

# Zero Point Yoga



## Self Healing with Prana

In this session, we will be moving beyond the physical vehicle of the body and exploring the astral dimension of the subtle body, the sukshma sharira.

This dimension is characterized by energy and emotions. The nucleus of this vehicle is located at the region of the heart chakra, anahata, and is more specifically known as the Vishnu granthi; the know of Vishnu, which keeps us bound through our emotional attachments and expectations to the social world.

The medium for gaining control

over the subtle energy body is the breath. Each and every emotion and state of mind has a corresponding breathing pattern. One method for achieving mental balance is by balancing the flow of the breath through the left and right nostrils. For this reason, this video will focus on the most powerful yogic method for loosening the Vishnu granthi, which is nadi shodhana (alternate nostril breathing). Continue to become aware of the subtle experience of the breath throughout the day, always breath in through the nostrils

and never the mouth.

Try to become aware of which nostril is more dominant than the other. If the left nostril is open then you are more likely to be passive, if the right nostril is open you are more likely to be active, and if both are flowing evenly you are more likely to be equanimous, clear headed and balanced. Cultivate a subtle awareness of the breath and it's interrelation with the energy body.

## Overview of the Practices



1) *Tadasana - palm tree pose*

**Breathing:** Inhale while raising the arms, exhale while lowering.

**Awareness:** Ajna Chakra



2) *Tiryaka Tadasana - swaying palm tree pose*

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

**Awareness:** Manipura Chakra



3) *Akarna Dhanurasana - bow and arrow pose*

**Breathing:** Inhale while pulling back, exhale while releasing.

**Awareness:** Anahata Chakra



4) *Kati Chakrasana - waist rotating pose*

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

**Awareness:** Manipura Chakra



5) *Marjari Asana - cat stretches*

**Breathing:** Inhale while raising the head and depressing the spine, exhale while lowering the head and stretching the spine upward..

**Awareness:** Swadisthana Chakra



6) *Sarpasana - snake pose*

**Breathing:** Inhale in the starting position, retain while raising. Exhale while lowering.

**Awareness:** Anahata Chakra

