

Zero Point Yoga



Becoming aware of the energy body

In this session we will be going beyond theories, principles and intellectual concepts, as we utilize the ancient practices of yoga and tantric meditation to delve into the realm of personal experience.

These preliminary techniques act as the foundation upon which the other practices are built upon.

Through the practices learned in this session you will activate your physical body with hatha yoga,

unblock any stagnated energy with pranayama, and utilize tantric meditation to quickly shift your awareness to the dimension of Prana, to increase your quantum of vitality, and to empower you to experience the subtle dimensions of bioenergy.



Awakening the Pranic Body

“Consciousness is to energy what energy is to matter”
~ Devatma Saraswati

Overview of the Practices



1) Tadasana - Palm Tree Pose

Breathing: Inhale while stretching up, exhale back down.

Awareness: Muladhara & Ajna Chakra



2) Kati Chakrasana - Waist Rotating Pose

Breathing: Exhale while rotating, inhale back to center.

Awareness: Manipura Chakra



3) Tiryaka Tadasana - Swaying Palm Tree Pose

Breathing: Exhale while swaying, inhale back to center.

Awareness: Manipura Chakra



4) Trikonasana - Triangle Pose

Breathing: Exhale while bending, inhale back to center.

Awareness: Manipura Chakra



5) Ardha Matsyendrasana - Half Spinal Twist

Breathing: Breath deep and full in the final position. Inhale back to center.

Awareness: Ajna Chakra



6) Pranayama - Yogic Breathing

Utilize the your full lung capacity with each and every breath.

