

Common Yoga Protocol (CYP) 45 minutes



PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



Alert Posture

Forward and Backward Bending

Right and Left Bending

Right and Left Twisting

Neck Rotation



Shoulder Stretch

Shoulder Rotation

Trunk Movement

Knee Movement

YOGĀSANAS : 25 Minutes



TĀḌĀSANA



VṚKṢĀSANA



PĀDA-HASTĀSANA



ARDHA CAKRĀSANA



TRIKONĀSANA



BHADRĀSANA



VAJRĀSANA



ARDHA
UṢṬRĀSANA



USTRĀSANA



ŚĀŚAKĀSANA



UTTĀNA
MANDŪKĀSANA



VAKRĀSANA



MAKARĀSANA



BHUJĀṄGĀSANA



ŚALABHĀSANA



SETUBANDHĀSANA



UTTĀNA PĀDĀSANA



ARDHA HALĀSANA



PAVANAMUKTĀSANA



ŚAVĀSANA

KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SAṆKALPA : 12 Minutes



KAPĀLABHĀTI



NAḌĪŚODHANA PRĀṆĀYĀMA



ŚĪTALĪ PRĀṆĀYĀMA



BHRĀMARĪPRĀṆĀYĀMA



DHYĀNA

Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāṇi Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