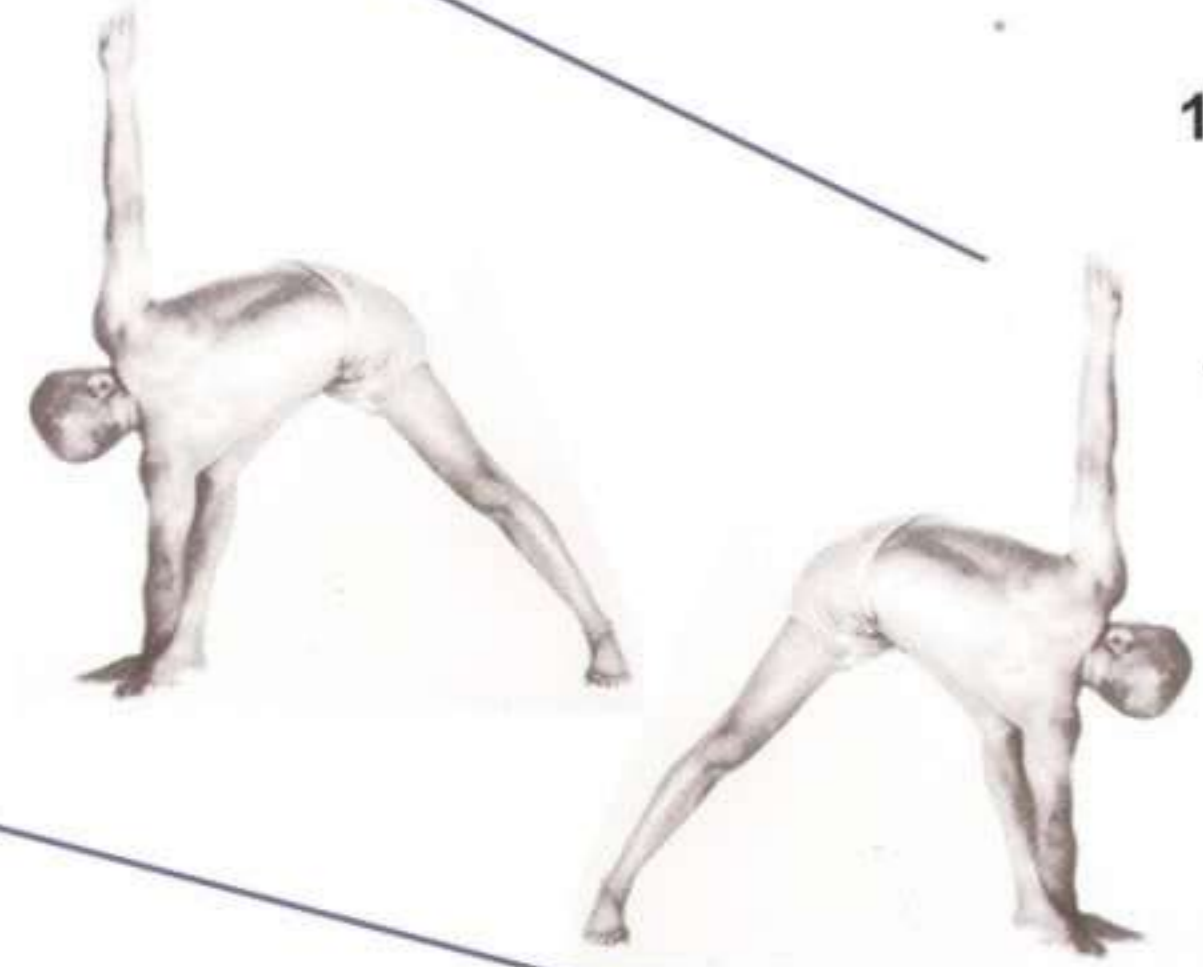


Hatha Yoga

www.sivayogadivine.net

- Practise the yoga asanas on an empty stomach
- Early morning or evening before meals is best
- Begin with Sun Salutations to warm the body & loosen up
- Practise without strain, breathe freely through the nostrils
- Relax in corpse pose between each posture

