

AMRIT YOGA SEQUENCE

Excerpted from Transcription by Marcia Camino, September 2004

KEY:

###=starting and ending points for script repetition; (###)=go back and repeat text between ### and ###; XXX=pause between postures/inward focus; L/R, and R/L=signifies bilateral pose or action and therefore signifies repeating text with side-naming considerations

1. We begin with the **Complete Coordinated Breath with Movement--4-Part Warm up Breath.** (2:29).

Look straight ahead. Feet hip width apart, arms at your sides. Stand tall by pressing down into the feet and extending up through the crown of the head.

This breath consists of a three-part inhalation through the nose followed by a forceful exhalation through the mouth in coordination with the arms. We'll do the first one slowly. Breathing in 1/3 of the way, extend the arms out in front of you, palms facing one another. Breathing in 2/3 of the way, extend the arms out to shoulder height. With the final inhalation, bring the arms up overhead, shoulder width apart.

As you forcefully exhale, swing the arms down to your sides, bending the knees and expelling the breath completely from the lungs. Roll up. Repeat this for another six full breaths. **###**Inhaling up, out, up, and down. Roll up. **###**// We will repeat Complete Coordinated Breath seven more times. **(###)** To release, stand tall with your arms at your sides. Close your eyes. Breathe and relax. **XXX** Open your eyes. Come to the front of your mat in preparation for:

2. Sun Salutations—Surya Namaskar (4:00 1st round) (4:00 4-5 rounds w/breath)=8:00 **A.** 1. Look straight ahead. Feet together. Hands in prayer position. Stand tall by pressing down into the feet and extending up through the crown of the head.

2. Inhale. Look at your hands as you extend your arms straight up overhead.

Drop the tailbone and firm through the buttocks and inner thighs as you press down into the feet and extend the chest up. Extend through the fingers and press the hips forward to create a slight backbend.

3. Exhale. Bend the knees, fold your torso down as you lower your arms, gazing at your hands as you fold, chest resting on your thighs. Lower your hands to the floor, thumbs next to the little toes. Press the forehead toward the knees.

4. Inhale. Step back R/L foot, lunge position. Back toes curled under and heel pressed back. Front knee directly over ankle. Thigh approaching parallel to the ground. Lift the chest and look forward.

5. Exhale. Step back L/R foot into plank position. Make sure the body is straight. Shoulders directly over the wrists. 6. Bring the knees to the floor, extend tailbone up as you lower the chest and chin to the floor. Elbows in, sternum between the thumbs.

7. Inhale, press into the palms, and slide the chest forward and up as you lower the pelvis into upward dog. Knees on the floor, elbows slightly bent. Pull the elbows in and back. Drop the shoulders.

8. Exhale, lift the tailbone up and press the hips back to downward dog. Extend through the arms. Press into the palms. Press back through the hip creases. Press the thighbones back into the hamstrings and press heels toward the floor.

9. Inhale. Step up with R/L foot into lunge position. Lift the chest and look forward.

10. Exhale. Step up the L/R foot into forward bend. Feet together. Legs are straight. Press the forehead and chest toward the legs. Extend the tailbone up toward the ceiling.

11. Inhale. Palms together. Rise up slowly. Look at your hands as you extend your arms straight up overhead. Drop the tailbone and firm through the buttocks and inner thighs. Press down into the feet; extend the chest up. Extend out through the fingers and press the hips forward to create a slight backbend. **###. (after 2x times, to B.)** Now we'll do this to the other side. **(###)**

B. We'll coordinate the breath with the movement, repeating this on the right and then on the left. **####**

Exhale fold forward, hands next to the feet. Inhale step back R/L foot. Exhale step back L/R foot, knees, chest and chin to the floor. Inhale upward dog. Exhale downward dog. Inhale step up R/L foot. Exhale step up L/R foot. Inhale palms together, rise up slowly, extend arms up overhead and look at hands. Exhale slowly folding forward, gazing at hands as you fold, place hands next to feet. Inhale step back L/R foot. Exhale step back R/L foot, knees, chest and chin to the floor. Inhale upward dog. Exhale downward dog. Inhale step up L/R foot. Exhale step up R/L foot. Inhale palms together, rising up slowly, looking at hands

as you extend arms up and overhead to create a slight backbend. #### (### 2.5 sets) Exhale through prayer position and lower the arms to your sides. Close the eyes. Breathe and relax. XXX. Open the eyes in preparation for:

