

AWAKEN THE TRUE SELF

YOGI BHAJAN



1. Sukhasana (Easy Pose) with Pranayama Nadi Sodhana.

Place your left hand in Gyan Mudra on your knee. With the right hand close off the right nostril using your thumb and inhale through the left nostril. Exhale through the right nostril closing off the left nostril with the little finger.

The sequence is done changing the nostril on each exhale, inhaling through the same nostril and then changing on

the next exhale. Hold the breath briefly before you exhale. Continue for **5 minutes**.

2. Ego Eradicator in Sukhasana (Easy Pose).

In Easy Pose, sit with the spine straight and lift your arms up to a 60-degree angle. Keep your shoulders pulled down and towards the back. Your arms are straight. Stretch your thumbs out with the other fingers bent, the fingertips touching the mounds of the hands below the fingers. Concentrate at the crown chakra and begin Breath of Fire. Continue for **3 minutes**.



3. Frog Pose.

Begin in the crouched position balancing on your toes with your feet open in "V" shape. The heels are almost together and the knees are separated wide. Place your hands on the floor in front of your feet. Keep your head in line with the spine. Inhale

and stretch your legs straight lifting the hips up and lowering the heels to the floor, head towards the legs. Exhale and return to the original position. Breathe powerfully and repeat **26 times**.



4. Dynamic Uttanasana (Standing Forward Bend).

Stand up with the legs hip distance apart. Inhale and extend the arms up in Urdhva Hastasana, stretching the spine as much as possible. Exhale and bend forward from the hip joints, not from the waist. **Repeat 26 times.**

5. Uttanasana (Standing Forward Bend).

Inhale and extend the arms up in Urdhva Hastasana, exhale and bend forward from the hip joints, not from the waist. As you descend draw the front torso out of the groins and open the space between the pubis and top sternum. Emphasize on lengthening the front torso. If possible, with your knees straight, place hands on the floor on either side of the feet, with fingertips and tips of the toes in line. Press the heels firmly into the floor and lift the sitting bones toward the ceiling. Hold the posture breathing long and deep. **3 min.**



6. Salamba Sarvangasana (Shoulder Stand). Lie down on your back keeping your arms by your side. Lay your arms on the floor alongside your torso, then bend your knees toward your chest and push back to place your hands on your back torso. Press as you raise the legs straight up towards the ceiling. Try to support the spine perpendicular to the ground. Let most of the weight be on the elbows, which should be as close as possible. Keep your core active so you don't sink into the posture. Hold for **3 minutes**. To finish, inhale, exhale and enter into the next posture.

7. Halasana (Plow Pose). From Shoulder Stand, lower your legs behind your head exhaling as you do so.

Press your hands against the back torso, pushing the back up toward the ceiling as you press the backs of the upper arms down, onto your support. Or you can release your hands away from your back and stretch the arms out behind you on the floor, opposite the legs. If comfortable there, a third option is to bring the arms over the head and grab the toes. Keep the knees straight and point the toes towards the head, stretching the heels back. Breathe long and deep for **2 minutes**. To come out of the posture, inhale into shoulder stand, exhale and slowly lower yourself down, vertebra by vertebra. Once your back is completely lowered, lower your legs slowly and in a controlled way.



8. Urdhva Prasarita Padasana (Legs at 90 degrees). Stay on your back, place your attention at your Navel Point applying a soft Mula Bandha and then lift both of your legs to 90 degrees. Inhale and apply Mula Bandha, exhale and release the lock lowering the legs to the floor. Continue raising and lowering the legs for **2 minutes**.



9. Dhanurasana (Bow Pose): Still on the stomach, reach back and firmly grasp the ankles. Arch the back up from the ground and balance by pulling the ankles. Still on your belly with your hands alongside your torso, palms up. Bend your knees, bringing your heels as close as you can to your buttocks. Reach back with your hands and take hold of your ankles (but not the tops of the feet). Keep your knees hip width for the duration of the pose. Lift your thighs away from the floor and at the same time lift your heels back and up to pull and open your upper torso and open your chest. Stay in the posture breathing deeply for **2 minutes**. Concentrate at the third eye point. Exhaling, come out of the posture slowly, lowering yourself down vertebra by vertebra.