13. Shavasan - Corpse Pose



12(b). Trikonasan - Revolved Triangle

12(a). Trikonasan - Triangle



11. Padangushtasan

9. Ardha Matsendriyasan - Spinal Twist



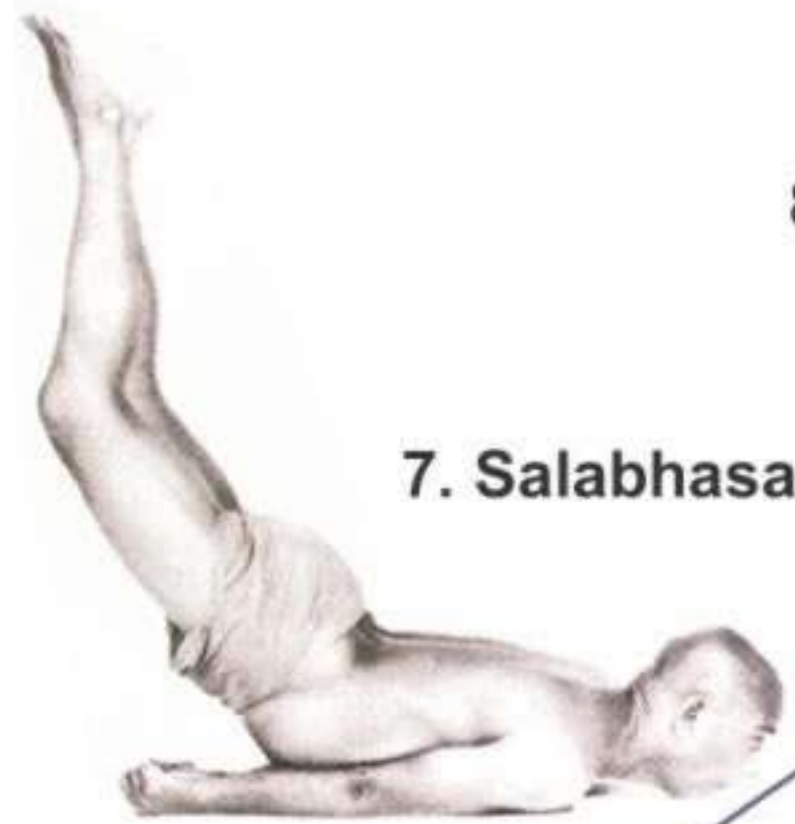
10. Kakasan - Crow



8. Dhanurasan - Bow



7. Salabhasan - Locust



6. Bhujangasan - Cobra



5. Inclined Plane



4. Paschimottasan - Forward Bend



3. Matsyasan - Fish



2(c). Sethu Bandhasan - Bridge



2(b). Halasan - Plough



2(a). Sarvangasan - Shoulderstand



1. Sirshhasan - Headstand



Eka Pada Sirshhasan - Head to Knee



Vatayasan



Sun Salutations - Surya Namaskar



Padmasan - Meditation

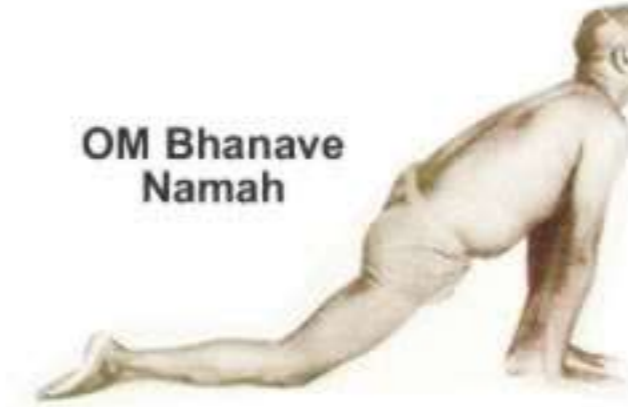
OM Mitraya Namah



OM Ravaya Namah

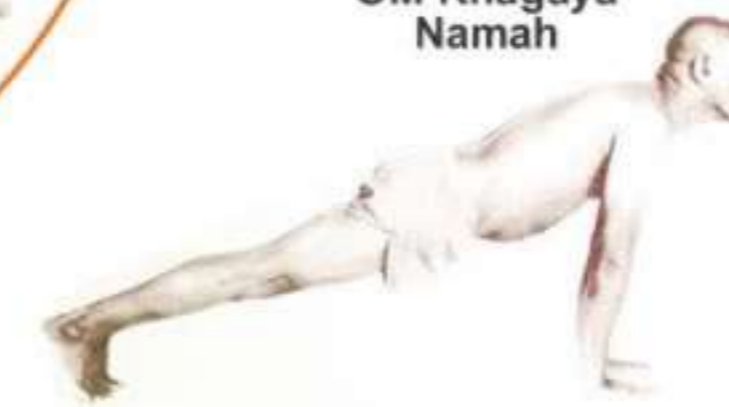


OM Suryaya Namah



OM Bhanave Namah

OM Khagaya Namah



OM Pushne Namah

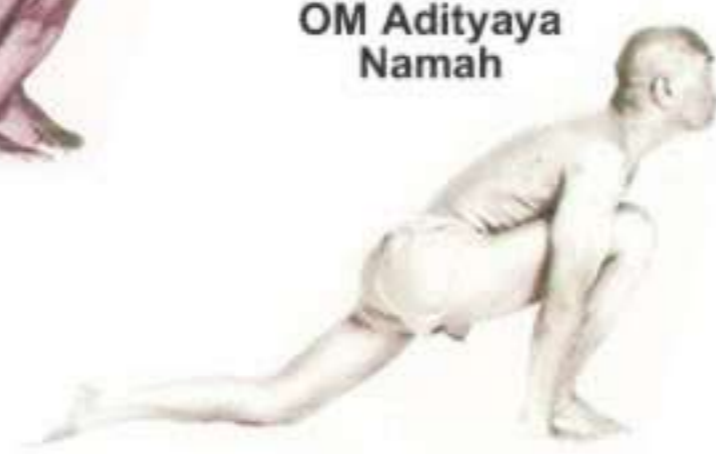


OM Hiranyagarbhaya Namah

OM Marichaye Namah



OM Adityaya Namah



OM Savitre Namah



OM Arkaya Namah



OM Bhaskaraya Namah