3. Mountain—Tadasana (1:30). Look straight ahead, feet together, hands in prayer position. Stand tall by pressing down into the feet and extending up through the crown of the head. Inhale, extend arms straight up overhead, palms pressed together, fingers interlaced in temple position. To engage the energetic extension, drop the tailbone and firm through the buttocks and inner thighs. Press into the feet. Extend up through the spine and out through the fingers. Press the arms to the head and slightly back. Relax the shoulders slightly. Rest the lower ribs back on the spine. Look straight ahead, chin parallel to the floor. Breathe deeply. To release, come out of the pose slowly and deliberately through prayer position. Lower the arms to your sides. Close your eyes. XXX. Open your eyes in preparation for:

4. Half Moon—Ardha Chandrasana. (1:40). Look straight ahead, feet together, hands in prayer position. Stand tall by pressing down into the feet and extending up through the crown of the head. Inhale, extend arms straight overhead, palms pressed together, fingers interlaced into temple position. To engage the energetic extension, drop the tailbone and firm through the buttocks and inner thighs as you press into the feet and extend up through the spine and out through the fingers. Press the arms to the head and slightly back. Relax the shoulders slightly. ###Take a deep breath in. Exhale, press the hips to the L/R as your upper body extends to the R/L. Shoulders and hips are square to the front. Create an energetic extension up through the L/R foot, the entire side of the L/R body and out through the fingers. Eyes are straight ahead. To come back, press both feet into the floor; inhale back to center.### x//Prepare for the other side. (###). We move directly into:

5. Standing Back Bend—Anuvittasana (1:10). Drop the tailbone and firm through the buttocks and inner thighs as you press down into the feet and extend the chest up. Extend out through the fingers and press the hips forward to create a slight backbend. Keep the crown of the head in line with the spine. Breathe fully. To come back, press both feet into the floor; inhale back to center. As you exhale, release your hands and extend your arms forward to shoulder height, palms facing each other shoulder width apart in preparation for:

6. Forward Bend—Pada Hastasana (1:20). Bend the knees and extend the torso forward and down, placing the chest on the thighs. Place your palms on your calves, fingers pointing down, and slide your hands down to hold your ankles. Press your elbows and forearms toward each other. Press your forehead toward your knees. Breathe in and as you exhale, press into your feet, extending the tailbone up toward the ceiling. Straighten the legs only to the point where your belly remains in contact with your thighs. Do not force. Breathe as you hold. To release, release your hands and rise up slowly. Breathe fully. Close your eyes. Relax. XXX. Open your eyes in preparation for:

7. Standing Squat—Utkatasana (1:40). Look straight ahead, feet hip width apart. Stand tall by pressing down into the feet, extending up through the crown of the head. Inhale as you extend arms out in front, palms down. Exhale. Slowly bend at the knees and press the hips back as if you were about to sit in a chair, thighs approaching parallel to the floor. Press your shoulders down and back as you extend the sternum forward. Extend up through the spine and out through the crown of the head. Breathe fully. Press into the heels. To release, press the feet into the floor. Inhale, coming up slowly. As you exhale, release your arms to your sides and close your eyes. Breathe fully. XXX. Open your eyes in preparation for:

8. Warrior I—Virabhadrasana (3:48). ###Look straight ahead, feet hip width apart. Hands on hips. Stand tall by pressing down into the feet; extend up through the crown of the head. Breathe in and as you exhale, take a big step back with your R/L foot. R/L heel is off the floor. Front thigh

is directly over the ankle. Front thigh approaching parallel to the floor. Look straight ahead. Square your hips and drop the tailbone.

Inhale and extend arms out to the sides, palms down. Exhale, turn the palms up. Inhale as you extend the arms overhead. Interlace fingers in temple position, arms to the sides of the head.

Press down into the front foot and extend back through the rear heel. Extend up through the spine and out through the fingers. Breathe fully.

To release, bring the hands down in prayer position. As you exhale, press your palms together and then press off the back foot and step forward. x Breathe fully. Relax. ### We now prepare for the other side. (###). Release your arms to your sides. Close your eyes. Relax. XXX. Turn to your right and make a wide stance in preparation for:

9. Warrior Angle—Utthita Parsvakonasana (3:55). Look straight ahead. Both feet facing forward, arms extended out to the sides, palms down in star position.

Turn the R/L foot out and the L/R foot part way in. ### Look out over your R/L fingertips. Inhale, and as you exhale, bend your R/L knee. R/L knee is directly over the R/L ankle, thigh approaching parallel to the floor. Press equally into both feet. Relax the shoulders and extend through the arms and fingers. Breathe. This is Warrior II.

