

## Sadhana 1

*Puja - include consecration + Sutra 1.1*

Gayatri Mantra x 6 rounds

Woodchopper Breath x 10 rounds

**Standing womb pilgrimage**

**x 10 rounds each**

*Snake Circles Womb*

*Circles + Spirals*

*Smiling Pelvis*

*Figure 8*

Golden Thread Pranayama (5 mins)

Guru Mantra Meditation (20 mins)

## Puja

The practice of Puja (or Ritual) at the beginning of practice, melts away resistance and drops us into heart space. It allows us to be an open channel for divine consciousness to flow through.

## Gayatri Mantra

<b><i>Om Bhur Bhuvah Svah</i></b>	Om bhur bhuvah svah
<b><i>Tat-savitur Vareṇyam</i></b>	tat savitur varenyam
<b><i>Bhargo Devasya Dhīmahī</i></b>	bhargo devasya dhimahi
<b><i>Dhiyo Yonah Prachodayāt</i></b>	dhiyo yo nah prachodayat

## Woodchopper Pranayama

Woodchopper Pose Flow (Kashtha Takshanasana) can form part of a daily warm up to activate the breath and prana flow in the body.

### Guidance

- Start standing feet hip width apart with hands in Akasha mudra at the heart.
- **Inhale** through the nose raise the arms overhead, maintaining Akasha mudra.
- **Exhale** out of the mouth, swing the arms through legs.
- Eyes are softly open. Complete 10 rounds.

## Snake Circles the Womb

In the tantric path, the snake represents the unawakened cosmic energy that rests at the base of the spine. This rhythmic movement is intended to move this vital energy up from the earth in the feet and legs and into the heart-womb river.

### Guidance

- Start standing with feet hip width apart.
- One hand rests to sacrum and the other to womb.
- **Inhale** pelvis tilts forward, extending the tail back, increasing the curvature through the back. Awareness at womb - heart.
- **Exhale** bend the knees and tilt the pelvis back. Awareness heart - womb.
- Repeat until the movement feels fluid, strong and free flowing. Release the hands when you feel the fluid movement.

## Standing Womb Pilgrimage Circles and Spirals

An extension of Snake Circling the Womb, this series builds on the feeling of full butterfly womb pilgrimage.

### Guidance

- Start standing with feet hip width apart.
- Arms rest loosely by the sides
- Begin to circle the hips around the womb space centre in the direction of your dominant svara.
- **Inhale** as you move around the front arc of the circle awareness heart - womb.
- **Exhale** as you move around the back arc of the circle awareness womb - heart.
- Continue for 9 rounds, or until you feel fluidity in the pelvic bowl.

## Standing Womb Pilgrimage Smiling Pelvis

An extension of Snake Circling the Womb, this series builds on the feeling of full butterfly womb pilgrimage.

### Guidance

- Start standing with feet hip width apart.
- Arms rest loosely by the sides
- Begin to rock the hips side to side, shifting the weight from one leg to the other.
- **Inhale** as you rock to one side.
- **Exhale** as you rock to the opposite.
- Continue for as many rounds as feels comfortable.

# Standing Womb Pilgrimage

## Figure of Eight

An extension of Snake Circling the Womb, this series builds on the feeling of full butterfly womb pilgrimage.

### Guidance

- Start standing with feet hip width apart.
- Arms rest loosely by the sides
- Begin to move the hips, tracing the shape of a figure 8 or infinity symbol.
- **Inhale** as you move in one direction.
- **Exhale** as you move in the opposite.
- Continue for as many rounds as feels comfortable.

## Golden Thread Pranayama

A physical sensation of slow and total surrender. There is no sense of force and thus as you witness the breath lengthen, you experience a letting go into limitless space and silence in front of you. It is through this silence that we may discover the possibility of an open encounter with pure being. The Shakti is carried on the exhalation into the silence of Shiva (pure consciousness).

### Guidance

- Start in a comfortable seat.
- Create an awareness of the four parts of the breath (inhale, space in between, exhale, space in between).
- Take a few rounds where you inhale through the nose and sigh the breath out of the mouth for several rounds.
- Then reduce the volume and intensity of sighing out the breath and let the mouth remain open but only so much as you feel the breath move out in the same way a soft breeze would move through a slightly ajar window.
- Allow the sighs to then gradually reduce to silence having the teeth and soft lips open at whatever distance apart feels comfortable to still empty out the breath.
- If the breath feels comfortable, reduce the distance between the lips even more to the point where you may only be able to place a soft tissue in between.
- **Inhale** through the nose.
- **Exhale** through the mouth.