



1. ParaYoga Invocation	103 - 104
2. Biodynamic and Energetic Effects of Asana	105
2. Asanas to Know	106 - 131
4. Gayatri Mantra	132 - 133
5. Prana Vayu Chart	134
6. Vayu Kriya Meditations	135 - 136
7. ParaYoga Lineage Chart	137
8. 61 Points	138



**gaṇeśa graha naksatra
yogini rāśi rūpinīm
devīm mantra mayīm naumi
mātrkāṃ pīṭha rūpinīm**

Textual source: *Nitya Sodashikarnava*

Definitions

gaṇeśa	<i>gana</i> = grouping, individual, troop, entity <i>isha</i> = ruler, presiding force <i>gana + isha</i> = the One who presides over all individuals or groups of beings, the ruler of the universe
graha	Planets
nakṣatra	Constellations
yoginī	The power in <i>yoga</i> , <i>shakti</i> , knowledge, wisdom that yields perfection in <i>yoga</i>
rāśi	Twelve astrological houses (metaphor for all <i>karma</i>)
rūpinīm	Is identical (as in <i>ganesha</i> is identical to the Divine Mother)
devīm	Divine Mother
mantra	That which protects all, expands the mind
mayīm	One who is identical to <i>gaṇeśa</i> (same as <i>rūpinīm</i>)
naumi	I pray
mātrkāṃ	Letters, phonemes. Most merciful aspect of the Divine, the seat of all <i>mantras</i> , the locus for the entire invocation
pīṭha seat	Location or placed; sound is the seat of <i>mantras</i>
rūpinīm	She who is identical to <i>gaṇeśa</i>



Translation

I pray to the Divine Mother, who identical to *Ganesha*, is the ruler of the planets, the constellations, and the ways of *karma*.

I pray to the knowledge, *Shakti*, the most merciful aspect of the Divine that guides me in perfection in *yoga* and on the path of destiny.

I pray to Her who presides over *mantra*.

I pay homage to Her (in Her most primordial form), who is the locus and presiding force of speech and all sound, She who is forever kind.

Short and Easy Translation (fitting for any classroom setting)

"I open myself to the teachings that reveal the light of knowledge of the self."

Or for a more in-depth explanation...

This invocation inspires and empowers us to open to the knowledge ever deepening wisdom of the yoga tradition. We chant this prayer and are accompanied by the full spectrum and understanding of the we Divine Mother in her highest form—*para shakti*. the prayer is to propitiate the *para shakti* or *ganesha*, the presiding force of *yoga* and, in so doing, help us evolve.

How to Use This Invocation

Say it three times before starting class, internally, or out loud, or at least three times before beginning any *Tantric* practice.

Context

The verse is a summary of the entire text *Nitya Sodashikarnava*, dedicated to *para shakti*, *ganesha*, the planets, and how theory and practice fits with devotion to the Divine Mother.

This prayer is an entryway into *Sri Chakra* and *Sri Vidya* and a living link to the vast body of knowledge and grace of these traditions.



Category	Nervous	Energetics	Dosha	Prana Vayu	Chakra	Guna
Forward Bend	Parasympathetic	<i>langhana</i>	<i>vatta (-)</i> <i>pitta (-)</i> <i>kapha (+)</i>	<i>apana</i> <i>samana</i>	1,2,3	<i>sattwa,</i> <i>tamas</i>
Backbend	Sympathetic	<i>brahmana</i>	<i>kapha (-)</i> <i>pita (- or +)</i> <i>vatta (- or +)</i>	<i>samana,</i> <i>vyana,</i> <i>pran,</i> <i>udana</i>	2,3,4,5	<i>rajas</i>
Lateral	Sympathetic	<i>brahmana</i>	<i>kapha (-)</i> <i>pita (- or +)</i> <i>vatta (- or +)</i>	<i>prana,</i> <i>udana,</i> <i>vyana</i>	1,3,4	<i>rajas</i>
Twist	Parasympathetic	<i>samana</i> <i>langhana</i>	<i>vatta (-)</i> <i>pitta (-)</i> <i>kapha (-)</i>	<i>apana,</i> <i>samana,</i> <i>udana</i>	2,3,5,6	<i>sattwa</i>
Extension		<i>brahmana</i>	<i>vatta</i> <i>pitta</i> <i>kapha (-)</i>	<i>apana</i> <i>(+ or -)</i> <i>pran,</i> <i>vyana</i>	1,3,6	<i>sattwa,</i> <i>rajas</i>
Inversion	Parasympathetic	<i>langhana</i>	<i>kapha (-)</i> <i>vatta (+)</i> <i>pitta (+)</i>	<i>udana,</i> <i>vyana,</i> <i>apana</i>	5,6,7	<i>sattwa</i>

Asanas to Know



Forward Bends

Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Apānāsana	Knees to Chest Pose	3rd	
Cakravākāsana	Cat Pose	2nd	
Halāsana	Plow Pose	3rd 5th	
Hanumanāsana	Pose dedicated to Lord Hanuman	1st	

VINYASA KRAMA M16



Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Jānuśirṣāsana	Head to Knee Pose	2nd	
Baddha Konāsana	Bound Angle Pose	2nd	
Upaviṣṭha Koṅāsana	Seated Angle Pose	2nd 3rd	
Kūrmāsana	Turtle Pose	2nd 4th	

VINYASA KRAMA M16



Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Mālāsana	Bound Squat Pose	2nd	
Marīchyāsana I	Forward Bending Twist I	2nd 4th	
Marīchyāsana II	Forward Bending Twist II	2nd 4th	
Hasta Pādāṅguṣṭhāsana	Extended Hand to Big Toe Pose	2nd 4th 5th	

VINYASA KRAMA M16



Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Supta Pādāṅguṣṭhāsana	Reclined Big Toe Pose	1st	
Paripūrṇa Nāvāsana	Full Boat Pose	3rd	
Pārśvottānāsana	Side Stretch Pose	1st 2nd	
Ardha Pārśvottānāsana	Half-side-stretch pose	3rd 5th	

VINYASA KRAMA M16



Posture - Sanskrit Name	Posture - English Name	Chakra(s)	Pose
Paścimatānāsana	Seated Forward Bend	2nd	
Ardha Padma Paścimatānāsana	Half-Lotus Forward Seated Bend	1st 2nd	
Ardha Badha Padma Paścimatānāsana	Bound Half-Lotus Seated Forward Bend	1st 2nd	
Utkaṭāsana	Squat Pose	1st 2nd	

VINYASA KRAMA M16