10. Dynamic Paschimottasana (Front Seated Forward Bend). From Dandasana (Staff Pose), exhale, and keeping the spine elongated, lean forward from the hip joints, not the waist. Lengthen the tailbone away from the back of your pelvis. If possible grab the toes in finger lock. (*Index finger and middle finger pull the toe, and the thumb presses the nail of the big toe*); if this isn't possible, put your hands on your shins or loop a strap around the foot soles, and hold the strap firmly. Inhale and push up and continue this motion for **2 minutes**.



11. Paschimottasana (Front Seated Forward Bend). Continue in the same posture as number 10 but holding it still while you do Breath of Fire for **2 minutes**.



12. Virasana (Hero Pose) and Supta Virasana (Reclining Hero Pose).
a) Virasana. Kneel on the floor, with your thighs perpendicular to the floor, and touch your inner knees together. Slide your feet apart, slightly wider than your hips, with the tops of the feet flat on the floor. Angle your big toes slightly in toward each other and press the top of each foot evenly on the floor. Exhale and sit back halfway, with your torso leaning slightly forward. Wedge your thumbs into the backs of your knees and draw the skin and flesh of the calf muscles toward the heels. Then sit down between your feet. If your buttocks don't comfortably rest on the floor, raise them on a block placed between the feet. Make sure both sitting bones are evenly supported. Turn your thighs inward and press the heads of the thigh

bones into the floor with the bases of your palms. Widen the collarbones and release the shoulder blades away from the ears. Lengthen the tailbone into the floor to anchor the back torso. Do Breath of Fire for **1 minute**.

b) Supta Virasana. Exhale and lower your back torso toward the floor. First lean onto your hands, then your forearms and elbows. Once you are on your elbows, place your hands on the back of the pelvis and release your lower back and upper buttocks by spreading the flesh down toward the tailbone. Then finish reclining, either onto the floor or a support blanket or bolster. Hold with Breath of Fire for **1 minute**.

c) Virasana. Slowly come back to Virasana and hold the posture with Breath of Fire for **1 minute**.

13. Ustrasana (Camel Pose). 6. Ustrasana - Camel Pose.

Kneel on the floor with your knees hip width and thighs perpendicular to the floor. Rotate your thighs inward slightly, narrow your hip points, and firm but don't harden your buttocks. Press your shins and the tops of your feet firmly into floor. Rest your fists on the back of your pelvis and use them to spread the back pelvis and lengthen it down through your tail bone. Inhale and



lift your heart by pressing the shoulder blades against your back ribs and bringing your elbows together. Keep your head up, chin near the sternum. – *This is considered to be the half posture, you may stay here if you notice that your aren't perpendicular to the floor when you lean back to grab your heels.* From here, lean back against the firmness of the tail bone and shoulder blades, to grab your feet or your heels. If you're not able to touch your feet without compressing your lower back, turn your toes under and elevate your heels. See that your lower front ribs aren't protruding sharply toward the ceiling, which hardens the belly and compresses the lower back. Press your palms firmly against your soles (or heels), with the bases of the palms on the heels and the fingers pointing toward the toes. Turn your arms outwardly so the elbow creases face forward, without squeezing the shoulder blades together. You can keep your neck in a relatively neutral position, neither flexed nor extended, or drop your head back. But be careful not to strain your neck and harden your throat. Do Breath of Fire for **2 minutes**. To come out of the pose, inhale maintaining a strong connection with your Navel Point and rise up on to your knees. Relax down.



14. Sat Kriya in Siddhasana (Perfect Pose). Sit with the left heel pressing against the perineum. Place the right ankle in front of the left maintaining the spinal column straight. Stretch the arms up interlocking the hands with the index fingers pointing up. Chant Sat contracting the Navel Point in and Nam releasing the lock. Continue for **5 minutes**. Meditate at the crown chakra.