

# Zero Point Yoga



## Awareness of the flow of Prana

### Introduction:

In this session we will be learning the spontaneous mantra of the breath "So'Ham" to awaken the spinal passage, Sushumna, allowing you to have a more intense experience of the subtle bioenergies.

From here we will begin to develop awareness of the solar and lunar nadis, Ida and Pingala, which are the conduits of the

positive and negative voltage in the body.

You will also be learning how to focus and concentrate Prana at the brow center, Ajna.

### Swara Yoga tips for your daily practice:

- Always breath through the nostrils and never the mouth.
- Become aware of the flow of the breath at the nostrils throughout the day. Is one more open than the other?



Learning to focus Prana at the brow center.

**"Nothing happens until something moves."**  
- Albert Einstein

## Overview of the practices



1) Tadasana - Palm Tree Pose

**Breathing:** Inhale up, exhale down.

**Awareness:** Muladhara / Ajna.



2) Tiryaka Tadasana - Swaying Palm Tree Pose

**Breathing:** Exhale while swaying, inhale back to center.

**Awareness:** Manipura



3) Kati Chakrasana - Waist Rotating Pose

**Breathing:** Exhale while twisting, inhale back to center.

**Awareness:** Manipura



4) Tiryaka Bhujangasana - Twisting Cobra Pose

**Breathing:** Exhale while twisting, inhale back to center.

**Awareness:** Swadisthana



5) Kandarasana - Shoulder Pose

**Breathing:** Inhale deep and lift the waste, breath slow and deep in the final position.

**Awareness:** Vishuddhi



6) Vipareeta Karani Asana - Inverted Pose

**Breathing:** Inhale in Shavasana, retain the breath while lifting, and breath normally in the final position.

**Awareness:** Vishuddhi

