

# Schedule for Individual Practice



Yoga was developed by the ancient masters to help practitioners get in touch with their true nature – Spirit: which is described as peace and stillness. To practice yoga, it should be performed slowly and with awareness. Try to pause between asanas (postures) and watch your body react. Stay in touch with your breathing and bodily sensations so the mind does not wander into the past and future. Also, keep the whole body relaxed except for the bodily part that is being worked. If you are able to keep your attention on the body and breath you will experience a break from the constant noise inside your mind. When you distance yourself from the ever flowing stream of thoughts, you experience stillness, a glimpse of your true nature.

If you do not have time to complete the entire schedule, it is advisable not to rush through each asana but to eliminate some asanas instead. Always

include the standing warm-up section in the beginning and relaxation at the end during each session of yoga. Counter poses should not be eliminated; i.e. – from paschimotāsana to purvotānasana, and from back bends (such as bhujangāsana) to balasana. What you perform on the left side perform on the right side before concluding.

For those practitioners who are interested in the spiritual aspect of yoga you could incorporate some rituals such as, spending time at the beginning and end of the session in silence, followed by chanting OM and a bow. It is recommended that you shower before yoga to honour yoga as a sacred practice, not merely as exercise.

**STEPS 1 TO 23 DURATION – APPROXIMATELY 1 HOUR  
(Refer to yoga rules at end of document)**

## General Yoga Rules

1. To really experience the benefits of yoga you should practice regularly.
2. Practice on an empty stomach.
3. Practice on a non-slip and even surface.
4. Practice in a warm environment.
5. Wear comfortable clothing; avoid wearing jewellery.
6. Go slowly after a break, especially following an illness or injury.
7. What you make the left side of your body do, always repeat on the right side, and vice versa.
8. Keep your mind focused on your practice by concentrating on your breath. Generally you exhale when you squeeze your body into itself, and inhale when you expand your body. Breathing is always performed with mouth closed unless a particular breathing exercise states otherwise.
9. Yoga should be practiced smoothly and slowly. Do not jerk or force your body into postures, and try not to create mental struggle during your practice. Yoga should be a pleasure, not a chore.
10. Learn to identify the difference between 'good pain' and 'bad pain'. Good pain feels like a deep stretch; a comfortable discomfort. Bad pain is usually a sharp sudden pain warning you to ease off. Listen to your body, you are the best judge.
11. As a beginner, do not be alarmed if you feel sore during/after practice, experience moments of dizziness, nausea and even a release of deep emotions. Yoga is a form of detoxification; your body and mind is healing itself by releasing toxins and emotions that have built up for years.
12. If you are menstruating or pregnant do not perform any inverted postures, such as head stand and shoulder stand. Avoid twisting your abdomen.

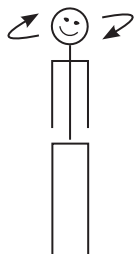
Inform your teacher if you are pregnant.

## Standing Stretches



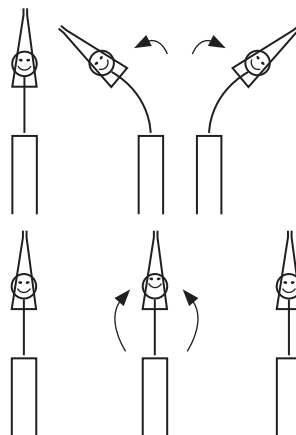
### 1 Tadasana (Mountain posture)

Stand with the feet hip width apart, stomach, buttocks and shoulders in line. Feel the feet on the floor and the muscles relax. Take five full breaths through the nose.



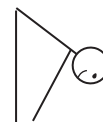
### 2 Neck circles

Begin with the head down, but keep the back and shoulders straight. Inhale as the head moves left and exhale as the head moves right. Repeat three times. Reverse the circle by inhaling as the head moves right and exhale as the head moves left. Repeat three times. Do not jerk the neck. Keep the shoulders still and erect.



