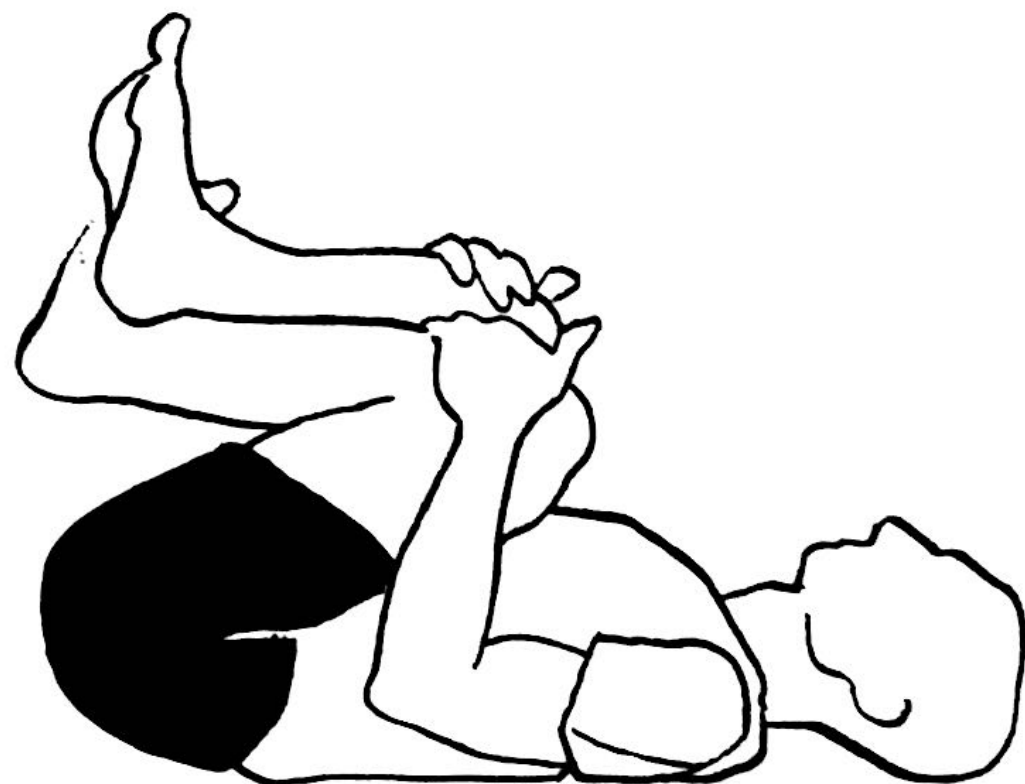
Supta vajrasana transition

- **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

