Daily Practice Program

In order to gain mastery over at least one of

the meditative asanas, we advise you to sit in

any one them as much as circumstances and

time will permit; for example while reading,

watching television, talking or at any other

convenient time when you have to remain in

one position. Furthermore, you should continue some of the leg loosening exercises

whenever you have the time1

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Practice Rounds Minutes

Program 1: duration 1 1/2 hours

Surya Namaskara to suit you 10

Shavasana — 4

Ardha Titali Asana 50 each leg 3

Shroni Chakra 10 each way 3

Poorna Titali Asana — 3

Kawa Chalasana — 3

Kashtha Takshanasana — 3

Vayu Nishkasana 10 rounds 3

Utthanpadasana 2 times 3

Bhujangasana — 3

Shashankasana — 3

Ushtrasana 2 times 3

Meru Vakrasana 2 each side 3

Shavasana — 3

Nadi Shodhana Pranayama:

Stage 1 — 5

Stage 2 — 5

Preliminary to stage 3 — 5

Meditation practice: Kaya Sthairyam — 10

Anuloma Viloma and Prana Shuddhi

(with Ujjayi Pranayama) — 15

90

Program 2: duration 1 hour

Surya Namaskara to suit you 7

Shavasana — 3

Ardha Titali Asana 35 each leg 2

Shroni Chakra 10 each way 2

Poorna Titali Asana — 2

Utthanpadasana 2 times 3

Bhujangasana — 3

Shashankasana — 3

Ushtrasana 2 times 3

Mem Vakrasana 1 each side 2

Shavasana — 3

Nadi Shodhana Pranayama:

Stage 1 — 4

Stage 2 — 4

Preliminary to stage 3 — 4

Meditation practice: Kaya Sthairyam,

Anuloma Viloma and Prana Shuddhi

(with Ujjayi Pranayama) — 10

60

Program 3: duration 3/4 hour

Surya Namaskara to suit you 6

Shavasana — 3

Ardha Titali Asana 35 each leg 2

Shroni Chakra 10 each way 2

Poorna Titali Asana — 2

Bhujangasana — 3

Shashankasana — 3

Mem Vakrasana 1 each way 2

Nadi Shodhana Pranayama: —

Stage 1 — 4

Stage 2 — 4

Preliminary to Stage 3 — 4

Meditation practice: Kaya Sthairyam — 10

45

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Notes

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 Book I, Lesson 6, Topic 4

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Program 4: duration1/2 hour

Surya Namaskara to suit you 6

Shavasana — 3

Bhujangasana — 3

Shashankasana — 3

Meru Vakrasana 1 each way 3

Nadi Shodhana Pranayama:

Stage 1 — 4

Stage 2 — 4

Preliminary to stage 3 — 4

30

Try to find time to practise Kaya Sthairyam.