### 3 Adha-chandrasana (Half Moon posture)

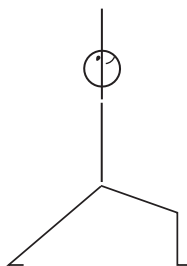
Inhale, raise the arms above the head and join the palms into a prayer (interlock thumbs and keep knees straight). Exhale and bend directly to the left. Inhale and return to the centre. Exhale and bend right, inhale and return centre. Exhale and bend back, inhale back to centre. Exhale and bend forward - move into Padahastasana.



### 4 Padahastasana (Standing Forward Bend)

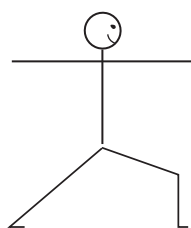
Try to grasp the big toes, holding them between the index and middle fingers without bending the knees. Advanced students can insert both hands under the feet so the palms touch the soles. If you are unable to do either, hold onto the ankles or calves. Beginners can bend the knees. Hold for 3-5 breaths. Inhale and rise slowly with the back round.

## Standing



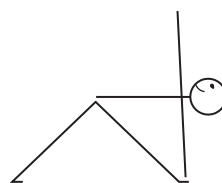
### 5 Virabhadrasana I (Warrior I)

Stand in Tadasana and spread the legs out one metre apart. Turn the left foot out 90 degrees and the right foot in 30 degrees. Turn the body to the left and as you exhale bend the left knee as much as possible (ideally to a right angle). Inhale and stretch the arms above the head, joining the palms into a prayer, exhale and tilt the head back but keep the back straight. Hold for 3-5 full breaths. Inhale and lift the head to the centre. Move into Virabhadrasana II.



### 6 Virabhadrasana II (Warrior II)

Exhale; take the arms down to the side at shoulder height. Keep the left knee bend and the head turned to the left, inhale and turn the torso, hips and arms to the right so the eyes now look towards the left hand. Both palms are facing the ground and remain at shoulder height. Hold for 3-5 full breaths. Inhale and straighten the left knee. Move into Trikonasana.

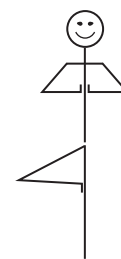


### 7 Trikonasana (Triangle posture)

Exhale and drop the left hand down, right hand up to a vertical position. Either, place the left hand on the ground beside the outside of the left foot, or just loosely beside the left foot. Try not to turn the trunk forward or backward. The head should stay in the same line as the spine and the knees should be straight. Hold for 3-5 full breaths. Inhale and come up; return to Tadasana.

Repeat Virabhadrasana I, II and Trikonasana with the right leg.

N.B – each asana can be performed on its own.

