

Illustration 1
Sutras for Regular Sitting Samyama

Love

Radiance

Unity

Health

Strength

Abundance

Wisdom

Inner Sensuality

Akasha - Lightness of Air

Illustration 2

Sutras for Cosmic Samyama

| Sutra | Location (if applicable) |
|----------------------------|---|
| <i>Feet</i> | both feet |
| <i>Knees</i> | both knees |
| <i>Root</i> | perineum/anus |
| <i>Sex</i> | center of pelvic region |
| <i>Navel</i> | navel/solar plexus area |
| <i>Heart</i> | center of chest behind the breastbone |
| <i>Throat</i> | hollow of throat |
| <i>Eye</i> | center brow, extending back to center of head and down into the brain stem |
| <i>Crown</i> | a point one hand's width (five fingers) above the top of head |
| <i>Earth</i> | |
| <i>Moon</i> | |
| <i>Sun</i> | |
| <i>Solar System</i> | |
| <i>Galaxy</i> | |
| <i>Cosmos</i> | |
| <i>Unbounded Awareness</i> | |

Illustration 3

Illustrations and Sutras for Yoga Postures



Warm-up, head to heart



Warm-up, arms to heart



Warm-up, legs to heart



Knees to chest roll



Kneeling seat



Sitting, head to left knee
(then - Sitting, head to right knee)



Sitting, head to both knees



Shoulder stand

(continued on following page)



Plow



Seal of yoga



Cobra



Locust



Spinal twist left
(then - Spinal twist right)



Abdominal lift



Standing back stretch



Standing toe touch



Corpse