

Lesson 2 (days 3 + 4, working on the upper part of the body)

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



Deep exhalation - deep inhalation



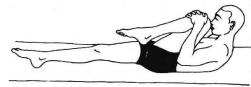
Shavasana (relax and feel yourself)



Jhulana Lurhakanasana page 54



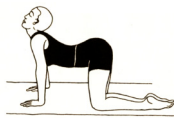
Shavasana (relax and feel yourself)



Supta Pawanmuktasana page 52



Shavasana (relax and feel yourself)



Marjari-asana page 119



Shavasana (relax and feel yourself)



Prarambhik Sthiti page 25



Mushtika Bandhana
Manibandha Naman
Manibandha Chakra

page 37

page 38

page 39



Kehuni Naman
Skandha Chakra

page 40

page 41



Greeva Sanchalana (Stages 1 - 3) pages 42/43



Shavasana (relax and feel yourself)



Trikonasana (Variation 2) page 152



Shavasana (relax and feel yourself)



Supta Udarakarshanasana page 55



Shavasana (relax and feel yourself)



Natarajasana page 295



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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