



## DAILY PRACTICE CHART

Practice Sequence	
1. Bhuta Shuddhi	~5 min
2. Upa Yoga	~15 min
3. Patangasana	2 minutes
4. Shishupalasana	2 minutes/leg
5. Nadi Vibhajan	3 cycles
6. Surya Kriya	1,3,6,7,9,11,12 cycles
7. Sushanti Meditation (Perfect Calm) (61-Point Relaxation)	3 cycles
8. Uddyana Bandha (Diaphragm Lock)	3 cycles
9. Shambhavi Mahamudra	21 min

Surya Kriya Sequence		
Asana Name	I/E	Breaths
Samastithi (Equanimous State)	I	Shoonyaka (Emptiness)
Namaskar	I	3
Urdhvasana (Elevated)	I	5
Padahasthasana (Hand to Foot)	E	7
Ashva Sanchalasana (Equestrian)	I	3
Parvathasana (Mountain) Right Leg back	E	5
Sashtanga (With 8 parts of the Body)	I	7
Bhujangasana (Snake)	E&I	Rapid Breathing for duration of 3
Parvathasana	E	5
Ashva Sanchalasana Right Leg forward	I	7
Padahasthasana	E	3
Ashva Sanchalasana Left Leg back	I	5
Parvathasana	E	7
Sashtanga	I	3
Bhujangasana	E&I	Rapid Breathing for duration of 5
Parvathasana	E	7
Ashva Sanchalasana Left Leg forward	I	3
Padahasthasana	E	5
Urdhvasana	E	7
Namaskar	E	3
Samasithi	E	Kumbhaka (Fullness)

Note:

*To be practiced on an empty stomach condition (4 hours gap after a full meal, 2.5 hrs after a snack, 1.5 hrs after a beverage [except water])*



## DAILY PRACTICE CHART

### UPA YOGA

- |      |                              |  |
|------|------------------------------|--|
| I.   | Directional Movement of Arms |  |
|      | Sideways                     | 3 cycles   |
|      | Forward                      | 3 cycles   |
|      | Upward                       | 3 cycles   |
|      | Downward                     | 3 cycles   |
| II.  | Knee Rotation                | 3 rotations clockwise,<br>3 rotations counterclockwise |
| III. | Squatting                    | Once (Swing and Stretch 8 to 12 times)                 |
| IV.  | Neck Practices               |  |
|      | Up and Down                  | 3 cycles   |
|      | Sideways                     | 3 cycles   |
|      | Ear to Shoulder              | 3 cycles   |
|      | Head Rotation                | 3 cycles (Men start towards right, Women towards left) |
|      | Shoulder Rotation            | 3 times forward, 3 times backwards                     |
| V.   | Yoga Namaskar                | 3 cycles   |

### PREPARATORY ASANAS

- |                             |                                    |
|-----------------------------|------------------------------------|
| Patangasana                 | 2 mins                             |
| Shishupalasana              | 2 mins/leg starting with right leg |
| Nadi Vibhajan (Cat Stretch) | 3 cycles                           |

### SHAMBHAVI PRACTICE

- Sukha Kriya (Alternate Nostril Breathing).....6-7 minutes
- AUM Chanting.....21 times
- Vipareeta Swasa.....3-4 minutes
- Bandas (Locks): Once on fullness, once on emptiness
- Watching the breath.....5-6 minutes

Note:

*To be practiced on an empty stomach condition (4 hours gap after a full meal, 2.5 hrs after a snack, 1.5 hrs after a beverage [except water])*