Yoga Education Teacher Training 2024

Module 1: Week 13

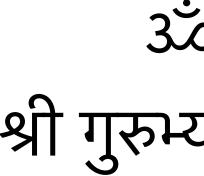
Savasana

3 Relaxation Techniques



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- उँठ उँठ उँठ श्री गुरुभ्यो नमः हरि: उँठ
- 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 ।
 - 3ॐ शान्तिः शान्तिः शान्तिः ॥
- aum saha nāvavatu saha nau bhunaktu
 - saha vīryam karavāvahai
- tejasvi nāvadhītam astu mā vidvisāvahai
 - aum śāntih śāntih śāntih
- 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
- 3. For 3 breaths, inhale vitality, exhale feeling the healing response
- 4. Rest your hands by your side
- 6. Release any residual tension or stress with the sound
- 7. Rest quietly for a few breaths
- 8. Rise for closing prayer





2. Rest your hands on your belly. Feel the abdomen rise and fall, 3 times

5. For 3 breaths, inhale to the belly, exhale and chant AUM out loud



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)

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



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2. Marmasthanas (From Yoga Yagnavalkya and Vashishtha Samhita)

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





3. Deep Relaxation (Yoga Nidra)

- Deep Relaxation Technique, can also be done as Yoga Nidra with intention setting. ullet
- Try not to do anything special as you shift you move through the different parts.
- Toes 1.
- 2. Feet
- Ankles 3.
- Shins and calves 4.
- 5. Knees
- Thighs 6.
- Hips 7.
- Belly 8.
- 9. Chest
- **10. Expanse of the back** ... continued on next slide



• Move your awareness through the limbs of the body in the following order, filling each part with awareness.



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**
- 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



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





लोकाः समस्ताः सुखिनोभवंतु ॥ लोकाः समस्ताः सुखिनोभवंतु ॥ लोकाः समस्ताः सुखिनोभवंतु ॥ 3ॐ शान्तिः शान्तिः शान्तिः ।

- lōkāh samastāh sukhinōbhavantu II AUM śāntih śāntih sāntih II
 - May all worlds be happy. AUM Peace Peace Peace!

