

# Yoga Education Teacher Training 2024

## Module 1: Week 13

Savasana

3 Relaxation Techniques



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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 ॥

aum saha nāvavatu saha nau bhunaktu  
saha vīryam karavāvahai  
tejasvi nāvadhītam astu mā vidviṣāvahai  
aum śāntiḥ śāntiḥ śāntiḥ

*Aum. 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.*

# **1. Quick Relaxation Technique (From SVYASA)**

- 1. Lie on your back**
- 2. Rest your hands on your belly. Feel the abdomen rise and fall, 3 times**
- 3. For 3 breaths, inhale vitality, exhale feeling the healing response**
- 4. Rest your hands by your side**
- 5. For 3 breaths, inhale to the belly, exhale and chant AUM out loud**
- 6. Release any residual tension or stress with the sound**
- 7. Rest quietly for a few breaths**
- 8. Rise for closing prayer**

## 2. Marmasthanas (From Yoga Yagnavalkya and Vashishtha Samhita)

- Marmas are prime energy locations in the body, connected to flow of prana.
- Distances between marmas are in angulas.
- One angula is the width of your index finger.
- Move your awareness through the following points.
- Take one breath at each point.
- At the end allow your awareness to fill your entire body.
- Then slowly rise to a seated position for the closing prayer.

## 2. Marmasthanas (From Yoga Yagnavalkya and Vashishtha Samhita)

	<b>Marmasthana</b>	<b>Distance in andgulas</b>	<b>Sanskrit name</b>
<b>1</b>	<b>Big toes</b>	<b>0</b>	<b>Padangustha</b>
<b>2</b>	<b>Ankles</b>	<b>4.5</b>	<b>Gulpha</b>
<b>3</b>	<b>Shins</b>	<b>10 above ankles</b>	<b>Pindikamadhya</b>
<b>4</b>	<b>Calves</b>	<b>11 above shins</b>	<b>Janumoola</b>
<b>5</b>	<b>Center of knee caps</b>	<b>2.5 above calves</b>	<b>Janu</b>
<b>6</b>	<b>Center of thighs</b>	<b>9 above center of knee caps</b>	<b>Urumadhya</b>
<b>7</b>	<b>Anal sphincter</b>	<b>9 above center of thighs</b>	<b>Payumoola</b>
<b>8</b>	<b>Center of the body</b>	<b>2.5 above anal sphincter</b>	<b>Dehamadhya</b>
<b>9</b>	<b>Genital organs</b>	<b>2.5 above center of body</b>	<b>Linga</b>
<b>10</b>	<b>Navel center</b>	<b>10.5 above genital organs</b>	<b>Nabhi</b>

## 2. Marmasthanas (From Yoga Yagnavalkya and Vashishtha Samhita)

	<b>Marmasthana</b>	<b>Distance in angulas</b>	<b>Sanskrit name</b>
<b>11</b>	<b>Heart center</b>	<b>14 above navel center</b>	<b>Hridayamadhya</b>
<b>12</b>	<b>Well of the throat</b>	<b>6 above heart center</b>	<b>Kanthakoopa</b>
<b>13</b>	<b>Center of the tongue</b>	<b>4 above well of the throat</b>	<b>Jihvamoola</b>
<b>14</b>	<b>Root of the nose</b>	<b>4 above center of the tongue</b>	<b>Nasamoola</b>
<b>15</b>	<b>Eyeballs</b>	<b>1/2 above root of the noses</b>	<b>Netrapradesha</b>
<b>16</b>	<b>Center of the eyebrows</b>	<b>1/2 above eyeballs</b>	<b>Broomadhya</b>
<b>17</b>	<b>Center of the forehead</b>	<b>3 above center of eyebrows</b>	<b>Lalaata</b>
<b>18</b>	<b>Crown of the head</b>	<b>3 above center of forehead</b>	<b>Brahmarandra</b>

## 3. Deep Relaxation (Yoga Nidra)

- Deep Relaxation Technique, can also be done as Yoga Nidra with intention setting.
- Move your awareness through the limbs of the body in the following order, filling each part with awareness.
- Try not to do anything special as you shift you move through the different parts.

**1. Toes**

**2. Feet**

**3. Ankles**

**4. Shins and calves**

**5. Knees**

**6. Thighs**

**7. Hips**

**8. Belly**

**9. Chest**

**10. Expanse of the back ... continued on next slide**



# Deep Relaxation (Yoga Nidra)

**12. Shoulders**

**13. Arms down to the wrists**

**14. Hands and fingers**

**15. Neck**

**16. Back of the head**

**17. Top of the head**

**18. Muscles of the face**

**19. Internal organs: brain, heart, lungs, liver, spleen, stomach, pancreas, kidneys, intestines**

**20. Endocrine glands: pituitary, pineal, thyroid, parathyroid, adrenals, gonads or ovaries**

**21. Awareness of breath**

**22. Awareness of inner witness**

**23. Rise for 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!*