Place the R/L forearm on top of the R/L knee. Use your R/L elbow to press your knee into alignment directly over your ankle. Extend the L/R arm straight up toward the ceiling as you lift out of the L/R shoulder, palm facing out. Press L/R shoulder blade back, turning the navel toward the ceiling. Press into the outer back heel and press the top hip back, bottom hip forward. Tip the head to the R/L in line with the spine. Extend the L/R arm alongside the ear, palm down.

Look straight ahead. Press down into the L/R foot and extend up through the L/R side of the body and out through the fingers.

To release, inhale up to Warrior II position. ### x Straighten the right leg and reverse by turning the left foot out and the right foot part way in. (###) Exhale, straighten the left leg and turn both feet forward.

(8 and 9 repeated on left side here, then:

Look straight ahead with arms extended out to the sides. Place hands on the hips for:

10. Wide Angle Forward Bend—Parsarita Padottanasana (2:12). Breathe in and as you exhale, press the hips back and extend the torso forward and down. Clasp your legs or ankles. Breathe fully in and out. Shift your weight forward slightly. Press into the balls of the feet and extend the tailbone up. Release the crown of the head toward the floor. The hands support the opening. Let go.

To release, place hands on the hips and rise up slowly. Step the feet together. Turn to face forward. Relax the arms down by your sides. Close your eyes. XXX. Open your eyes in preparation for:

11. Dancing Shiva—Natarajasana (3:30).

Look straight ahead, focusing on one point. Stand tall by pressing down into the feet and extending up through the crown of the head.

Press the L/R foot into the floor, shifting the weight into the L/R leg. Extend the L/R arm up overhead, palm turned in. Press the arm close to the side of the head.

Stage I: Open the R/L hand out and turn the thumb out and back. Bend the R/L knee and take hold of the inside of the R/L foot with the R/L hand.

Press into the L/R leg as you extend up through the L/R fingers. Knees close together.

Stage II: Breathe in. As you exhale, press the R/L foot into the R/L hand. Allow the extension of the rear leg backward to bring your torso forward, extending the L/R arm forward parallel to the floor, palm turned down. Back thigh approaching parallel to the floor.

To create the energetic extension, press the back foot into the hand and extend from the back arm through the front fingers. ###.

To release, come up, release the R/L foot and L/R arm. x. Repeat on the other side. (###) Close your eyes. XXX. Open your eyes in preparation for:

12. Standing Hand in Foot—Utthita Padahastanasana (2:20). ### Look straight ahead, focusing on one point. Stand tall by pressing down into the feet and extending up through the crown of the head. Press the L/R foot into the floor, shifting the weight to the L/R leg.

Stage I: Raise the R/L knee, interlacing the fingers at the knee.

Stage II: Lean forward and interlace fingers and thumbs just below the toeline. Maintain the forward angle

of the spine, bringing the R/L ankle directly below the R/L knee.”

Press the foot into the hand as you extend the sternum away from the navel, creating an energetic extension from the standing foot through the tailbone and crown. You may stand tall or maintain the forward angle of the spine.

To release, place the foot on the floor, release the arms, stand tall. Close the eyes. **XXX**. **###** Repeat on the other side. **(###) XXX**. Open the eyes in preparation for:

13. Tree Pose—Vriksasana (4:10). **###** Look straight ahead, focusing on one point. Feet together. Arms at your sides. Standing tall by pressing down through the feet and up through the crown of the head. Press the L/R foot into the floor, shifting the weight into the L/R leg. Turn the R/L foot out, bend the knee and bring the R/L ankle to the L/R ankle, calf, thigh, or crossed over the standing thigh in half-lotus. Bring your hands in prayer position. Drop the tailbone as you firm through the buttocks and inner standing thigh. Press the ankle to the leg, R/L knee dropping down and back.”

Inhale, extend the arms overhead, palms together, arms to the head and slightly back. Firm down through the inner standing thigh as you extend up through the spine and out through the fingers. Breathe fully.

To release, exhale, slowly bring the arms down through prayer position. Release the hands and place your foot on the floor. **XXX**. **###**. Eyes remain open. Prepare for the other side. **(###)**. Drop your arms to sides, close your eyes and breathe. **XXX**. Open your eyes in preparation for:

14. Yoga Mudra (1:16). Look straight ahead. Stand tall, feet hip width apart. Arms at your sides. Stand tall by pressing down into the feet and extending up through the crown of the head.

