






## Special Restorative Poses

Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Salamba Setu Bhandāsana	Supported Bridge Pose	4th 5th	
Viparīta Karaṇī (regular or supported)	Simple Inversion	5th 6th	
Salamba Supta Baddha Koṇāsana	Supported Reclined Bound Angle Pose	2nd 4th 6th	

VINYASA KRAMA M16



**Om bhūr bhuvah svah tat savitúr vareṇyaṃ  
bhargo devasya dhīmahi dhiyo yó naḥ prachodayāt**

### Translation

I meditate on the radiant and most venerable light of the Divine, from which issues forth the triple world—the *bhu*, *bhuvah*, and *svah*—earth, ether and Cosmos (Heaven). May the Divine light illuminate and guide our intelligence."

Considered to be the mother of the Vedas, this *mantra* enabled the sages to receive revelation of all other mantras. The mantra calms the mind, washes away *karmic* impurities, purifies the ego, sharpens intellect and illumines the inner being with the light that flows directly from the Source. This *mantra* connects us to the teacher within and helps us receive inner guidance and inner inspiration.

The *gāyatri* enlivens life force so that it expresses itself fully, thus promoting longevity, courage, strength, understanding, clarity, along with sweetness of speech and ultimately the power to enliven our studies and spiritual practices. Initially, its impact can be subtle, but in time its effect is immense and everlasting. The process of purification through this practice begins in the deep unconscious and gradually pervades all aspects of our personality. We become new and fully transformed, inside and out.

Adapted from a description by:

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## The *Mantra* Calls Forth the 5 Phases of Divinity

- |   |                                  |  |
|---|----------------------------------|--|
| 1 | <i>Om:</i>                       | Welcome to the Gods  |
| 2 | <i>bhūr bhuvah svaḥ:</i>         | The three phases of earth, ether and Cosmos (Heaven)   |
| 3 | <i>tat savitúr váreṇyam:</i>     | The Divine ultimate reality; equated with the glorious power of the Sun.   |
| 4 | <i>bhargo devasya dhīmahi:</i>   | The radiance, luster, and the illuminating power of Divinity, which frees our transition from darkness to light. |
| 5 | <i>dhiyo yó naḥ prachodayāt:</i> | An invocation of Prayer  |

The *gāyātri* thus embodies *varanam* (description), *dyanam* (meditation) and *pratima* (prayer), ultimately conveying oneness with Divine ultimate reality (*savitri*) and the illuminating power (*shakti*) of divinity to carry us from a world of darkness to one of light.

## Word by Word Meaning

<i>Om</i>	Creator/Source/Absolute Being
<i>bhūr</i>	Embodied spiritual force
<i>bhuvah</i>	Destroyer of suffering
<i>svaḥ</i>	Embodiment of happiness
<i>tat</i>	That
<i>savitúr</i>	Bright like the sun
<i>váreṇyam</i>	Best, choicest
<i>bhargo</i>	Destroyer of all sins
<i>devasya</i>	Divine
<i>dhīmahi</i>	To imbibe
<i>dhiyo</i>	Intellect
<i>yó</i>	Who
<i>naḥ</i>	Our
<i>prachodayāt</i>	To inspire



Vayu	Location	Force/Action	Function
<b>Apana</b>	Pelvic floor	Descending	Elimination, Letting Go
<b>Samana</b>	Abdomen	Equalizing	Assimilation, Digestion, Metabolism
<b>Pran</b>	Head Heart	Energizing	Energizing, Revitalizing
<b>Udana</b>	Throat	Ascending	Enthusiasm, Growth, Inspiration
<b>Vyana</b>	Entire body inside and outside, aura	Distributing circulation	Integrates All vayus, All pervasive vital force, Expanding





The foundation for these meditations is ease plus *prana dharana* (concentrated vital force). Instead of trying to “visualize” or “imagine” the process or technique, approach these, and all *kriya* meditations—active meditative process, moving energy/awareness to purify consciousness—by first calming your mind, and then developing your sensitivity to light, presence or energy, thereby gathering and collecting *prana*.

