

Prone

Makarasana
crocodile



Salamba
Bhujanagasana
supported cobra



Baby
Cobra



Bhujangasana
cobra



Nagani
Madasana
intoxicated snake



Sarpasana
snake



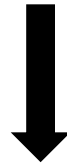
Shalabhasana
locust

Kneeling

Shashankasana *hare* → Simhasana *lion* → Mandukasana *frog*



Viralasana/Bitilasana *cat/cow* → Vyaghrasana *tiger* → Ustrasana *camel* → Sasangasana *rabbit*



Uttan Pristhasana *lizard*

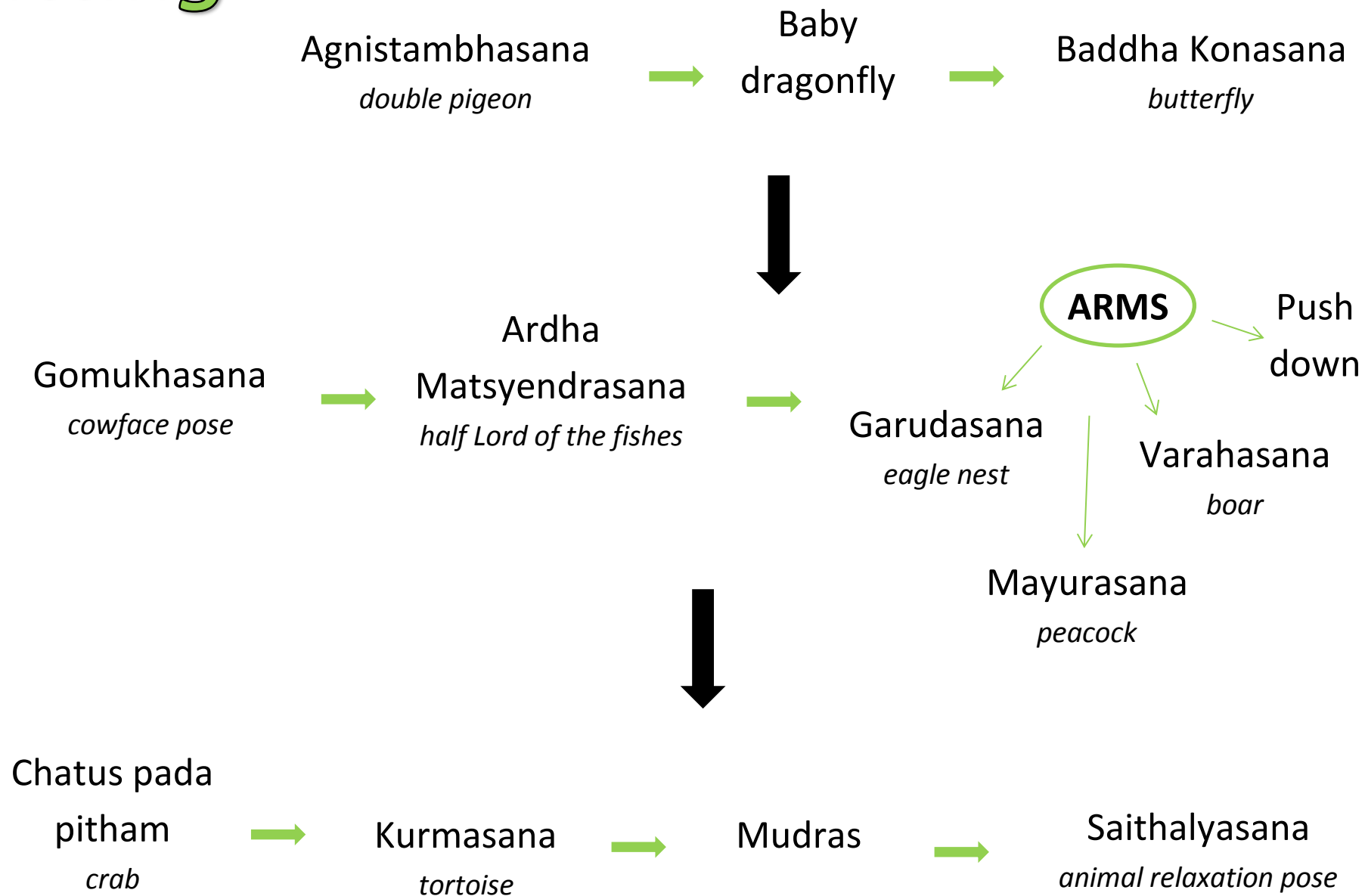


Ardha
Hanumanasana *half monkey*



Kapotasana *pigeon*

Sitting



Supine

Matysasana Kridasana
flapping fish



Matsyasana
fish



Supta Baddha
Konasana
lying butterfly



Supta
Kapotasana
lying pigeon



Ananda
Balasana
happy baby/dead bug



Savasana
corpse

Outline

Intro & Opening, setting san kalpa

- PRONE
- KNEELING
- SITTING
- SUPINE with relaxation

BREAK

- Mantra melodies
- Guided visualization
- Mudra meditation

Final silent relaxation

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