

Integral Yoga® Hatha Yoga Level I—Basic Class



Opening Chakra
Om Om Om (in Sanskrit)
Crowned Chakra (at top of
Head) Om or Shree, Kama



Vertical Movements



Horizontal Movements



Diagonal Movements
From Right to Left



Diagonal Movements
From Left to Right



Clockwise &
Counter-clockwise
Full Circular Movements



Position 1



Position 2



Sirsa Namaskarasana, The Sun Worship or Sun Salutation
Position 3



Position 4



Position 5



Position 6



Position 7



Position 8



Sirsa Namaskarasana, The Sun Worship or Sun Salutation (Cont.)
Position 9



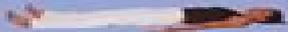
Position 10



Position 11



Position 12



Kardasana
Cobra Pose



Ardha Dhanurasana
Pigeon Pose



Bhujangasana
Cobra Pose



Ardha Sirsa Namaskarasana
Half Lotus Pose



Sirsa Namaskarasana
Lotus Pose



Dhanurasana
Pigeon Pose



Matsyasana
Head-to-Knee Pose



Paschimotthanasana
Full Forward Bend



Sirsa Namaskarasana
Shoulder Stand



Matsyasana
Fish Pose



Ardha Matsyendrasana
Half Spinal Twist
(Rightward)



Ardha Matsyendrasana
Half Spinal Twist
(Leftward)



Vajrasana
Vajra Seal



Vajrasana
Deep Relaxation



Dhyana (Meditation)
Deep Thinking



Kapalabhati
Skull-Shining Breath



Nadi Suddhi
Nerve-Cleansing Breath



Closing Chakra
Anjali mudra (prayer)
Lokhya Namaste (Namaste)
Jai Sri Suddhaya Mahadevi Ki

Yoga Integral

Jianjun Gao



Yoga Integral:

The Enigmatic Realm of **Yoga Integral**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Yoga Integral** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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