
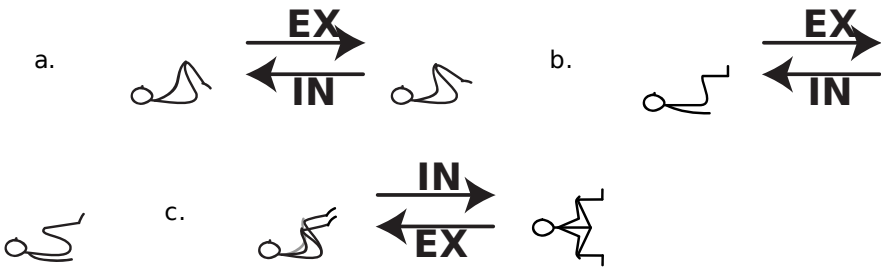
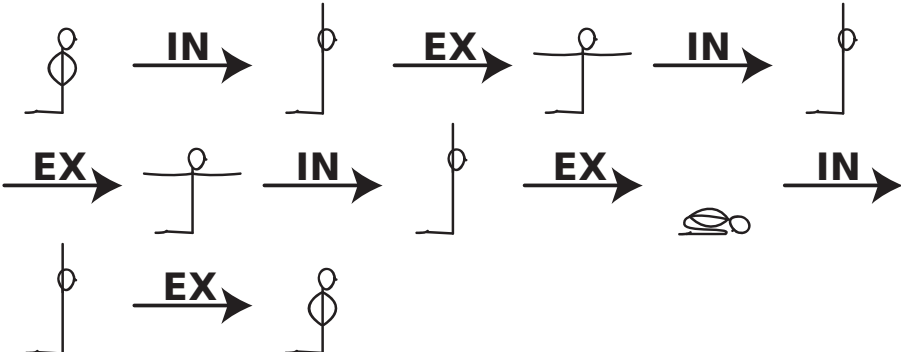
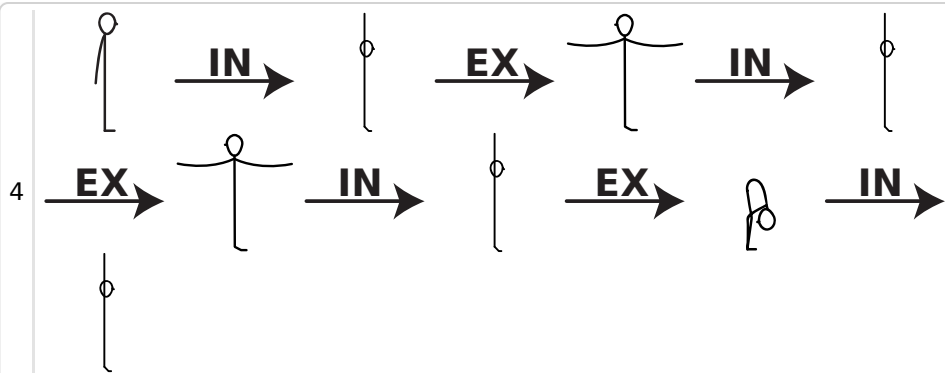




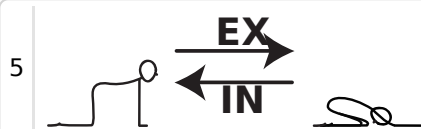
Tantra Practice #1

<p>1</p> 	<p>Gently, progressively increase IN/EX over several rounds of breath; Notice subtle change in shape of spine through breath cycle as breath deepens. Sense a place at the top of your head where you feel energetic sensation; spend a few breaths breathing from that place as the source of the breath's energy. Release that, and sense a place at the base of your pelvis where you feel sensation; spend a few breaths breathing into that place as the destination of the breath's energy.</p>
<p>2</p> 	<p>a. EX as breath releases draw belly back to floor, gently draw knees in; IN as breath fills relax belly, straighten arms. 4 x's, Lengthen IN/EX, IN=EX b. EX as breath releases, use belly and thighs to bring knees toward chest; IN control flow as knees float forward, belly relaxes. 4 x's Maximum count from a., IN=EX c. Palms press to inside of knees or thighs with moderate pressure; IN slowly hinge thighs open, working against resistance of hands; EX activate inner thighs, belly and pelvis to close knees against resistance of hands. 4x's, then open knees and STAY 4 breaths. IN is free, lengthen and maximize EX.</p>
<p>3</p> 	<p>IN raise arms, EX twist right, IN lift to center, EX twist left; IN lift to center, EX bow from waist floating arms out and back, hips to heels; IN arms lift out and up as chest leads to upright; EX hands to sides. 2 x's; First round IN = 6", EX = 6"; Second round IN = 6", EX = 8"</p>

Tantra Practice #1



IN raise arms out and up, lift heels; EX lower heels and arms 1/2 way twist ribs to right; IN raise arms to center lift heels fully; EX lower heels and arms 1/2 way twist ribs to left; IN lift arms to center lift heels fully; EX lower heels, lower arms out and down, bend from waist, forward fold.
3 x's; IN = 5", 6", 7"; EX = IN. Each time in forward fold STAY 2 breath cycles.



4 - 6 x's; Free breath.



Settle into your space.
Lengthen IN & EX; IN Crown to Root; EX Root to Crown; Lengthen breath each 2 - 3 breath cycles.
Release breath.
Bring your awareness to rest point-by-point and sense a vibration:
Eyebrow Center
Pit of Throat
Heart Center
Navel Center
Lower Abdomen
Root
Allow each to resonate in turn.
Then sense all resonating together, like a musical chord
Begin central channel breathing IN crown to root, EX root to crown through all of these centers of vibration. Several breaths.
Release the breath.
Find the heart center.
IN crown to heart center; EX heart center to crown; several breaths.
IN crown to heart center; R at heart center; EX heart center to crown;
4 breaths, IN = EX = 5", 6", 7", R = 4"