

| AYP PRACTICE CHART           |                            |   |   |                    |   |   |                 |   |   |              |   |   |                    |   |   |                |   |   |
|------------------------------|----------------------------|---|---|--------------------|---|---|-----------------|---|---|--------------|---|---|--------------------|---|---|----------------|---|---|
| Main Practices Sequence >    | Spinal Breathing Pranayama |   |   | Energy Cultivation |   |   | Deep Meditation |   |   | Core Samyama |   |   | Energy Cultivation |   |   | Cosmic Samyama |   |   |
| Learning Sequence >          | 2nd                        |   |   | 3rd                |   |   | 1st             |   |   | 4th          |   |   | 5th                |   |   | 6th            |   |   |
| Level** >                    | B                          | I | A | B                  | I | A | B               | I | A | B            | I | A | B                  | I | A | B              | I | A |
| Energy Cultivation Practices |                            |   |   |                    |   |   |                 |   |   |              |   |   |                    |   |   |                |   |   |
| Mulabandha                   |                            | I | I |                    |   |   |                 |   | A |              |   | A |                    |   |   |                |   | A |
| Sambhavi Mudra               | I                          | I | I |                    |   |   |                 |   | A |              |   | A |                    |   |   |                |   | A |
| Siddhasana                   |                            | I | I |                    |   |   |                 | A | A |              |   | A | A                  |   |   |                |   |   |
| Uddiyana or Nauli            |                            | I | I |                    |   |   |                 |   | A |              |   | A |                    |   |   |                |   | A |
| Kechari Mudra                |                            | I | I |                    |   |   |                 |   | A |              |   | A |                    |   |   |                |   | A |
| Spinal Bastrika              |                            |   |   |                    | I | I |                 |   |   |              |   |   |                    |   |   |                |   |   |
| <i>Yoni Mudra</i>            |                            |   |   |                    | I |   |                 |   |   |              |   |   |                    |   | I |                |   |   |
| <i>Chin Pump</i>             |                            |   |   |                    |   | I |                 |   |   |              |   |   |                    |   |   |                |   |   |
| <i>Whole Body Mudra</i>      |                            |   | A |                    |   | A |                 |   | A |              |   | A |                    |   | A |                |   | A |
| Practice Times***            |                            |   |   |                    |   |   |                 |   |   |              |   |   |                    |   |   |                |   |   |
| Standard                     | 5-10 min                   |   |   | 2-5 min            |   |   | 10-20 min       |   |   | 5-10 min     |   |   | 2-5 min            |   |   | 5 min          |   |   |
| Aggressive                   | Over 10 min                |   |   | Over 5 min         |   |   | Over 20 min     |   |   | Over 10 min  |   |   | Over 5 min         |   |   | Over 5 min     |   |   |

### Notes:

\* Each cycle of core practices is preceded by asanas (postures), and followed by rest.

\*\* Practitioner Level: **B** = Basic, **I** = Intermediate, **A** = Advanced

\*\*\* Practice times are twice per day. Structured retreats may include more practice cycles per day.

“I” designates an Intentional Practice

“A” designates an Automatic Practice