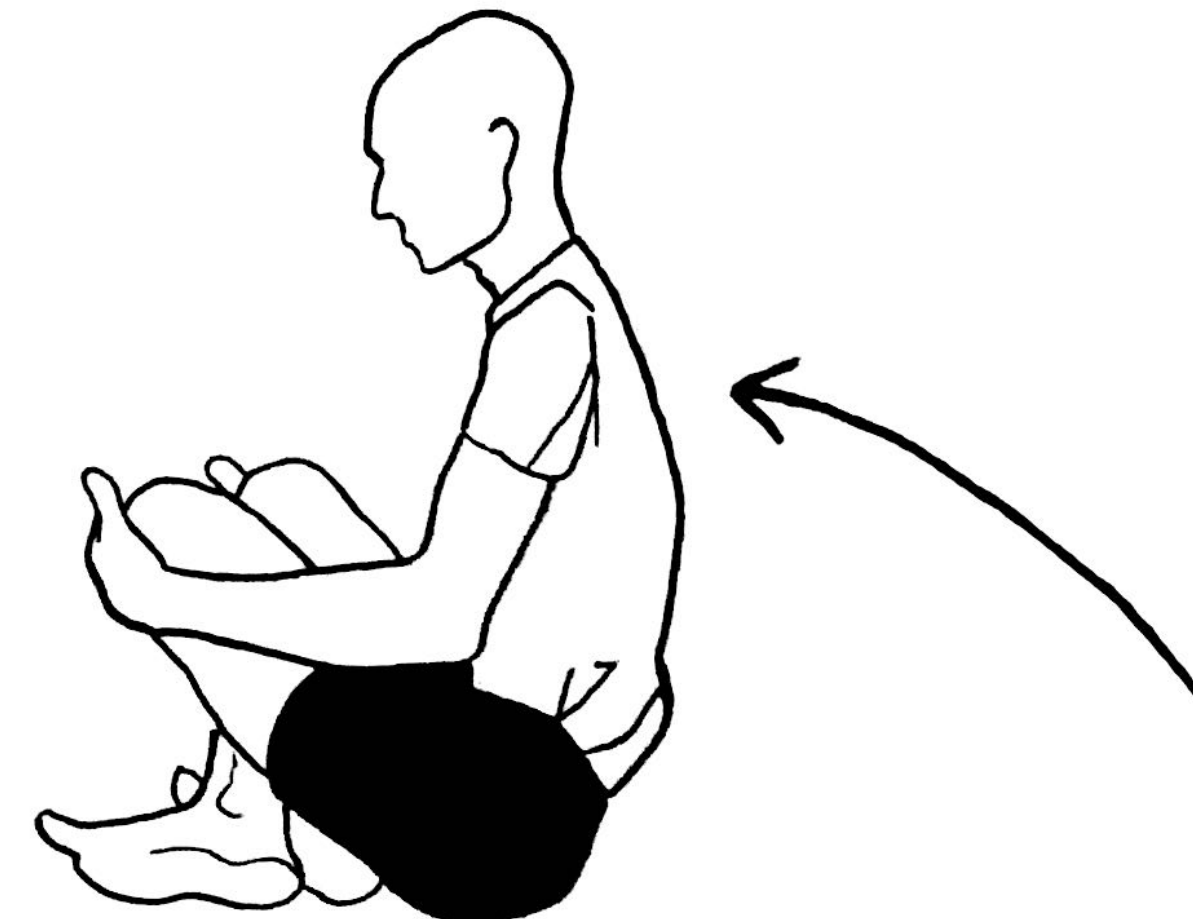
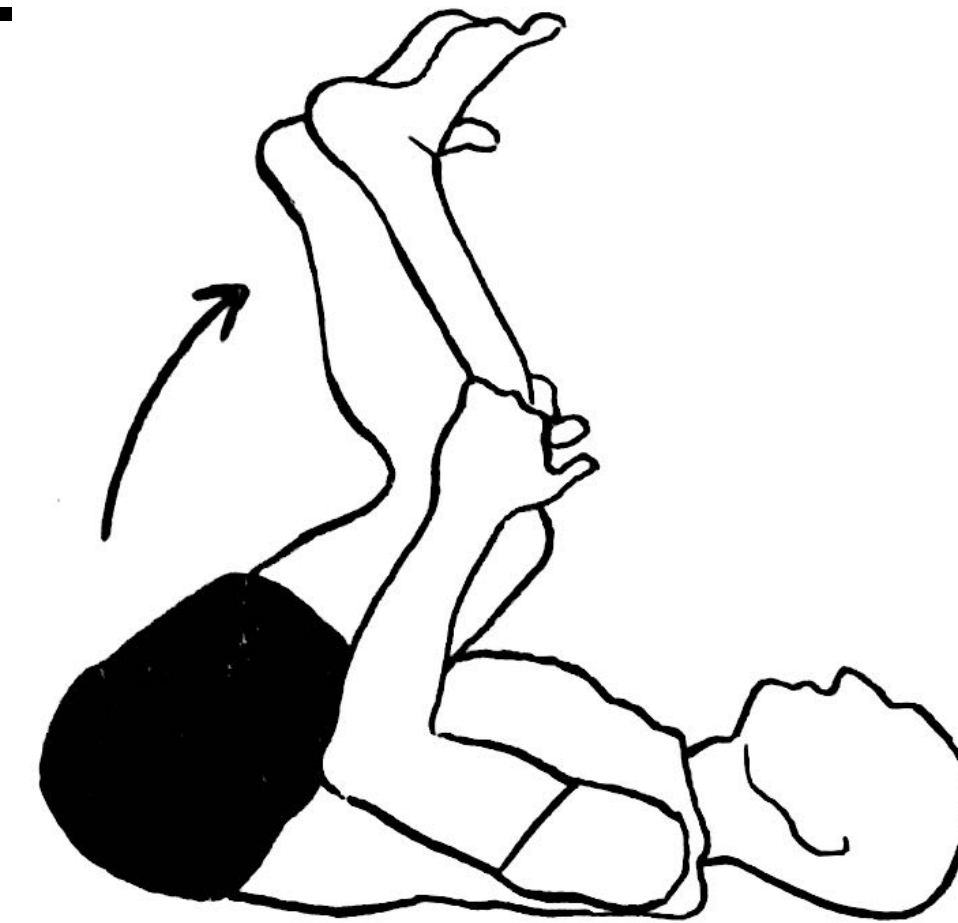


