

CURRICULUM

A SYSTEMATIC COURSE IN THE ANCIENT TANTRIC TECHNIQUES OF YOGA AND KRIYA

PREPARATION (LEVEL 1)

Lesson 1

Kriya YogaAn Introduction
Hatha Yoga....Jala Neti
Asanas....Ankle Crank
Asanas....Half Butterfly
Asanas....Knee Rotation
Asanas....Utthanasana (the squat and rise pose)
Asanas....Crow Walking
Asanas....Churning the mill
Asanas....Dynamic Spinal Twist
Asanas....Neck Movement
Asanas....Naukasana (the boat pose)
Asanas....Shavasana (the corpse pose)
Pranayama...Abdominal breathing
Pranayama...Middle breathing
Pranayama...Upper breathing
Pranayama...Yogic breathing
The Art and Science of Relaxation

Lesson 2

Hatha Yoga...Danta Dhauti
Asanas....An introduction
Asanas....Rules and Preparations
Asanas....Saithalyasana (animal relaxation pose)
Asanas....Marjariasana (cat stretch pose)
Asanas....Sukhasana (the easy pose)
Asanas....Vajrasana (the thunderbolt or diamond pose)
Pranayama....Samaveta Pranayama
The Root Cause of Tension
Relaxation...Shavasana (Part 2)

Lesson 3

Shimha Kriya....The Lion's Yawn
Asanas....Shashankasana (the pose of the moon)
Asanas....Pawanmuktasana (the wind releasing pose)
Asanas....Ardha Bhujangasana (the half cobra pose)
Asanas....Makrasana (the crocodile pose)
Prana....An Introduction
Pranayama....Nadi Shodhana (stage 1)
Awareness....An Introduction
Meditation....Body Awareness

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Lesson 4

Hatha Yoga....Kunjali Kriya
Asanas....Bhujangasana (the cobra pose)
Asanas....Shashank-Bhujangasana (the striking cobra pose)
Asanas....Sarpasana (the snake pose)
Asanas....Meru Vakrasana (the simple spinal twist pose)
Pranayama....An introduction
Pranayama....Rules
Pranayama....Nadi Shodhana (Stage 2)
Meditation....Heartbeat, pulse and breath

Lesson 5

What is yoga?
Surya Namaskara (the sunsalutation)
Hatha Yoga....Vatsara Dhauti
Pranayama....Nadi Shodhana (Stage 2)
Meditation....Anulom Vilom and Prana Shuddhi

Lesson 6

The Structure of Yoga
Hatha Yoga....Agnisar Kriya
Asanas....Ustrasana (the camel pose)
Asanas....Uttan Padasana (the raised foot pose)
Asanas....Vyaghrasana (the tiger stretch pose)
Asanas....Full Butterfly
Asanas....Chopping Wood
Asanas....Vayu Nishkhasana (the gas releasing pose)
Pranayama....Ujjayi Pranayama and Khechari Mudra
Meditation....Practices for Visualization

Lesson 7

Diet and Digestion
Asanas....Padmasana (the lotus pose)
Asanas....Siddhasana (the male accomplished pose)
Asanas....Siddha Yoni Asanas (the female accomplished pose)
Asanas....Swastikasana (the auspicious pose)
Asanas....Ardha Padmasana (the half lotus pose)
Asanas....Veerasana (the hero's pose)
Pranayama....Preparation for Nadi Shodhana Stage 3
Meditation....An Introduction
Meditation....Rules for Practice
Meditation....Kaya Sthairyam

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Lesson 8

Vegetarianism
Meditation and the Mind
Mudras....Meditational Hand Positions
Pranayama....Nadi Shodhana (Stage 3)
Mudras....Agochari Mudra / Nasikagra Drishti (nosetip gazing)
Meditation....Trataka (Stage 1)

Lesson 9

Disorders of Digestion
Removal of Mental Problems (Part 1)
Asanas....Shalabhasana (the locust pose)
Asanas....Ardha Shalabhasana (the half locust pose)
Mudras....Shambhavi Mudra
Mudras....Shambhavi Mudra
Meditation....Trataka (Stage 2)

Lesson 10

Guru....The Guiding Light
Removal of Mental Problems (Part 2)
Hatha Yoga....Sutra Neti
Asanas....Ardha Matsyendrasana (the half spinal twist pose)
Mudras....Bhoochari Mudra
Meditation....Trataka (Stage 3)

