

Integral Yoga® Hatha Yoga Level I—Basic Class



Opening Chakra
Om Om Om (Om sound)
Crowned Chakra (Crown) - Sahasrara
Heart Chakra (Anahata, Anahita)



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



Ardha Matsyendrasana
Twisting Pose



Ardha Matsyendrasana
Twisting Pose



Bhujangasana
Cobra Pose



Ardha Sirsasana
Half Headstand Pose



Sirsasana
Headstand Pose



Bhujangasana
Cobra Pose



Muktasana
Head-to-Knee Pose



Paschimotthanasana
Full Forward Bend



Sirsa Stand
Shoulder Stand



Matsyendrasana
Fish Pose



Ardha Matsyendrasana
Half Spinal Twist
(Advanced)



Ardha Matsyendrasana
Half Spinal Twist
(Advanced)



Yoga Mudra
Yogi Seal



Yoga Nidra
Deep Relaxation



Dhyana
Deep Meditation



Kapalabhati
Skull-Shining Breath



Nadi Sodhana
Nerve-Cleansing Breath



Closing Chakra
Anjali Mudra (Prayer)
Lokh Samastah Namah
Jai Sri Sachidra Mahanta Ji

Yoga Integral

D Siedentop



Yoga Integral:

Delve into the emotional tapestry woven by Emotional Journey with in **Yoga Integral** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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