PURĀSANA



WORKBOOK SAMPLE

The Purāsana *Practice.*

RETURN TO THE SACRED SEAT OF SELF

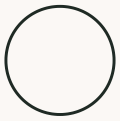
Born from the harmony of Shiva (Consciousness) and Shakti (Energy), this complete practice brings together cosmology, chakras, mantras & mudrās, alignment through seated āsana (posture) and dhyāna (meditation) to complete an all-around practice on your journey back to self. Every session opens with the observance of the day's planet and chakra.

In-person

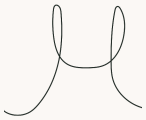
BEFORE YOU BEGIN · MANTRA / MUDRĀ

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**.



PURĀSANA

FROM THE WORKBOOK · RETURN TO THE SACRED SEAT OF SELF

Two āsanas from the sequence.



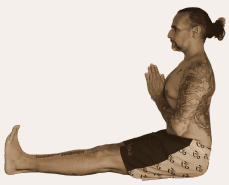
3 YOGIC BREATHS

Brahmāṇḍāsana II ब्रह्माण्डासन २ · *cosmic egg pose*

01 Begin in a seated position with the knees bent and the soles of the feet firmly on the mat.
02 Wrap the arms around the legs, just below the kneecaps, and bring the palms together in Añjali Mudrā.
03 Engage Uddiyāna Bandha, drawing the navel toward the spine.
04 Allow the lower ribcage to lift, expanding the chest cavity.
05 Lift your pelvic floor using Mūla Bandha.
06 Pull the shoulders back so they rest below the ears, opening the upper ribcage and chest.
07 Keep the head facing forward, chin slightly down, with the neck drawing back, stacking the ears over the shoulders.

Breath: **3 yogic breaths in the āsana (posture).** Inhale to engage Uddiyāna Bandha and straighten the spine; exhale to lengthen, as though a string is pulling you up from the crown.

Modification: *if there is too much tension with the legs close to the chest* — move the feet forward to relieve the pressure. Maintain a straight back, and remember you can use your inner forearms as support just below the kneecaps.



3 YOGIC BREATHS

Daṇḍāsana I दण्डासन · *staff pose*

01 Begin in a seated position with the legs extended forward and the feet in dorsiflexion.
02 Bring the palms together in front of the chest in Añjali Mudrā.
03 Engage Uddiyāna Bandha, drawing the navel toward the spine.
04 Allow the lower ribcage to lift, expanding the chest cavity.
05 Lift your pelvic floor using Mūla Bandha.
06 Pull the shoulders back so they rest below the ears, opening the upper ribcage and chest.
07 Keep the head facing forward, chin slightly down, with the neck drawing back, stacking the ears over the shoulders.

Breath: **3 yogic breaths in the āsana (posture).** Inhale to engage Uddiyāna Bandha and straighten the spine; exhale to lengthen, as though a string is pulling you up from the crown.

Modification: *to ease discomfort in the psoas muscles* — add a micro-bend in the knees. With time and practice, the legs will straighten as the psoas softens in this position, supporting the upright spine.

THE FULL WORKBOOK INCLUDES

- Every āsana (posture) of the Purāsana Practice, one by one, with photos
- Mantras & mudrās to honor Shiva and Shakti
- The cosmological observance for every day of the week
- Dhyāna (meditation) to close each practice

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

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