



Tantra Yoga Practice #2

<p>1</p>	<p>"ATMA HRDAYE HRDAYAM MAYHI": IN raise both arms, lift heels, Mentally chant; EX lower right arm and heels 1/2 way, chant out loud; "AHAM AMRTE AMRTAM ANANDAM": IN lift both arms and heels all the way, mentally chant; EX lower left arm and heels 1/2 way, chant out loud; "OM SHANTISSHANTISSHANTIH" IN lift both arms and heels all the way, mentally chant; EX lower both arms to sides, heels to floor, chant out loud. 3 x's</p>
<p>2</p>	<p>IN lift arms forward and up, mentally chant; EX bend knees and hips, chest to thighs, chant out loud; IN raise arms forward and up, stand, mentally chant; EX lower hands to sides, chant out loud. 3 x's</p>
<p>3</p>	<p>4 - 8 x's, Free Breath</p>

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4		<p>IN lift right arm and left leg, Retain; EX return. IN lift left arm and right leg Retain; EX return. 3 x's; First time, no chanting, IN = EX = R = 4"; Second and Third times, mentally chant on IN, chant out loud on EX</p>
5		<p>4 - 6 x's, Free Breath.</p>
6		<p>IN lift arms 1/2 way with hips, interlace fingers; STAY 4 - 6 breaths, opening upper back with each IN.</p>
7		<p>Rest</p>
8		<p>Establish space. Begin Central Channel Breathing, IN crown to root, EX root to crown, several breaths. Release breath and spend a few minutes visualizing the Cave of the Heart. Return to Central Channel IN Crown to Heart Center, EX Heart Center to crown, several breaths. Mentally chant on IN : "ATMA HRDAYE HRDAYAM MAYHI" Mentally chant on EX: "AHAM AMRTE AMRTAM ANANDAM" Add Retain = 5" at Heart Center, several breaths. Continue, mentally chanting on IN, R, and EX. 7 x's Relax breath</p>