

readings

jpujl swihb in gurmukh

- >Inhale and |1| x 11
- >Inhale and |8| x 11
- >Inhale and |9| x 11
- >Inhale and |10| x 11
- >Inhale and |11| x 11
- >Inhale and |14| x 11
- >Inhale and |25| x 11
- >Inhale and |29| x 11
- >Inhale and |7| VofR (Dhann Dhann..) x 11
- >Inhale and |199| Jaap x 11

Warm up

- >Rock Pose + Mastering the root lock #1 11m or x 11/22/33
- >Life nerve (inhale up exhale down) 11m or x 11/22/33
- >Leg lift 11m or x 108(110)
- >Torso twist x 108(110)
- >Agni pran

Adi Mantra

Kriya

- >Cat Cow 11m or x 108/216(110/220)

Relax

- >Silent Corpse pose or with Siri Gaitri

Meditations

- >Inhale and Pran Bandha mantra 11m or x11/22/33
- >Inhale and Siri Gaitri mantra 11m or x11/22/33
- >Inhale and Wahe Guru Wahe Guru Wahe Guru Wahe Jeeo x 8 11m or x11/22/33
- >Man2Man4pag71 (5:0:5:15) 11m or x11/22/33
- >Complete yogic breath (one minute breath) x11/22/33
- >Tersula kriya 11m or x11/22/33
- >Selfhealing (SNR) 3m
- >Long and Deep (1-0-1-0) [Inhale and Exhale] or [Inhale and mantra (sat nam, ek ong kar sat nam..)]

Ending Sadhana

- >Mool Mantar x 110/220
- >Adeis tise Adeis x 110/220
- >Siri Mantar x 110/220

Bij Mantra