Once your mind is stable, resting, absorbed in life force at the 3rd eye, brain center or *guru chakra*, allow higher awareness to reveal the living experience of the practice, freeing you to see, sense, feel and experience subtle reality. Your breath is silent throughout the practice, your mind effortless.

## *Pran* (Energizing Breath) Meditation

*Pran* is located in the head and heart. It is the vitalizing and internalizing force.

### a. *Pran Kriya* Meditation

Inhale—draw white light in through the gates of your five senses (eyes, ears, nose, skin and mouth toward your third eye). Pause your breath briefly and gently—experience a ball of the most vibrant white light at the third eye, midbrain. Exhale—see/feel *pran* expand out from the brain and out through the five gate ways of the senses. Repeat 10 times.

### b. *Pran* Static Meditation

Rest quietly. Experience the brain soaking in a bath of white light, completely recharging, nurturing and enlivening your senses, body, mind and vital intelligence. (3-10 minutes)

## *Apana* (Descending Breath) Meditation

*Apana* is located at the root center—base of the spine/pelvic floor, the force responsible for mental and physical elimination.

### a. *Apana Kriya* Meditation

Inhale—draw all of your feeling and consciousness down to the base of your spine. Pause your breath briefly while you hold your awareness at the root. Exhale—release all physical and mental toxins down and out of the body toward the core of the planet. Repeat 10 times.

### b. *Apana* Static Meditation

See, feel, or sense a dark blue downward-pointing triangle at the root *chakra*. Feel and see energy moving downward as flashes of lightning, grounding into the center of the planet. Feel a powerful sense of being grounded and stable, the body tall and steady (3-10 minutes).

## *Udana* (Ascending Breath) Meditation

*Udana* is located in the throat. It is the force behind growth, expansion, enthusiasm.



a. *Udana Kriya Meditation*

Inhale through the mouth—concentrate on collecting consciousness at the throat. Hold the breath—see a ball of light in the throat growing in vitality and energy. Exhale—chant “OM” while feeling your energy/consciousness rise and expand. Sense that you spread that sound and light to the edges of the universe. Repeat 10 times

b. *Udana Static Meditation*

Meditate on the throat as the center of cosmic sound, speech, and vibration. Experience *udana* as a deep blue lotus or a lotus-like pillar in the region of the throat and neck. Hold your energy there, feeling it ascend. (3-10 minutes)

### Vyana (Expanding Breath) Meditation

*Vyana* is located everywhere, including the heart and limbs. It is the distributive force.

a. *Vyana Kriya Meditation*

Bring your hands into *anjali mudra* (prayer pose) at the heart. Inhale—spread your arms. Feel the energy flow through your bloodstream out of your heart, to the hands, feet and top of the head. Hold the breath briefly. Expand life force from the heart, out through the hands, feet, head and skin, to the edges of the universe. Exhale, slowly bring your hands together. Experience *vyana* return to the heart as if you are returning to your source. Repeat 10 times.

b. *Vyana Static Meditation*

Lower your hands to your knees. With your attention still at the heart, see an orange wheel, sensing it spinning clockwise and sending orange rays of light and energy outward, in all directions. After filling the body, it spreads to the universe and beyond. (3-10 minutes)

### Samana (Balancing Breath) Meditation

*Samana* is located in the abdomen, the force that sparks assimilation and promotes centering and balancing.