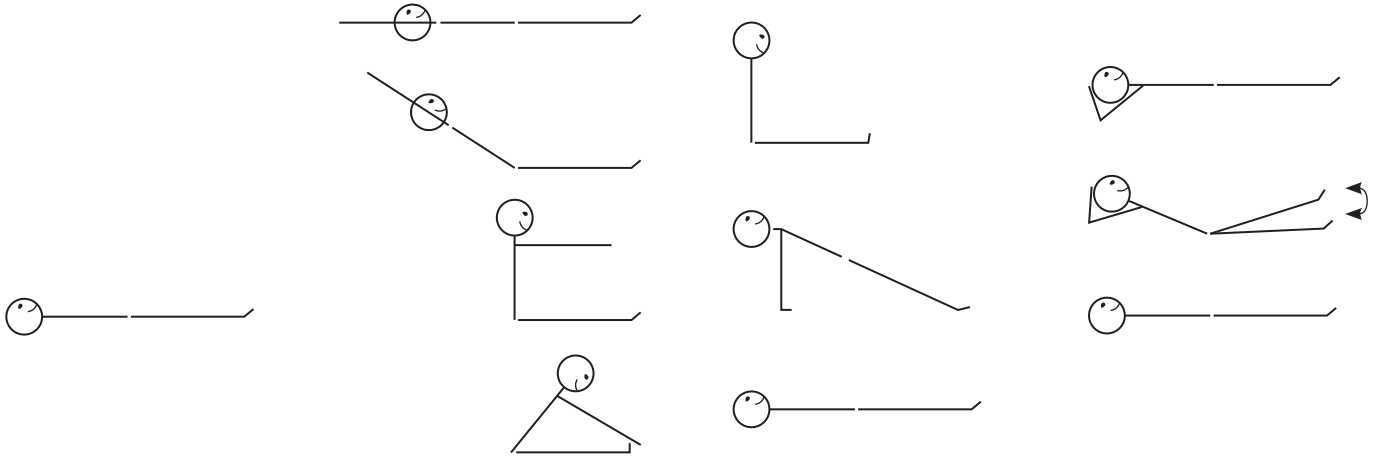


### 8 Vrksasana (Tree posture)

Start in Tadasana. Focus the eyes on an immovable object at eye level, place the weight of the body onto the right leg and raise the left leg. Beginners place the left sole against the right inner ankle, or below the knee. Other students can place the sole against the right inner thigh. Left knee should point directly to the left; inhale and take the arms into a prayer above the head and then into the chest. Hold for as long as possible while breathing evenly. Experienced students can master Vrksasana with the eyes closed.

# Schedule for Individual Practice – Caitanya Yoga

## Lying on your back



### 9 Savasana (Corpse posture)

Lie with the arms and legs slightly away from the body, palms turned up and feet falling out. Spend a moment watching the breath and relaxing the entire body from toes to head.

### 10 Pashchimottanasana (Sitting Forward Bend) – repeat three times in one continuous motion

Bring the arms over the head and the feet together. Inhale and slowly raise the hands over the head (thumbs linked) towards the thighs. Raise the head and shoulders from the mat and come into a sitting position. Exhale and keep sliding the hands along the legs as you lean forward and attempt to bring the head on the knees and grasp the toes as in Padahastanasana. Inhale and slowly return to a sitting position and exhale as you take the arms over the head and lie back on the mat. Take care to uncurl the back in the opposite direction until you reach the ground and raise the hands from the thighs only when the whole back is almost on the mat.

### 11 Purvotanasana (Front Intense Stretch posture) – repeated three times for short durations

Sit in Dandasana – legs straight out in front. Take the hands back 12 inches, fingers facing the direction of the feet and arms shoulder width apart. Lean on the palms with the elbows straight. (Beginners bend the knees and place the heels under the knees.) Inhale, raise the buttocks off the mat and push the pelvis as high as you can, keep the soles on the ground, exhale and tilt the head back. Inhale and bring the head forward, exhale and lower the buttocks down without bending the elbows.

Rest in Savasana.

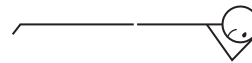
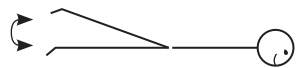
### 12 Abdominal workout

Interlace the fingers and place the palms under the head. Bring the feet together and as you exhale raise the legs and head a few inches off the mat. Hold this position for three breaths. Exhale and raise the left leg to 30 degrees, inhale and return leg to a few inches off the mat. Exhale and raise the right leg 30 degrees, inhale and lower. Repeat as many times as you can, keeping in mind that core strength is vital to your overall health.

Rest in Savasana.

# Schedule for Individual Practice – Caitanya Yoga

## Lying on your stomach



### 13 Bhujangasana (Cobra posture) – three times

Legs and feet together with soles turned up, arms are bent and the hands rest on the floor with the tip of the fingers in line with the top of the rounded shoulders. Forehead is on the floor. Inhale and slide the nose along the mat and raise your head, neck stretched and nape compressed. Keep raising the chest and shoulders but keep the pelvis on the ground. Place all your weight onto the stomach, not the arms. Beginners can raise the palms an inch from the mat to ensure pressure is on the stomach. Exhale as you return to the mat.