Lesson 11

Removal of Mental Problems (Part 3)
Hatha Yoga....Laghoo Shankhaprakshalana (small intestinal cleansing)
Asanas....Tadasana (palm tree pose)
Asanas....Tiryaka Tadasana (wind-blown palm tree pose)
Asanas....Kati Chakrasana (waist rotating pose)
Asanas....Tiryaka Bhujangasana (twisting cobra pose)
Asanas....Udarakarshanasana (abdominal massage pose)
Trataka and Concentration

Lesson 12

Karma Yoga (Part 1)
Hatha Yoga.... Shankhaprakshalana (intestinal cleansing)
Asanas....Trikoasana (the triangle pose)
Asanas....Dwikonasana (the double angle pose)
Asanas....Dolasana (the swinging pose)
Pranayana....Nadi Shodhana (Stage 4)
Meditation....AUM Chanting

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ADVANCED PRACTICES (LEVEL 2)

Lesson 13

Karma Yoga (Part 2)
Asanas....Paschimottanasana (the back stretch pose)
Asanas....Dynamic Paschimottanasana
Asanas....Pada Prasar Paschimottanasana
Mudras....Hand Mudras
Meditation....Chidakasha Dharana
Tantra
Tantra....Yantras

Lesson 14

Hatha Yoga....Moola Shodhana
Asanas....Yoga Mudra (the psychic union pose)
Asanas....Baddha Padmasana
Bandhas....Jalandhara Bandha
Pranayama....Nadi Shodhana with Jalandhara Bandha
Meditation....Japa (Part 1)

Lesson 15

Bhakti Yoga (Part 1)
Amaroli
Asanas....Benefits
Asanas....Dhanurasana (the bow pose)
Meditation....Japa (Part 2)

Lesson 16

Bhakti Yoga (Part 2)
Asanas....Sarvangasana (the shoulderstand)
Asanas....Padma Sarvangasana
Asanas....Niralamba Sarvangasana
Mudras....Ashwini Mudra
Shivalingam
Meditation....Practices for Visualization

Lesson 17

Bhakti Yoga (Part 3)
Asanas....Kandharasana (the shoulder pose)
Meditation....Nada Yoga (Part 1)

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Lesson 18

Bhakti Yoga (Part 4)
Asanas....Garudasana (the eagle pose)
Bandhas....Uddiyana Bandha
Pranayama....Nadi Shodhana stage 4 with Uddiyana Bandha
Meditation....Nada Yoga (Part 2)

Lesson 19

The Chakras (Part 1)
Mooladhara Chakra
Asanas....Janu Sirshasana (the head to knee pose)
Asanas....Ardha Padma Paschimottanasana
Bandhas....Moola Bandha
Pranayama.... Nadi Shodhana with Moola Bandha

Lesson 20

Self-Acceptance
The Chakras (Part 2)
Swadhisthana Chakra
Asanas....Matsyasana (the fish pose)
Asanas....Supta Vajrasana (reclining diamond pose)
Meditation....Ajapa Japa (Stage 1)

Lesson 21

The Brain
The Chakras (Part 3)
Manipura Chakra
Asanas....Sirshasana (Part 1)
Meditation....Ajapa Japa (Stage 2)

Lesson 22

The Balance of Life (Part 1)
Anahata Chakra
Asanas....Sirshasana (Part 2)
Pranayama....Nadi Shodhana with Maha Bandha
Meditation....Ajapa Japa (Stage 3)

Lesson 23

The Ida and Pingala Balance
Vishuddhi Chakra
Meditation....Ajapa Japa (Stage 4)

Lesson 24

Health
Ajna Chakra
Asanas....Halasana (the plough pose)
Meditation....Ajapa Japa (Stage 5)

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KRIYA YOGA (LEVEL 3)

Lesson 25

Kriya Yoga (Part 1)

Kriya Yoga....Preparation and Rules

Kriya Yoga....Vipareeta Karani Mudra (inverted psychic attitude)

Kriya Yoga....Chakra Anusandhana (discovery of the chakras)

Bindu

Lesson 26

Sahasrara

Kriya Yoga (Part 2)

Kriya Yoga....Nada Sanchalana (the rotation of sound consciousness)

Asanas....Setu Asana (the bridge pose)

Asanas....Chakrasana (the wheel pose)

Meditation....Antar Mouna (Stage 1)

Lesson 27

Naturopathy

Kriya Yoga....Pawan Sanchalana (the rotation of breath consciousness)

