

Sadhana 7

<p><i>Puja - your own</i></p> <p>Mantra 108 rounds - your own</p> <p>Pumping water variation 1 + 2</p> <p>Greeting squats</p> <p>Prana Vayu 1</p> <p>Guru Mantra Meditation (30 mins)</p>

Pumping water variation 1

A practice to unblock and lift the life force energy. It frees stagnant energy from the core of the body, builds strength and promotes mobility and vitality.

Guidance

- Start standing with the feet hip width apart and a gentle bend in the knees.
 - Place the hands to the knees.
 - INHALE lift the chest and drop the buttocks down slightly as if coming half way to sitting into a chair. Elbows straighten.
 - EXHALE keep the knees bend fold forward. Elbows bend.
 - Repeat 7 times or until you feel the prana circulating.
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Pumping water variation 2

Offering a deeping into the practice. If this variation is not available to you, return to variation 1.

Guidance

- Start in Malasana (yogi squat) with the hands holding the inside of the arches of the feet.
 - INHALE lift the chest and gaze, lengthen the spine. Heels and feet stay in contact with the earth.
 - EXHALE raise the buttocks up, lower head and chest to fold forward. Knees stay bent, heels and feet stay in contact with the earth.
 - Repeat 7 times or until you feel the prana circulating.
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Greeting squats

A practice to unblock and lift the life force energy. It frees stagnant energy from the core of the body, builds strength and promotes mobility and vitality.

Guidance

- Start in a deep squat with the hands to Anjali Mudra. .
 - INHALE lift chest, lengthen spine and lift the gaze.
 - EXHALE reach the arms straight out in front, arms either sides of the ears, lift the buttocks.
 - Repeat 7 times or until you feel the prana circulating.
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Prana Vayu 1

This practice moves prana through each of the five vayus. In particular there is a focus on Prana Vayu, an upward moving lift.

Guidance

- Start standing feet hip width apart.
 - 3 part breath in through the nose followed by an exhale out through the mouth.
 - INHALE 1 - sweep the arms forward to shoulder height palms face up.
 - INHALE 2 - sweep the arms out to the sides shoulder height palms face up.
 - INHALE 3 - sweep the arms overhead palms face each other.
 - EXHALE making a tshhhh sound, sweep the arms down by the sides, fold forward with bent knees but keep the chest lifted.
 - Move quickly through each repetition.
 - Continue for at least 4 minutes.
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