### 14 Ardha-Salabhasana (Half Locust posture) – twice

Lying on the stomach with the legs together and chin on the mat (push the chin as far forward as possible). Arms are beside the body with the palms down. Inhale and raise the left leg, knee straight, pelvis on the ground and right side relaxed. Exhale and lower the left leg. Repeat with the right leg.

### 15 Salabhasana (Locust posture)

The only difference with the full locust position is that palms are clenched into fists and both legs rise simultaneously by contracting the muscles in the small of the back. For most of us, the legs will not rise very high – this is quite normal.

### 16 Rest

Make a pillow out of the arms and rest the forehead. Turn the toes inward. Breathe fully and watch the body relax.

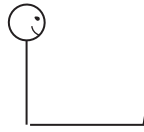
# Schedule for Individual Practice – Caitanya Yoga

## Sitting



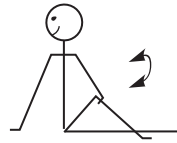
### 17 Balasana (Child posture)

Inhale and raise the torso; exhale and place the buttocks onto the heels. Arms stretched out, or under the head if the buttocks do not touch the heels. Take three full breaths and relax all the muscles in the body.



### 18 Dandasana (Sitting posture)

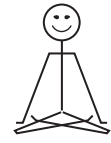
Sitting on buttocks with legs straight in front; toes pointing upwards and arms by side.



### 19 Ardha – Matsyendrasana (Half Twist)

Sit in Dhandasana (legs straight out and together; hands beside buttocks). Bend the left leg and cross it over the right leg; place the left foot against the outside of the right knee. Place the left arm on the ground behind the back; fingers pointing away from the back. Place the right elbow against the outside of the left knee and then try to hold the left foot.

Exhale and twist left from the sacrum step-by-step up the spine until, by turning the head, it reaches the nape of the neck. Inhale and release in the opposite direction. Repeat on the other side. If you cannot take the right arm against the outside of the left knee, simply hold onto the left knee with the right hand.



### 20 Sukhasana (Cross legs)

Sit with legs crossed (left in front), hands in gñana-mudra (back of wrists on knees, index finger and thumb join to form a circle, other fingers relaxed); back straight and eyes closed. Spend a few moments in silence. If you cannot sit in Sukhasana, sit in a comfortable position of your choice, or on a chair.

### 21 Eye exercises

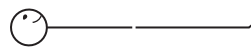
Sit in Sukhasana; without moving the head direct the eyes upward, back to the centre, downwards, back to the centre, to the left, back to the centre, to the right, back to the centre. Circle the eyes anti-clock wise three times, then clockwise three times. Close the eyes, then open them wide, close them tight – repeat 3 times. Close the eyes and rest a moment. Eye exercises should not strain the eyes; be gentle and blink throughout.

### 22 Ujay Pranayama (Breathing exercise)

Sit in Sukhasana (right leg in front); lower the head to the trunk, rest the chin in the notch between the collar-bones and perform Jalandhara Bandha (contract the throat muscles towards the back of the palate – mouth closed throughout). Exhale completely. Take a slow, deep breath through both nostrils – air should be felt on the roof of the palate and sound like ocean waves. Fill the lungs to the brim without bloating the abdomen. Hold the breath for 3-5 seconds. Exhale slowly and deeply until the lungs are completely empty. When you begin to exhale grip the abdomen for 2-3 seconds, then relax the diaphragm gradually. The exhalation should be felt on the roof of the palate and make an audible sound.

Wait for 3-5 seconds before drawing fresh breath.

Repeat for as long as comfortable, and then relax in Savasana.