Interlace the fingers behind your back, elbows straight. Breathe in, expand the chest, pressing the shoulders down and back. Exhale, press the hips back as you extend the torso forward and down. Slightly shift your weight forward on the balls of your feet. Breathe deeply.

Inhale, extend the arms up toward the ceiling and if there is room, exhale and press the arms forward.

Keep the legs straight. Let the crown of the head drop toward the floor. Gently press the forehead toward your legs.

To release, bring the hands to the low back and lower the arms toward the floor. Slowly come down into a squatting position. Sit on your heels, tops of the feet flat on the floor in preparation for:

15. Integration—Vajrasana. Rest palms down on your thighs. Sit tall, extending through the crown of the head. Close your eyes and relax deeply. **XXX third eye**. Open your eyes and slide forward onto your abdomen in preparation for:

16. Cobra—Bhujangasana (2:04). Place your forehead and palms on the floor, fingertips aligned with the shoulders, elbows in and back. Press the feet together and down. Press the pelvis and palms into the floor. Inhale as you lift forehead, chin, and chest until you reach the navel. Pull the elbows in and back as you extend the sternum forward. Breathe fully.

Extend back through the toes, forward through the sternum and out through the crown, keeping the head in line with the body.

To release, exhale fully, lower your torso to the floor and turn the head to one side; relax the arms at your sides. Relax and breathe deeply. Close your eyes. **XXX**. Preparing now for:

17. Half Locust—Ardha Shalabasana (2:20). Turn your chin to the floor. Turn your palms down and work the arms under your body, small fingers touching, elbows straight. **###** Press the top of the L/R foot into the floor. Firm through the legs and buttocks. Extend from the throat, through the R/L side of your body and out through your R/L toes as you slowly extend and lift your R/L leg. Legs are straight. Both hips remain squarely on both arms.

To release, lower the leg back down. x Preparing for the other side. **### (###)**. Remove the arms from underneath you. Turn your head to one side. Close the eyes. **XXX**. Preparing now for:

18. Boat—Navasana (1:30). Forehead down on the floor, tops of feet flat on floor. Arms are 45 degrees from the body, palms down. Bring the feet together and separate slightly. Press the pelvis into the floor. Inhale, lifting simultaneously your legs, upper body, and arms.

Extend back through the toes, forward through the sternum and out through the fingertips. Breathe as you hold.

To release, exhale fully, turn the head to one side. Close your eyes. **XXX**. Come up on your hands and

knees and gradually sit on your heels in preparation for:

19. Child Pose—Garbhasana (1:05). Exhale. Bring your forehead forward to rest on the floor. Arms relaxed at your sides, palms up. Breathe into the upper back. Relax. To release, let your body float up into a sitting position. **XXX.** Open your eyes in preparation for:

20. Camel—Ushtrasana. Come up on your knees. Separate your knees and feet hip width apart. Place palms on lower back, fingers pointing down. Press the elbows together. Drop the tailbone, firming through the buttocks and inner thighs. Press down through the knees, Extend the chest up, Press the hips forward. This is Stage I.

To go deeper, reach back and place one hand, then the other, on the heels. Curl your toes under if you cannot reach your heels. Breathe deeply. Allow the head to come back, maintaining the length in the back of the neck. If this doesn't feel right, keep the head lifted.

Press down through the knees and hands. Press the hips forward and extend the chest up. Breathe fully. To release, first lift the head, then bring the palms to the low back and rise up slowly. Sit on your heels. Close your eyes for:

21. Integration—Vajrasana. Remain sitting on your heels. Rest palms down on your thighs, sit tall, extending through the crown of the head. Close your eyes and relax deeply. **XXX (third eye).** Gradually open your eyes in preparation for:

22. Seated Yoga Mudra. Interlace your fingers behind your back, elbows straight.

Inhale and expand the chest, pressing the shoulders down and back. Exhale, press the hips back as you extend the torso forward and down. Place your forehead on the mat. Inhale, extend the arms up toward the ceiling and if there is room, exhale and press the arms forward. Remain seated on your heels. Breathe fully.

Slowly rise up on an inhalation. Exhale, release the hands and bring them to rest on your legs. Close the eyes, breathe and relax. **XXX** Open your eyes, shift the hips to one side and extend the legs out in front of you in preparation for:

23. Posterior Stretch—Paschimottanasana. Sit tall, palms on the thighs, feet close together, pressing the heels out and down,

Take a step back with each hip. Extend the arms out in front of you, palms facing each other, shoulder width apart. Extend the arms overhead.

Inhale, pull the low back into the body and extend up through the spine and out through the fingers.

