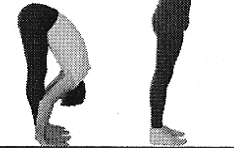
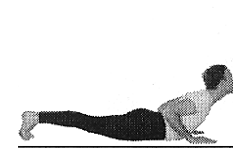
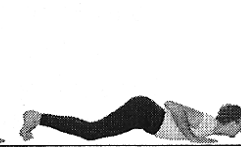
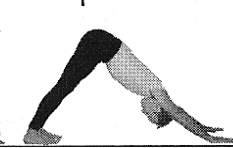
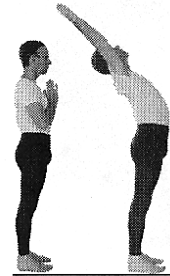
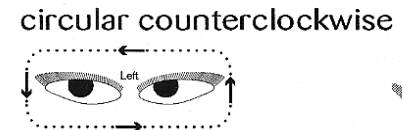
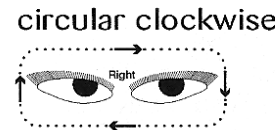
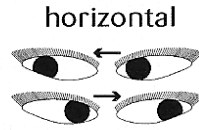
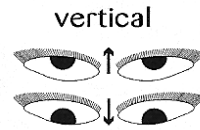


Basic Integral Yoga® Hatha Class

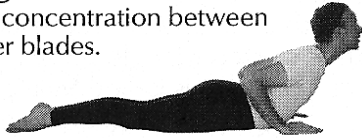
Integral Yoga Studio 919-926-9717

1. Opening Chants: OM, Hari OM
2. Eye Movements:

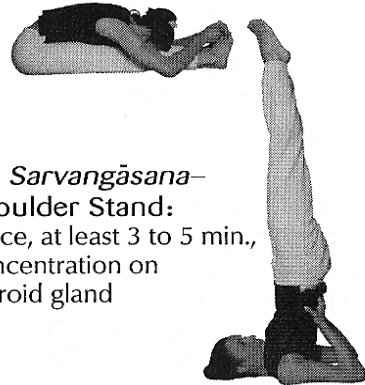


3. *Sūrya Namaskāram*—Sun Salutation
3–4 times, entire sequence.

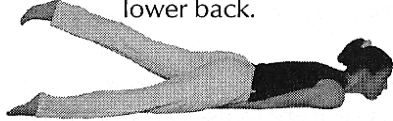
4. *Bhujāṅgāsana*—Cobra Pose:
Two times, concentration between the shoulder blades.



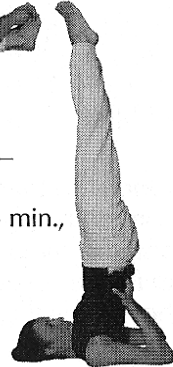
9. *Paścimottanāsana*—Full Forward Bend:
Once, concentration on lower back and legs.



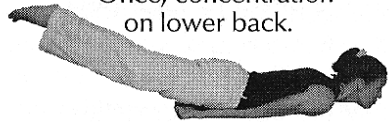
5. *Ardha Śalabāsana*—Half-locust Pose:
Two times each legs, concentration on lower back.



10. *Sarvangāsana*—Shoulder Stand:
Once, at least 3 to 5 min., concentration on thyroid gland



6. *Śalabāsana*—Full-locust Pose:
Once, concentration on lower back.



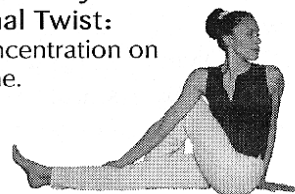
11. *Matsyāsana*—Fish Pose:
Once, concentration on thyroid gland



7. *Dhanurāsana*—Bow Pose:
Once, concentration on entire spine.



12. *Ardha Matsyendrāsana*—Half-Spinal Twist:
Once, concentration on entire spine.

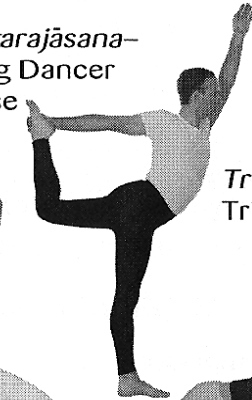
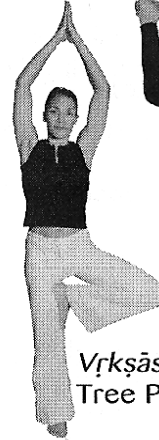


8. *Jānuśīrṣāsana*—Head to Knee Pose:
Once each sides, concentration on lower back and legs.



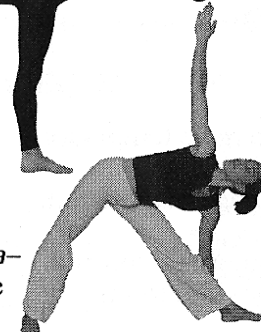
13. Optional poses (various)

Naṭarajāsana—King Dancer Pose



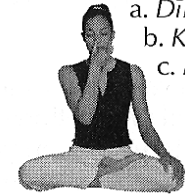
Trikoṇāsana—Triangle Pose

Vṛkṣāsana—Tree Pose



16. *Prāṇāyāma*—Breathing Practices:

- a. *Dirgha Svasam*
- b. *Kapalabati*
- c. *Nāḍi Śuddhi*



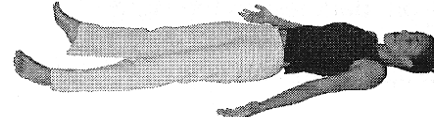
17. Meditation



14. *Yoga Mudrā*—Yogic Seal:
Once, for at least 10 seconds.



15. *Yoga Nidra*—Deep relaxation



18. Closing Chants

*Asato Mā Sat Gamaya
Tamaso Mā Jyotir Gamaya
Mr̥tyor Māmṛtam Gamaya*
Lead us from unreal to Real,
Lead us from Darkness to the Light,
Lead us from the fear of Death,
To the knowledge of Immortality.
Lokāḥ Samastāḥ Sukino Bhavantu
May the entire Universe be filled
with Peace and Joy, Love and Light.
May the light of Truth overcome
all darkness!
Jai Śri Sadguru Mahārāj Ki! Jai!

Shanti - Shanti - Shanti