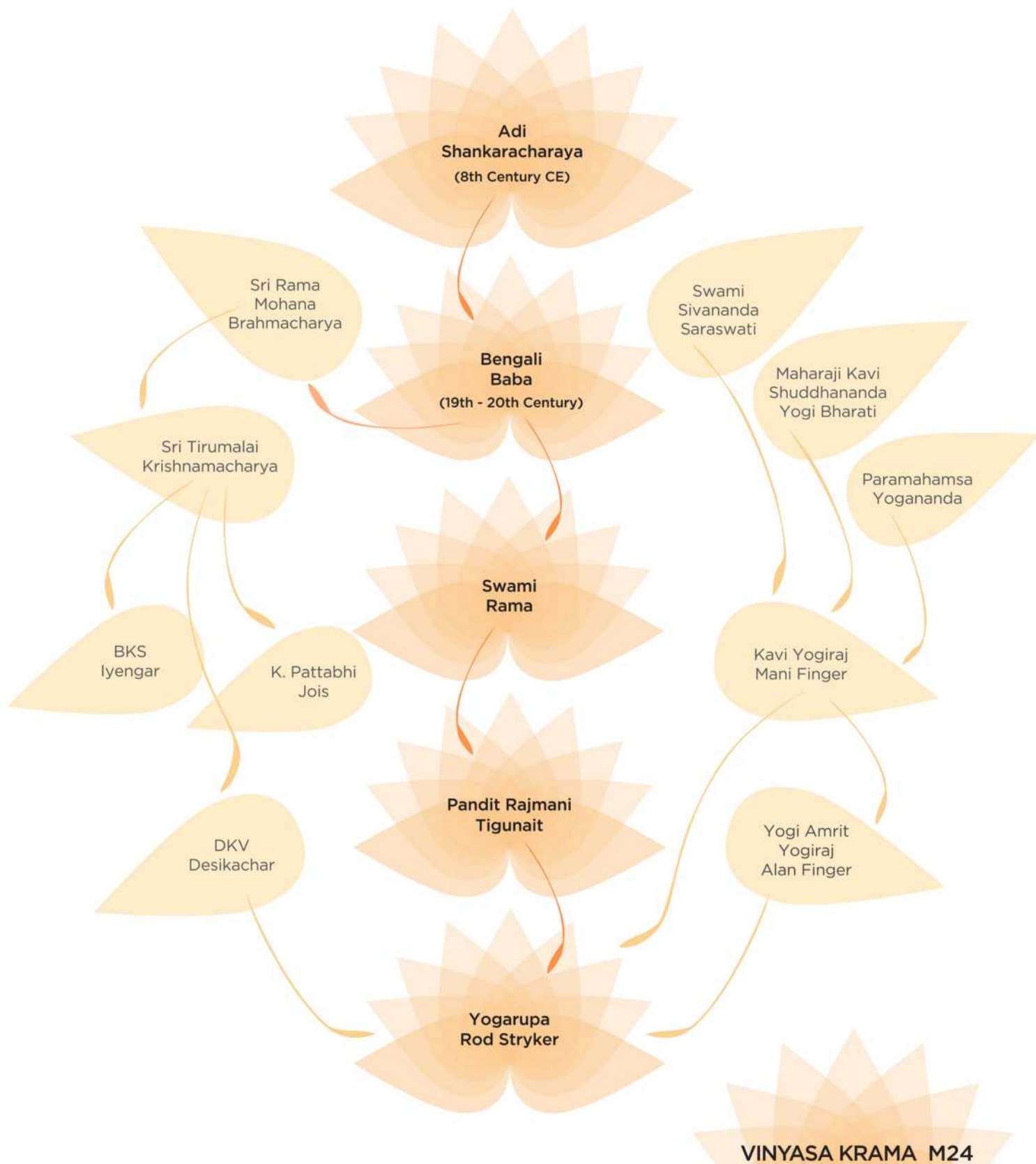
a. *Samana Kriya Meditation*

See, feel, sense the light of the universe, the cumulative light of the stars, galaxies and planets. Inhale—draw all of these forces down into the top of your head, through your spine, to the navel center. Hold—the breath briefly, seeing/feeling a bright flame building up, stoking into a powerful blaze, a roaring fire. Exhale—sense the essence, intelligence and force of this fire spread into the tissues of the body and layers of the mind and heart. Repeat 10 times.

