PURĀSANA

WORKBOOK SAMPLE

Modern Hatha *Āsanas.*

ALIGNED HA/THA SŪRYA NAMASKĀRA · 20% FORCE / 100% FOCUS

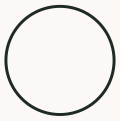
Sūrya Namaskāra combines āsana (posture) and prāṇāyāma (breath control) that builds balance, flexibility, the strengthening of the back and mental stillness — the foundation your entire practice will rest on. Every session opens with the observance of the day's planet and chakra.

In-person | Online

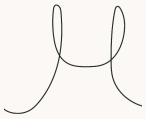
BEFORE YOU BEGIN · MANTRA / MUDRĀ

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 · ALIGNED HA/THA SŪRYA NAMASKĀRA · 20% FORCE / 100% FOCUS

Two āsanas from the sequence.



INHALE + EXHALE

Praṇāmāsana प्रणामासन · *añjali mudrā (prayer) pose*

01 Keep the toes spread and separate the feet hip-width distance apart.
02 Engage the quadriceps, gently lifting the kneecaps and allowing a subtle external rotation of the thighs.
03 Engage Uddiyāna Bandha (abdominal energetic lock), drawing the navel up and in toward the spine. Allow the lower ribcage to lift and the chest cavity to expand.
04 Lift the pelvic floor through Mūla Bandha (root energetic lock).
05 Inhale, lifting the shoulders toward the ears. Exhale, allowing the shoulders to depress and the upper chest to open.
06 Draw the neck back so the head rests naturally over the shoulders. Keep the chin parallel to the floor.
07 Bring the arms to either side, bend the elbows, and bring the palms together in Añjali Mudrā.

Breath: **inhale to prepare; exhale to establish the posture.**



EXHALE

Parvatāsana पर्वतासन · *mountain pose*

01 Exhale and press the floor firmly away with the palms of your hands.
02 Lift the hips upward and backward.
03 Extend through the arms and lengthen the spine.
04 Engage the quadriceps and press the thighs backward.
05 Draw the abdomen upward and inward through Uddiyāna Bandha.
06 Lift through Mūla Bandha.
07 Lengthen the heels toward the floor without forcing them down.
08 Allow the head and neck to release naturally between the arms, your Drishti (passive gaze) directed toward your navel.

Breath: **exhale as you move into the āsana; maintain steady breathing.**

> **Modification:** *to avoid leg fatigue and stress on the wrists* — Parvatāsana is about maintaining the integrity of the spine and energetic lift, not demonstrating how straight the legs can be. Bend the knees as needed; prioritize spinal length and the upward movement of prāṇa over straight legs.

THE FULL WORKBOOK INCLUDES

- Every āsana (posture) of Sūrya Namaskāra, step by step, with photos
- Prāṇāyāma (controlled breath) cues for each movement
- The observance for every day of the week
- Modifications for every level

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