Asanas....Pada Hastasana (the forward bend)

Asanas....Pada Angusthasana (the thumb-big toe-foor pose)

Asanas....Utthita Janu Sirshasana (the upward facing head between the knees pose)

Asanas....Dynamic Pada Hastasana

Pranayama....Bhastrika Pranayama

Meditation....Antar Mouna (Stage 2)

Lesson 28

Gyana Yoga

Kriya Yoga....Shabda Sanchalana (the rotation of word consciousness)

Hatha Yoga....Nauli (Stage 1)

Asanas....Mayurasana (the peacock pose)

Asanas....Hamsasana (the swan pose)

Asanas....Padma Mayurasana (the lotus peacock pose)

Meditation....Antar Mouna (Stage 3)

Lesson 29

Kriya Yoga....Maha Mudra (the great psychic attitude)

Hatha Yoga....Nauli (Stage 2)

Asanas....Ashwa Sanchalana Asanas (the rocking horse pose)

Asanas....Merudandasana (the spinal column pose)

Asanas....Utthita Hasta Merudandasana (the raised hand spine pose)

Asanas....Niralamba Paschimottanasana (the unsupported back bending pose)

Pranayama....Moorchaha Pranayama

Meditation....Antar Mouna (Stage 4)

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Lesson 30

Kriya Yoga....Maha Bheda Mudra (the great piercing psychic attitude)
Hatha Yoga....Basti
Asanas....Gomukhasana (the cow's face pose)
Asanas....Dhanurakarshanasana (the pose of drawing the bow)
Asanas....Baka Dhyanasana (the crane pose)
Meditation....Antar Mouna (Stage 5)

Lesson 31

Psychic Symbol
Hints for Kriya Yoga Practice
Kriya Yoga....Manduki Mudra (the frog psychic attitude)
Kriya Yoga....Tadan Kriya (beating the kundalini)
Chankramanam
Asanas....Gupta Padmasana (the hidden lotus pose)
Asanas....Lolasana (the swinging pose)
Asanas....Parvatasana (the mountain pose)
Asanas....Garbhasana (the womb pose)
Asanas....Kukkutasana (the cockerel pose)
Meditation....Antar Mouna (Stage 6)

Lesson 32

Kriya Yoga....Naumuki Kriya (the mudra of the nine gates)
Kriya Yoga....Shakti Chalini (the awakening of kundalini)
Hatha Yoga....Vastra Dhauti
Asanas....Koormasana (the tortoise pose)
Asanas....Eka Pada Sirasana (the single foot head pose)
Pranayama....Surya Bheda Pranayama

Lesson 33

Satsang
Kriya Yoga....Shambhavi Mudra (Parvati's lotus)
Kriya Yoga....Amrit Pan (drinking the nectar)
Asanas....Ardha Baddha Padmottanasana (the half lotus forward bending pose)
Asanas....Vatayanasana (the airborne vehicle pose)
Pranayama....Sheetali Pranayama
Pranayama....Sheetkari Pranayama
Yoga Nidra (Part 1)

Lesson 34

Kriya Yoga....Chakra Bhedan (piercing the psychic centers)
Kriya Yoga....Sushumna Darshana (the vision of the sushumna passage)
Asanas....Eka Pada Pranamasana (the one legged prayer pose)
Asanas....Santolanasana (the balancing pose)
Asanas....Pada Angushthasana (the tiptoe pose)
Ujjayi Pranayama with AUM
Yoga Nidra (Part 2)

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Lesson 35

Kriya Yoga....Prana Ahuti (infusion of subtle prana)

Kriya Yoga....Utthan (raising the kundalini)

Asanas....Salamba Sirshasana (the supported headstand)

Asanas....Niralamba Sirshasana (the unsupported headstand)

Asanas....Urdhva Padmasana (the raised lotus pose)

Pranayama....Kapalbhati

Yoga Nidra (Part 3)

Lesson 36

Yoga....The Path to Perfection

Kriya Yoga....Swaroopa Darshana (the vision of the self)

Kriya Yoga....Ling Sanchalana (the expansion and contraction of the astral body)

Kriya Yoga....Dhyana (meditation)

Asanas....Dwi Pada KLandharasana (the two feet shoulder pose)

Asanas....Poorna Matsyendrasana (the full spinal twist pose)

Asanas....Hanumanasana (the splits)

Pranayama....Chaturtha Pranayama

Yoga Nidra (Part 4)