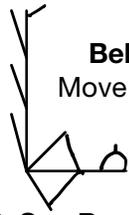


## Healing the Mind & Emotions - Practices & Principles

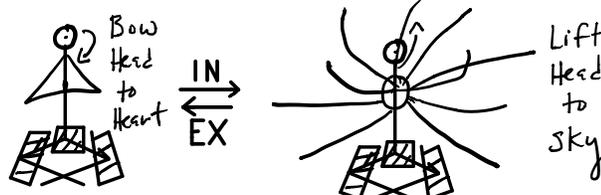
### 1. Grounding - Belly Breathing with Long Hāāa Exhale - Apāna Vāyu



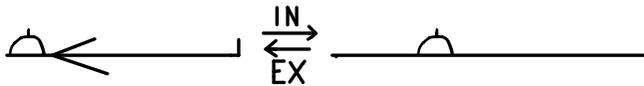
**Belly Breathing with Haaa, Bhramāri & Ujjāyi Prānāyāma-s**  
Move into Breath-Based Meditation - IN = So & EX = Hum

### 2. Sun Breathing - By Meditating on the Light in the Heart, the Mind Becomes Clear

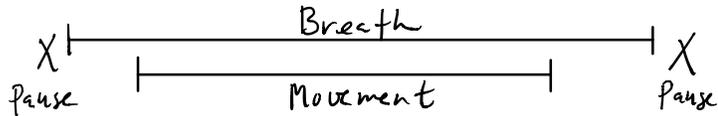
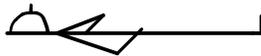
See Yoga Sūtra I-36



### 3. Tadakamudra- Focus on Breath-Movement Coordination - Breath Education



### 4. Add Chest to Belly Breathing



**Left hand on heart/chest & right on belly**

**IN:** Apāna meets Prāna - Chest to Belly

**EX:** Prāna meets Apāna - Belly to Chest

See Bhagavad Gita IV, 29

**Note:** If chest breathing is too activating or feels difficult, then stick with belly breathing. Apāna is the Mother of the Vāyu-s. It is the foundation of prānāyāma

### 5. Breath-Based to Breath-Awareness Meditation

This guides you towards the 4th stage of prānāyāma beyond IN, EX & Holds after IN/EX - Stages 1-3 (See Yoga Sutra-s II-51) , towards Prakāśa (Sattva, Light in Heart II-52), towards Dhāraṇa ( Concentration II-53) & Pratyāhāra ( Withdrawal of the Senses, II-54-55)

IN = So & EX = Hum

Focus on Rise & Fall of Belly Breath - Natural Breath - Move into Observing the Natural Breath



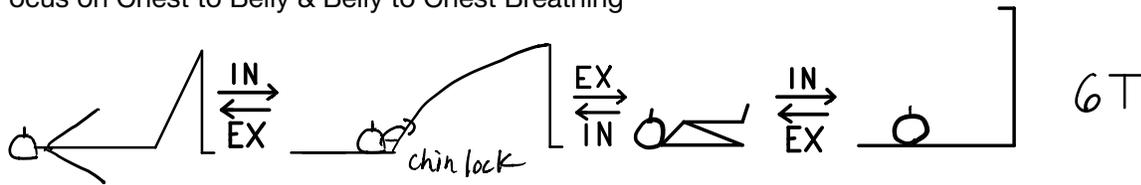
Hands in Yoni Mudra around Belly Button

**Note:**

#1-5 guided class from asana (postures) to pranayama (lengthening the breath) to pratyahara (withdrawing the senses) to dhāraṇa (single focus concentration) to dhyāna (meditation = extending stay on point of concentration). This is the guiding principle for this whole practice.

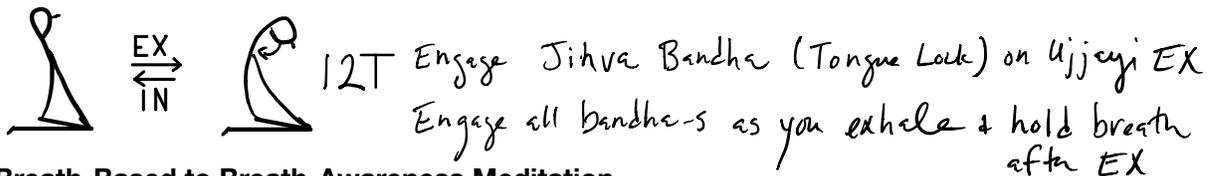
### 6. Dvipādapītham with Apānāsana & Ūrdhva Prasrta Padāsana Vīnyāsa

Focus on Hip Flexor, Hamstring, Lower Back Flexibility to Prepare for seated Prānāyāma/Meditation  
 Focus on Breath-Movement Coordination with Lengthening IN & EX - Pick a Samavrtti (equal) ratio  
 Focus on Chest to Belly & Belly to Chest Breathing