b. *Samana Static Meditation*

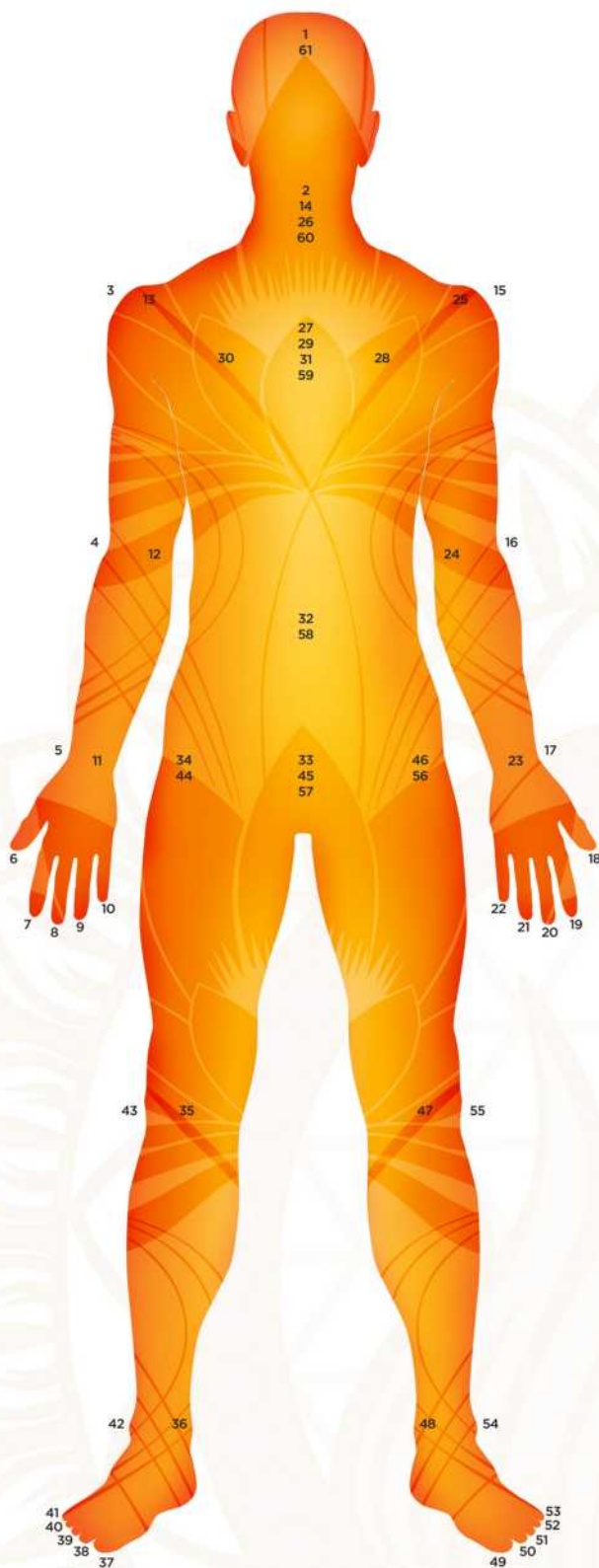
Rest to see, feel, and sense *samana* as a spiral of multi-colored energy and light anchored at the navel. As it becomes increasingly concentrated and stable, vibrant and present, it provides perfect luminosity, stability and centeredness. See, feel, and sense this evermore concentrated spiral of colored light at the navel spreading its intelligence and power. (3-10 minutes)







1. Eyebrow
2. Throat
3. Right shoulder
4. Right elbow
5. Right wrist
6. Right thumb
7. Right index finger
8. Right middle finger
9. Right ring finger
10. Right pinky
11. Right wrist
12. Right elbow
13. Right shoulder
14. Throat
15. Left shoulder
16. Left elbow
17. Left wrist
18. Left thumb
19. Left index finger
20. Left middle finger
21. Left ring finger
22. Left pinky
23. Left wrist
24. Left elbow
25. Left shoulder
26. Throat
27. Heart center
28. Left chest
29. Heart center
30. Right chest
31. Heart center



32. Navel
33. Pubic bone
34. Right hip
35. Right knee
36. Right ankle
37. Right big toe
38. Right second toe
39. Right third toe
40. Right fourth toe
41. Right fifth toe
42. Right ankle
43. Right knee
44. Right hip
45. Pubic bone
46. Left hip
47. Left knee
48. Left ankle
49. Left big toe
50. Left second toe
51. Left third toe
52. Left fourth toe
53. Left fifth toe
54. Left ankle
55. Left knee
56. Left hip
57. Pubic bone
58. Navel
59. Heart
60. Throat
61. Third eye