PURĀSANA

WORKBOOK SAMPLE

Aligned *Yin.*

20% FORCE / 100% FOCUS

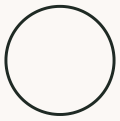
The Aligned Yin practice contains 16 seated, prone, supine and supine twist āsanas, held with timed breaths. Every session opens with the observance of the day's planet and chakra — a taste of which is shown here.

In-person | Online | 16 āsanas

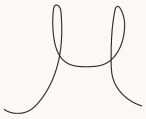
BEFORE YOU BEGIN · MANTRA / MUDRĀ

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

Monday · Chandra (Moon)

Governs survival, grounding, stability and embodiment, and represents the Mūlādhāra (Root) Chakra.

Recite the mantra **OṂ SOṂ SOMĀYA 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 **Mūlādhāra Chakra**.



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PURĀSANA

FROM THE WORKBOOK · 20% FORCE / 100% FOCUS

Two āsanas from the sequence.



INHALE + EXHALE

Salamba Bhujangāsana सालम्ब भुजङ्गासन · *sphinx pose*

01 Lie on your stomach.
02 Keep the feet hip-width apart, tops of the feet resting on the mat.
03 Position yourself into Baby Cobra with the elbows stacked directly beneath the shoulders.
04 Place the forearms and hands, parallel, directly in front of you.
05 Pull the shoulders back so they rest below the ears.
06 Inhale, lifting the shoulders toward the ears. Exhale, allowing the shoulders to depress and the upper chest to open.
07 Keep the head facing forward, chin slightly down, with the neck drawing back, having the ears over the shoulders.

Inhale & exhale for 5 breaths in alignment. Exhale, release engagement and melt into the pose. Continue to breathe at pace for 2 minutes.



INHALE + EXHALE

Baddha Konāsana II बद्ध कोणासन २ · *dragonfly pose*

01 From the seated position, spread the legs outward into a V-shape.
02 Engage Uddiyāna Bandha, drawing the navel toward the spine.
03 Allow the lower ribcage to lift, expanding the chest cavity.
04 Lift your pelvic floor using Mūla Bandha.
05 Raise the arms shoulder-width apart above the head.
06 Inhale and lengthen the back to tilt forward; at your limit, begin to bend forward toward your feet. Do not force the pose.
07 Place the hands on the mat, shoulder-width apart, or lower onto the elbows. Passively hang the head.

Options: rest one hand on top of the other, rest one fist on top of the other, or rest the forehead on the hands. Use a block for support.

Inhale & exhale for 5 breaths in alignment. Exhale, release engagement and melt into the pose. Continue to breathe at pace for 2 minutes.

THE FULL WORKBOOK INCLUDES

- All 16 āsanas (postures), step by step, with photos
- Prāṇāyāma (controlled breath) guidance and timed holds for each pose
- The observance for every day of the week
- Options and variations for every level

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

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