### 7. Śitali/Sitkari Pranayama with Chest Movement to Open Prana Vayu 2:0:2:1 Ratio

Tongue Teeth 4:0:4:2 or 6:0:6:3 or 8:0:8:4 or 10:0:10:5



### 8. Breath-Based to Breath-Awareness Meditation

IN = So & EX = Hum That which I AM

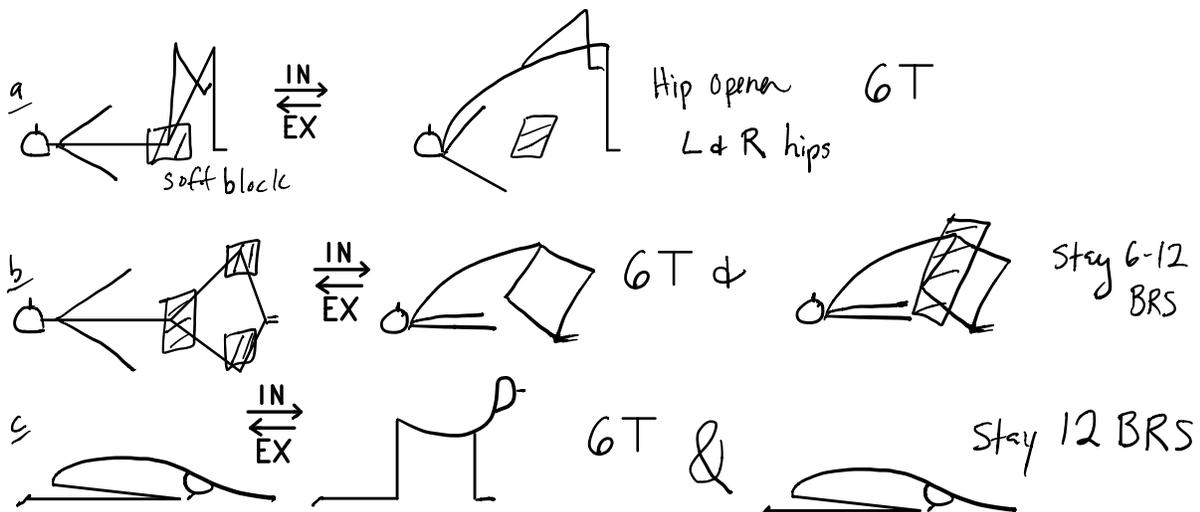
Focus on Rise & Fall of Belly Breath - Natural Breath - Move into Observing the Natural Breath  
 Move into awareness of the inner Knower, Observer, Intelligence



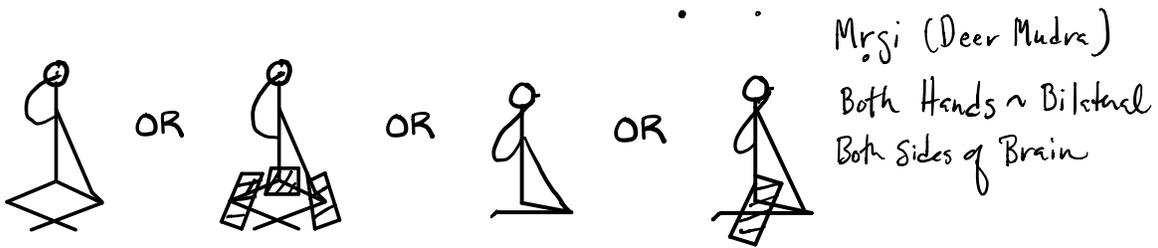
### 9. Dvipādapītham with Hip Openers with Cakravakasana Vinyasa Counter

Focus on Hip External Rotation Flexibility - Prepare for seated Prānāyāma/Meditation

Focus on Breath-Movement Coordination with Lengthening IN & EX - Pick a Samavrtti (equal) ratio  
 Focus on Chest to Belly & Belly to Chest Breathing

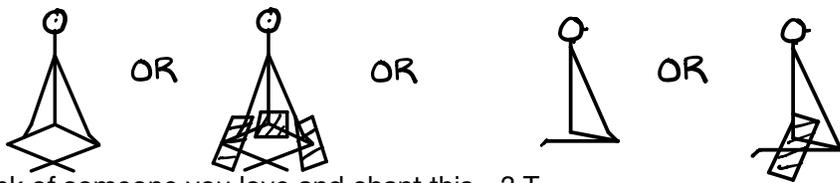


**10. Anuloma/Viloma & Pratiloma Ujjayi Pranayama** - See Pranayama Workshop for Details  
**2:0:2:1 Ratio** 4:0:4:2 or 6:0:6:3 or 8:0:8:4 or 10:0:10:5 = Visamāvṛtti



**11. Chanting Japa Meditation /Contemplation of Values - Yoga Sutra-s I-33**

Maitri- Karuna- Mudita- Upekṣa  
 Loving- Compassionate- Grateful- Grounded



Think of someone you love and chant this - 3 T

Think of someone you feel compassion for and chant this - 3T

Think of someone you appreciate and chant this - 3 T

Think of someone you don't like and chant this, finding your ground, your detachment & your equanimity to move beyond the trigger to right action - 3 T

Follow up - Pick one person to work with per day and chant 12T visualizing them in front of you

**12. Śavasana - Visualize the Sun Shining out of the Heart**

By Meditating on the Light in the Heart, the Mind Becomes Clear - See Yoga Sutra I-36