Exhale, extend the torso forward and down as you hinge at the hips, arms alongside the ears. When you've reached your edge, clasp your thighs, shins, ankles, or feet. Do not pull or force.

Press your heels forward and your hips back, extending the sternum away from the navel. Allow the head to come forward. Hold and breathe.

To release, rise up slowly, extending the arms overhead, palms facing one another. Extend the arms out in front of you and lower palms to thighs. Close your eyes and relax. **XXX.** Open your eyes in preparation for:

24. Seated Spinal Twist—Matsyendrasana. ### Place your R/L foot on the outside of your L/R knee. Wrap your L/R arm around the R/L shin. As you draw the R/L knee toward the chest, lift the sternum, creating an energetic extension up through the spine and out the crown of the head. Both sit bones are on the floor.

Inhale, extend the R/L arm out in front. Exhale and gaze at your fingertips as you twist to the R/L. Lower your palm to the floor at the sacrum, fingers pointing out. Inhale, press down into the R/L hand and extend the spine up. As you exhale, press the R/L shoulder back, deepening the twist through the naval, ribcage, shoulders, and head. Do not force. Breathe fully into the posture. Continue to inhale and extend up. Exhale and deepen the twist.

To release, inhale and raise the arm up. Exhale, extending through the fingertips as you slowly come back. Release the arms, Extend the legs, place the hands on the thighs. x Breathe and relax. **###** Repeat on the other side. **(###)** Close the eyes, breathe, and relax. Slowly lie back for

25. Reclined Integration. Knees up, feet flat on the floor. **XXX.** Step your heels next to the buttocks. Feet parallel and hip width apart in preparation for:

26. Bridge—Setu Bandhasana. Extend your arms at your sides, palms pressing down. Inhale, press the feet into the floor, engage the buttocks and lift the hips up halfway. Interlace the fingers behind your back. Rock to one side, then the other, walking the arms and shoulders underneath you, elbows straight. Lift the hips higher, knees and feet remain hip width apart, heels on the floor. Press the balls of the feet down and away, Press your triceps down. Maintain this as the pelvis and sternum extend up. Breathe fully. As you breathe in, press more fully into the extension. To release, release the hands from beneath you. Exhale, and lower the back to the floor. Breathe, relax, let go. **XXX.** Preparing now for:

27. Spinal Rocking. Clasp the hands below the knees. Inhale as you rock back and exhale as you rock forward. After seven repetitions, rest on the back with the feet flat on the floor and the knees up. Preparing now for:

28. Half Shoulder Stand—Ardha Sarvangasana. Place arms by your sides, palms down. Press down into the arms and hands, pull the knees to the chest, and lift the hips, placing palms at the low back for support, knees bent toward the forehead. Bring the elbows slightly closer to about shoulder width apart. Inhale, extend the legs up, feet directly above the forehead. Press elbows and triceps down as you extend out through the balls of the feet. Gently press the back of the head into the floor. There is little weight on the neck. Hold and breathe. To release, bend the knees towards the forehead. With your arms at your sides, slowly unroll the spine and gradually lower the feet to the floor, knees up. Breathe. Rest. **XXX.** Preparing now for:

29. Reclined Knees to Chest—Pavana Muktasana. Bring your knees to your chest, head resting on the floor. Wrap your arms tightly around your legs, clasping your elbows if possible. Breathe fully as you hold. To release, place both feet on the floor, knees up in preparation for:

30. Knee Down Twist—Supta Matsyendrasana. ###Extend the arms out to the sides in T-position, palms up. Shift the hips five inches to the R/L Extend the L/R leg along the floor and place your R/L foot on the L/R thigh. Place the L/R hand on the R/L knee. Turn your head to the R/L and slowly press the R/L leg to the L/R and down toward the ground, keeping the R/L shoulder in contact with the floor. Relax the shoulders and arms. Relax the abdomen and groins. Do not force. Breathe fully and let go more deeply with each exhalation. To release, slowly bring the leg up, place both feet on the floor and center the hips. **XXX ###** Repeat on the other side. (**###**) To release, slowly bring the leg up, place both feet on the floor, and center the hips.

31. Corpse Pose—Shavasana (3:00). Extend your legs along the floor, separating your feet slightly wider than your hips. Place your arms at your sides with the palms turned up. Close your eyes. Take a full, deep breath and let go completely. Allow every part of your body to let go: toes, feet, legs, hips, and lower back, fingers, hands, arms, shoulders, neck, and face. **XXX.** Become aware of your breathing once again. Bring the knees to the chest, gently rock to one side, and come up to a seated position.