PURĀSANA

WORKBOOK SAMPLE

Active Stretching *01.*

THE COSMOLOGICAL SEQUENCE · FROM BIRTH TO (EGO) DEATH

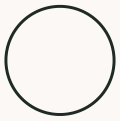
The Cosmological Sequence goes through a linear narrative of birth (inverted āsanas), life (prone, supine and seated/twists) and finally death (Savāsana). If practised with alignment, consistency and the observance of Yoga in its entirety — will this be the death of your ego? Only you can decide this. Every session opens with the observance of the day's planet and chakra.

In-person | Online | Advanced practitioners

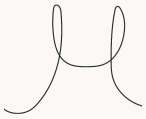
BEFORE YOU BEGIN · MANTRA / MUDRĀ

Honor Puruṣa (Shiva) & Prakṛti (Shakti), *then observe the day's planet and respective chakra.*

01 Recite the mantra **OṂ RUDRA MAHĀ KĀLIYA NAMAḤ** 3 times while drawing a clockwise circle with your index and middle fingers together and your thumb touching the fingertips of your ring and pinky fingers — **Prāṇa Mudrā**.



02 Recite the same mantra 3 times with the same mudrā while drawing this three half-moon symbol.



03 Keeping with Prāṇa Mudrā, point at all four sides of the mat and recite the Shiva/Shakti mantra for each side. *Your right hand remains down on the right side of your body, thumb under index finger in Jñāna Mudrā.*



SAMPLE DAY'S OBSERVANCE

Sunday · Sūrya (Sun)

Governs consciousness and spiritual connection, and represents the Sahasrāra (Crown) Chakra.

Recite the mantra **OṂ GHṚṆIḤ SŪRYĀYA NAMAḤ** 3 times with your index and middle fingers, and draw this symbol in front of your Vishuddhi Chakra.



In silence, using the same mudrā, draw the symbol representing your **Sahasrāra Chakra**.



PURĀSANA

FROM THE WORKBOOK · THE COSMOLOGICAL SEQUENCE · FROM BIRTH TO (EGO) DEATH

Two āsanas from the sequence.



INHALE + EXHALE × 3

Sarvāṅgāsana सर्वाङ्गासन · *shoulder stand*

01 Lie on your back, hands by your sides.
02 Support your back with your hands and, in one go, lift your legs, buttocks and back to come high on your shoulders.
03 Keeping your legs firm, uplift your heels higher.
04 Don't press your neck to the floor; push it into your chest and allow your shoulders to carry the weight as you engage your core, quadriceps and feet.

Breath: **inhale + exhale × 3 in the āsana (posture).**



INHALE + EXHALE × 3

Halāsana हलासन · *plow pose*

01 Lie on your back, hands by your sides.
02 Support your lower back with your hands and lift your legs up and over your head.
03 Keep your legs together and firm, your feet flexed forward.
04 Option to drop your knees on either side of your head, with your arms outstretched and clasped in front of your back, if you wish.
05 Tuck your chin into your chest.

Breath: **inhale + exhale × 3 in the āsana (posture).**

THE FULL WORKBOOK INCLUDES

- Every āsana (posture) of the Cosmological Sequence, one by one, with photos
- Prāṇāyāma (controlled breath) cues for each āsana
- The observance for every day of the week
- Props are encouraged (blocks & straps) and limited modifications

Available with in-person and online sessions. Enquire at **sunilgupta.life**.

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