

Zero Point Yoga



Harnessing energy and consciousness

In this session we will be awakening the nucleus, of the physical vehicle sthula sharira, which is located at the root chakra, muladhara. This awakening of Prana Shakti will activate your physical and pranic bodies, allowing for an increased flow of vitality, creativity and awareness.

Next we will intensify our awareness of ida and pingala as we accumulate prana at the brow-

center, ajna, for self-healing.

This stage of the practice will introduce you to the basics of directing and accumulating prana through the willpower of focused awareness.



Awakening the Pranamaya Kosha

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”
Buddha

Overview of the Practices



1) Gatyatmak Meru Vakrasana Dynamic Spinal Twist

Breathing: Exhale while twisting and inhale while when returning to center.

Awareness: Manipura Chakra



2) Paschimottanasana - Back Stretching Pose

Breathing: Inhale in the starting position, exhale while bending forward.

Awareness: Swadisthana Chakra



3) Meru Wakrasana - spinal twist

Breathing: Exhale while twisting, breath normally in the final position, and inhale back to center..

Awareness: Manipura Chakra



4) Arhda Ushtrasana - half camel

Breathing: Inhale while raising the torso. breath normally in the final position.

Awareness: Anahata Chakra



5) Ushtrasana full camel

Breathing: Normal breathing.

Awareness: Anahata Chakra



6) Shava Udarakarshanasana universal spinal twist

Breathing: Inhale in the starting position, exhale while twisting.

Awareness: On relaxation.

