

The whole purpose of true exercise is to awaken the inner source of energy.

—Paramahansa Yogananda

**“O ETERNAL ENERGY! AWAKEN WITHIN ME
CONSCIOUS WILL, CONSCIOUS VITALITY, CONSCIOUS HEALTH
GOOD WILL TO ALL, VITALITY TO ALL, GOOD HEALTH TO ALL!”**

20-BACK OF NECK
18-RIGHT THROAT

16-RIGHT CHEST

14-RIGHT UPPER
ARM

12-RIGHT
FOREARM

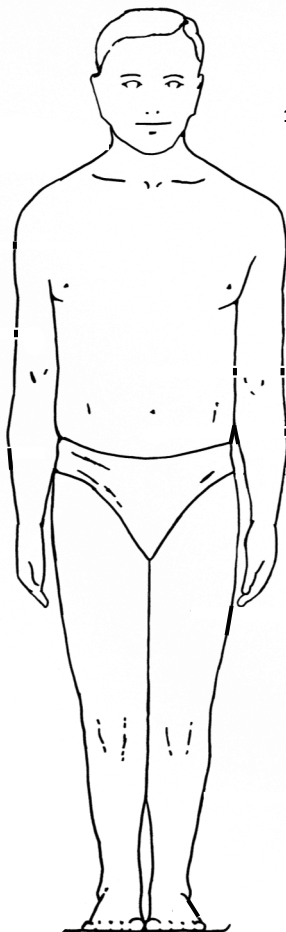
10-UPPER
ABDOMEN

8-RIGHT HAUNCH

6-RIGHT THIGH

4-RIGHT CALF

2-RIGHT FOOT



19-FRONT THROAT
17-LEFT THROAT

15-LEFT CHEST

13-LEFT UPPER
ARM

11-LEFT
FOREARM

9-LOWER
ABDOMEN

7-LEFT HAUNCH

5-LEFT THIGH

3-LEFT CALF

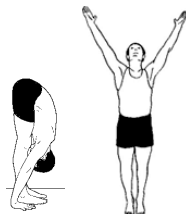
1-LEFT FOOT

“TENSE WITH WILL; RELAX AND FEEL.”

Tense all body parts simultaneously; RELAX GRADUALLY
TENSE AND RELAX, sequentially body parts #1—#20
TENSE AND HOLD body parts #1—#20; hold breath (1-6 counts)
Exhale, slowly RELAX parts #20—#1



TADASANA
Standing Mountain



FULL YOGIC BREATH FLOW



UTTANASANA
Forward Bend



STANDING BACKWARD
BEND



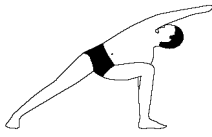
CHANDRASANA
Side Bend / Moon

Awaken the Light Within

Additionally, you can deepen your practice by choosing one or more posture from each row.



VIRABHADRASANA
Warrior



PARSVAKONASANA
Extended Side Angle



TRIKONASANA
Triangle



VRIKASANA
Tree

AND / OR



GARUDASANA
Eagle



ARDHA MATSYENDRASANA
Half Spinal Twist

AND / OR



JATHARA PARIVARTANASANA
Revolved Abdomen



USTRASANA
Camel

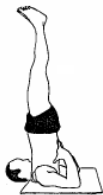
AND



BALASANA
Child's Pose



SETU BANDHASANA
Bridge



SARVANGASANA
Shoulderstand



VIPARITA KARANI
Simple Inverted



SAVASANA
Corpse

Hold each asana for three—six full yogic breaths.

Meet sensation with awareness of breath,

With the inhaled breath, concentrate awareness on areas of tension;

With exhaled breath, engage your will power, directing the release of tension.