

Integral Yoga® Hatha Yoga Level I—Basic Class



Opening Chakra
Om Om Om (Om sound)
Crowned Chakra (Crown) to 1st
Main Chakra (Root), Kriya



Vertical Movements



Horizontal Movements



Diagonal Movements
From Right to Left



Diagonal Movements
From Left to Right



Clockwise &
Counter-clockwise
Full Circular Movements



Position 1



Position 2



Sirsa Namaskarasana, The Sun Worship or Sun Salutation
Position 3



Position 4



Position 5



Position 6



Position 7



Position 8



Sirsa Namaskarasana, The Sun Worship or Sun Salutation (Cont.)
Position 9



Position 10



Position 11



Position 12



Kardiyana
Coward Pose



Adhva Dhanurasana
Power Pose



Bhujangasana
Cobra Pose



Anahita—Saktabhasana
Half Lotus Pose



Saktabhasana
Lotus Pose



Dhanurasana
Bow Pose



Muktasaktabhasana
Head-to-Knee Pose



Purvottasaktabhasana
Full Forward Bend



Sarvangasana
Shoulder Stand



Matsyasana
Fish Pose



Anahita Matsyasaktabhasana
Half Spinal Twist
(Diagonal)



Anahita Matsyasaktabhasana
Half Spinal Twist
(Advanced)



Vajrasana
Vajra Seal



Vajrasana
Deep Relaxation



Dhyana—Pranam
Deep Thanksgiving



Kapalabhati
Skull-Shining Breath



Nadi—Sakti
Nerve-Charging Breath



Closing Chakra

Arpita Namah (Om sound)
Loka Sarvagata Namah
Jai Sri Saktibhaya Mahadevya Namah

Yoga Integral

Jicheng Xie



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