Supta vajrasana transition

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

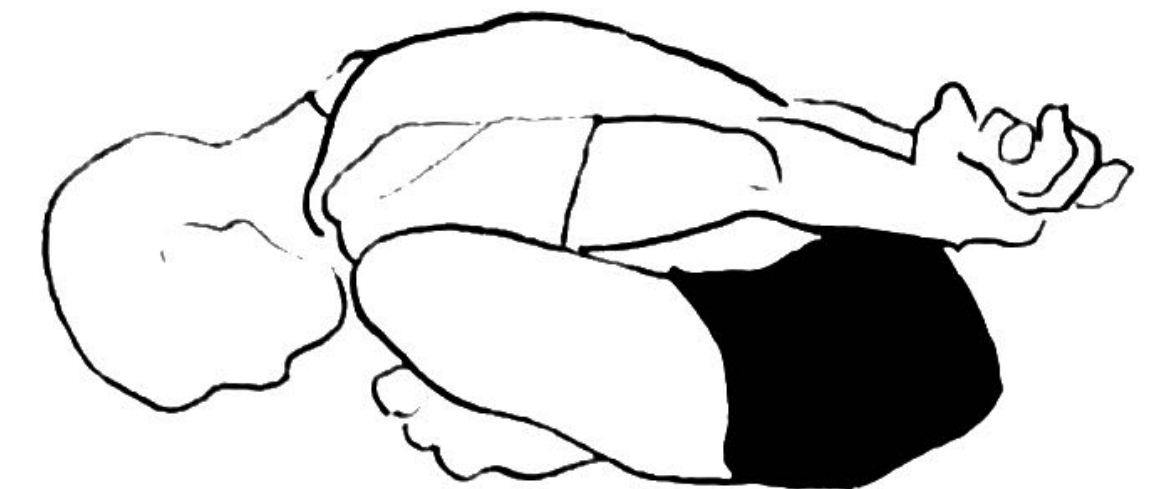
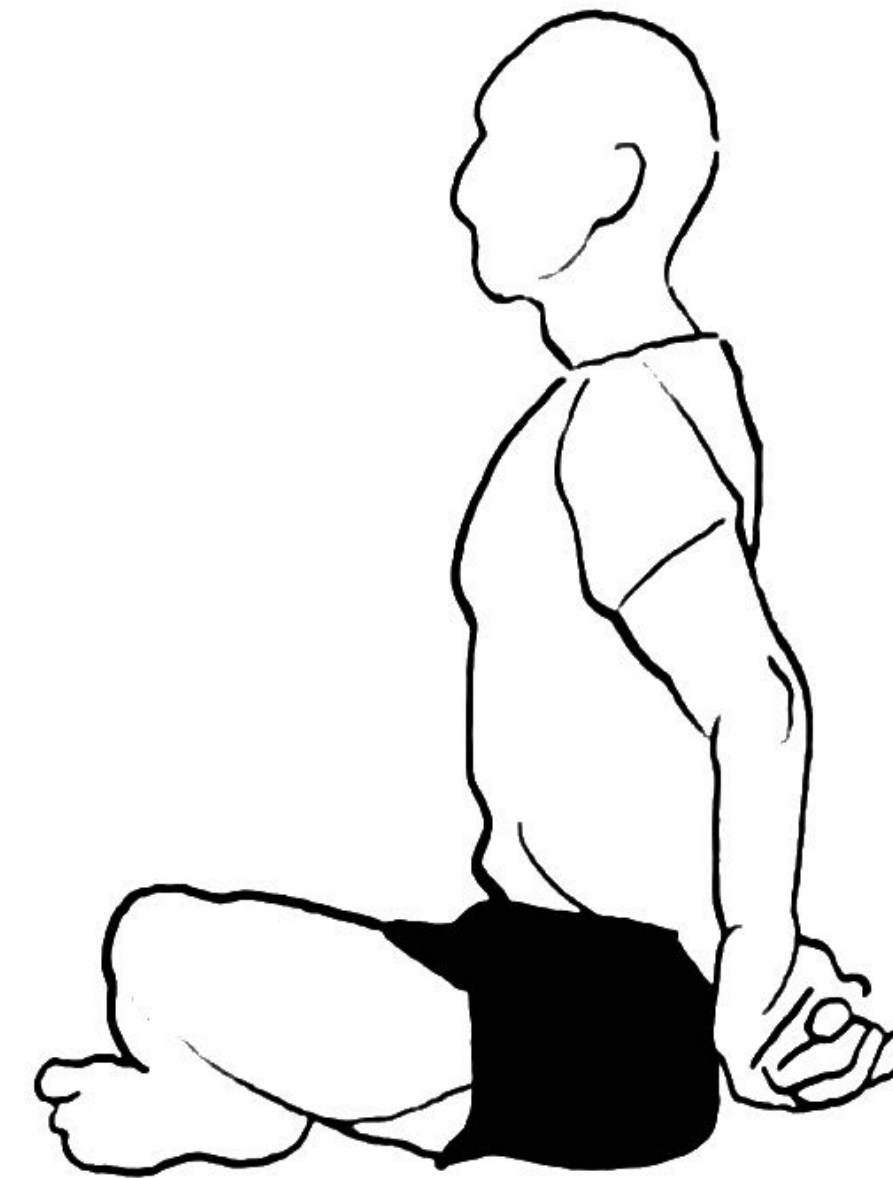


- To transition to seated, bring each hand to each knee, and rock yourself to sit.