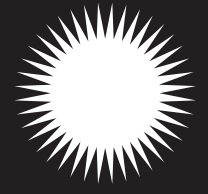


### 23 Relaxation

Lie in Savasana with the eyes closed and body comfortable. Feel the muscles and bones relax and sink into the ground. Stay aware of your breath and remain still until all the muscles have completely relaxed, the breath is quiet and the heart beat normal. Move away from the thinking mind into the deeply relaxed body and rest a while in stillness.

# Surya Namaskar

## Sun Salutations



1

Pranamasana (Prayer pose) with Namaskar mudra

**Om Mitrāya namaḥ**

Salutations to the friend of all

*Breath:* Breathe normally & exhale

*Awareness point:* Chest region

*Chakra:* Anahata



7

Bhujangasana (Cobra pose)

**Om Hiraṇyagarbhāya namaḥ**

Salutations to the golden cosmic Self

*Breath:* Inhale

*Awareness point:* Pelvic region

*Chakra:* Swadhisthana



2

Urdhva-hastasana (Upright/above – hand pose)

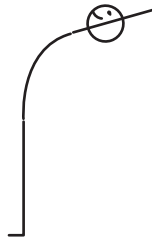
**Om Ravāye namaḥ**

Salutations to the shining One

*Breath:* Inhale

*Awareness point:* Throat

*Chakra:* Vishuddha



8

Adho Mukha Svanasana (Downward facing dog pose)

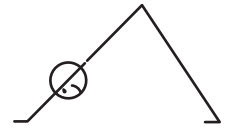
**Om Marīchāye namaḥ**

Salutations to the Lord of the Dawn

*Breath:* Exhale

*Awareness point:* Throat region

*Chakra:* Vishuddha



3

Padahastasana (Hand to foot pose)

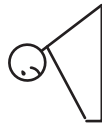
**Om Sūryāya namaḥ**

Salutations to He who initiates activity

*Breath:* Exhale

*Awareness point:* Pelvic region (pivotal point)

*Chakra:* Swadhisthana



9

Ardha-bhujangasana (Half cobra pose)

**Om Ādityāya namaḥ**

Salutations to the son of Aditi, (cosmic Mother)

*Breath:* Inhale

*Awareness point:* Eyebrow centre

*Chakra:* Ajna



4

Ardha-bhujangasana (Half cobra pose)

**Om Bhānave namaḥ**

Salutations to He who illumines

*Breath:* Inhale

*Awareness point:* Eyebrow centre

*Chakra:* Ajna



10

Padahastasana (Hand to foot pose)

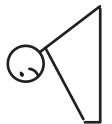
**Om Savitrē namaḥ**

Salutations to Lord of Creatures

*Breath:* Exhale

*Awareness point:* Pelvic region (pivotal point)

*Chakra:* Swadhisthana



5

Adho Mukha Svanasana (Downward facing dog pose)

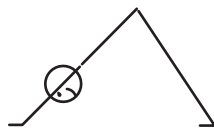
**Om Khagāya namaḥ**

Salutations to the one who travels through the sky

*Breath:* Exhale

*Awareness point:* Throat region

*Chakra:* Vishuddha



11

Urdhva-hastasana (Upright/above – hand pose)

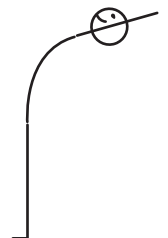
**Om Arkāya namaḥ**

Salutations to He who is fit to be praised

*Breath:* Inhale

*Awareness point:* Throat

*Chakra:* Vishuddha



6

Ashtanga Namaskar-asana (Salute with 8 points)

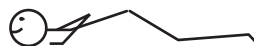
**Om Pushne namaḥ**

Salutations to the giver of strength

*Breath:* Retain breath outside (Kumbhaka)

*Awareness point:* Abdominal region

*Chakra:* Manipura



12

Pranamasana (Prayer pose) with Namaskar mudra

**Om Bhāskarāya namaḥ**

Salutations to He who leads to Enlightenment

*Breath:* Exhale fully and breathe normally

*Awareness point:* Chest region

*Chakra:* Anahata

