

1. OPENING CHANTS OM: Hari OM

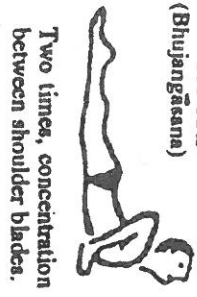
2. EYE MOVEMENTS



3. THE SUN SALUTATION (Soorya Namaskaram)  
3 or 4 times, entire sequence.



4. COBRA POSE (Bhujangāsana)



Two times, concentration between shoulder blades.

8. HEAD TO KNEE POSE (Janushirhāsana)



Once each side, concentration lower back and legs.

12. HALF SPINAL TWIST (Ardha Matsyendhāsana)



Once each side, concentration entire spine.

16. PRĀNĀYĀMĀ (Breathing practices)



1. Deeryha Swasam
2. Kapalabhati
3. Nadi Suddhi

17. MEDITATION



18. CLOSING CHANTS

Asato Maa Sad Ganaya  
Tamaso Maa Jyotir Ganaya  
Mriyoor Maamritam Ganaya.

Lead us from unreal to Real,  
Lead us from darkness to the Light,  
Lead us from the fear of Death,  
To knowledge of Immortality.

Lokaah Samastah Sukhino Bhavantu  
May the entire Universe be filled with  
Peace and Joy, Love and Light.  
May the light of Truth over come  
all darkness!

Victory to that Light!  
Jai Sree Sadguru Maharaj Ki  
Jai!

5. HALF LOCUST POSE (Ardha Salabhāsana)



Two times each leg, concentration lower back.

6. FULL LOCUST POSE (Salabhāsana)



Once, concentration lower back.

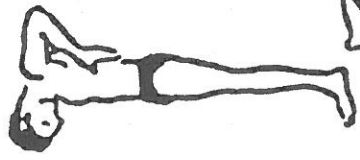
9. FULL FORWARD BEND (Paschimotthāsana)



Once, concentration lower back and legs.

10. SHOULDER STAND (Sarvangāsana)

Once for at least three to five minutes, concentration thyroid gland.



7. BOW POSE (Dhanurāsana)



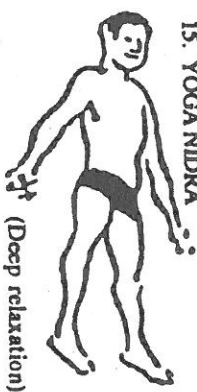
Once, concentration entire spine.

11. FISH POSE (Matsyāsana)



Once, concentration thyroid gland.

15. YOGA NIDRA



(Deep relaxation)

