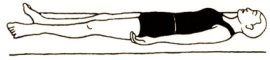


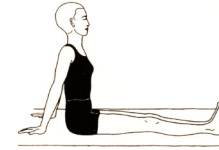
## Lesson 1 (days 1 + 2, preparations for sitting in meditation asana)

All this Asanas are to be found in the book "Asana Pranayama Mudra Bandha" from Bihar School of Yoga, India. The numbers of the pages may perhaps not correspondent with the present edition of the book.



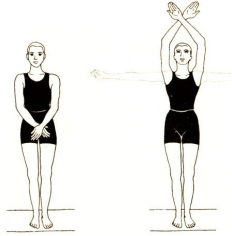
**Shavasana** (relax and feel yourself)

page 86



**Prarambhik Sthiti**

page 25



**Hasta Uttanasana** (5 rounds)

page 136



**Padanguli Naman & Goolf Naman**  
(5 rounds)

page 26

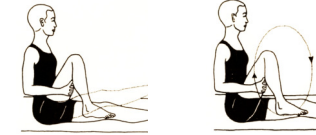
**Goolf Chakra** (5 rounds)

page 27



**Tadasana** (5 rounds)

page 139



**Janu Naman** (7 rounds)  
**Janu Chakra** (5 rounds)

page 29

page 31



**Tiryaka Tadasana** (5 times each side)

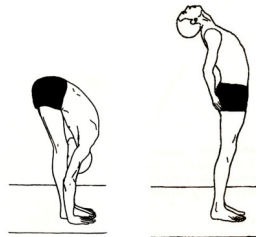
page 141



**Shroni Chakra**

(5 rounds each direction and each leg)

page 34



**Pada Hastasana** with backward-bending (5 rounds)

page 241



**Poorna Titali Asana** (10 times)

page 35



**Natavarasana** (5 breaths each leg)

page 292

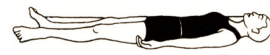


**Kati Chakrasana** (7 times each side)

page 142



**Shavasana** (relax and feel yourself)



**Shavasana** (relax and feel yourself)



**Sukhasana** page 96  
**with Gyana or Chin**  
**Mudra** page 427  
(or any meditation pose)

**Samveta Pranayama** Sit in a comfortable meditation pose. After focusing on your breath start to expand your abdomen and chest with inhalation and with exhalation relax chest and pull in slightly abdomen (7 rounds).

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