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



Pranayama

- **Resonance Breathing**

Do 3 rounds each at:

Abdomen - Lower Ribs - Heart/Sternum

- **Chandra Viloma**

Breathe through the left nostril 5 times at resonance frequency

- **Surya Viloma**

Breathe through the right nostril 5 times at resonance frequency

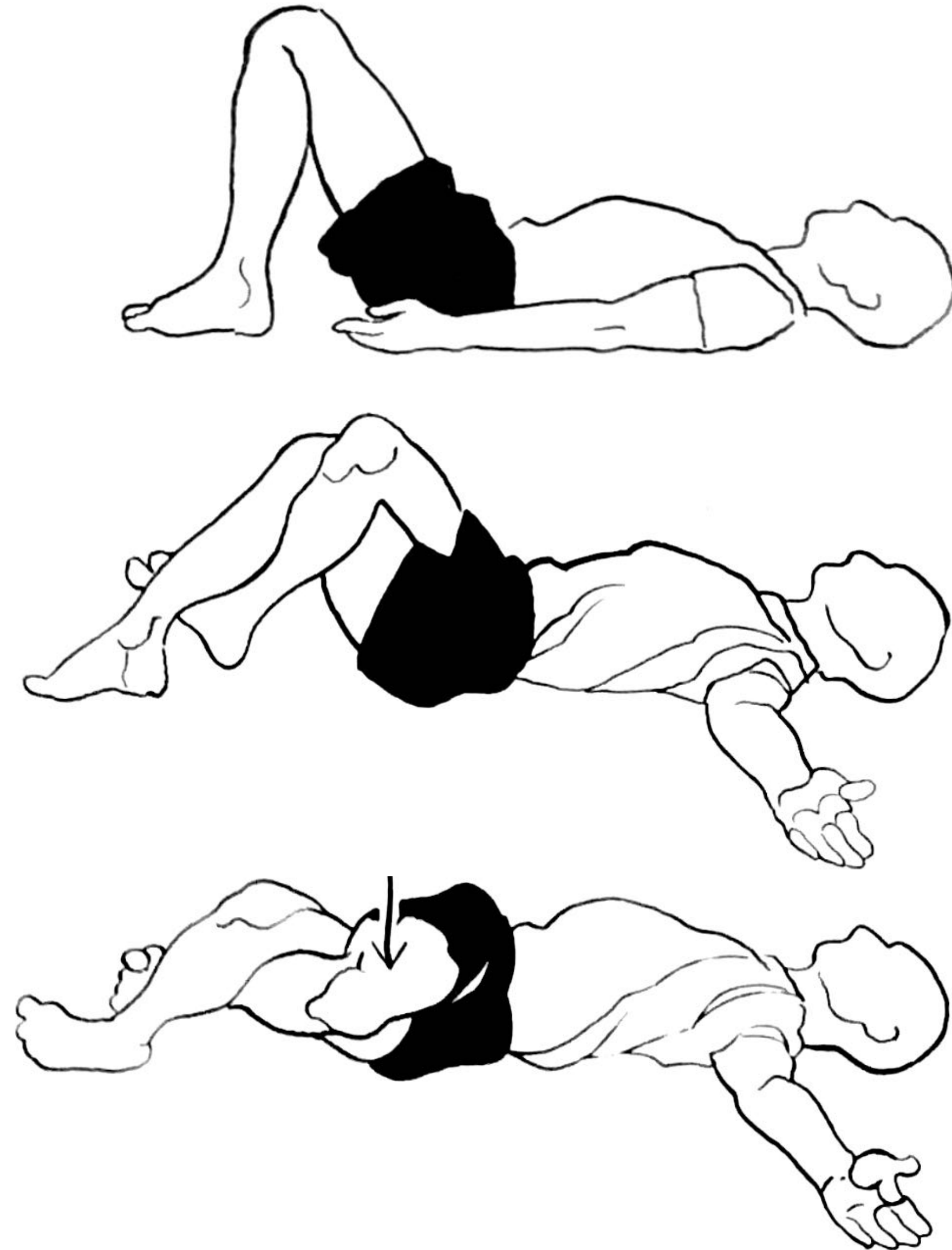
- **Nadhi Shodana**

Do 3 rounds of alternate nostril breathing

Sit quietly in a meditative state for a minute or two

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



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 ॥

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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!