

MAHARISHI YOGASM — FIRST SET OF ĀSANAS AND PRĀṆĀYĀMA

Creating Physiological Balance and Mind-Body Coordination for Good Health and Well-Being

Sukh-Āsana सुखासन 1



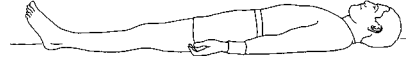
Sit in a comfortable position

Sankalp सङ्कल्प 2



Close the eyes for about one minute

Chetan-Āsana 3 चेतनासन



Relax for 1–2 minutes

Samvāhan संवाहन 4



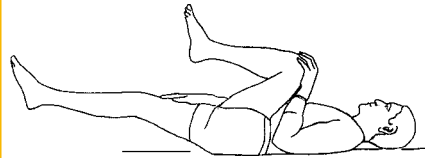
Toning the body, about 2 minutes

Vellan 5 वेल्लन



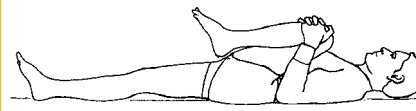
Hold for 1–2 seconds
Roll 3 times to each side (alternating)

Pād-Sanchalan 6 पादसंचलन



3–5 times with each leg (alternating)

Pavan-Mukt-Āsana 7 पवनमुक्तासन



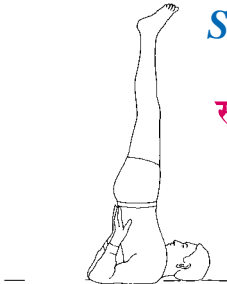
Hold each position for about 10 seconds
Repeat 1–3 times (alternating)

Utthit-Ekapād-Āsana 8 उत्थितेकपादासन



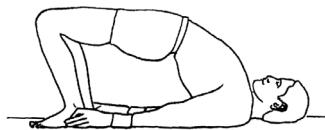
Hold for about 10 seconds
3 times with each leg (alternating)

Sarvāng-Āsana 9 सर्वाङ्गासन



Hold for 10 seconds–1 minute

Kati-Āsana 10 कटि आसन may be followed by Chetan-Āsana



Hold for 5–10 seconds
Repeat 3–5 times

Bhujang-Āsana 11 भुजङ्गासन



Hold for 5–10 seconds
Repeat 3–5 times

Ardh-Shalabh-Āsana 12 अर्धशालभासन may be followed by Chetan-Āsana



Hold for 5–10 seconds
Repeat 3 times with each leg (alternating)

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Vajr-Āsana 13 वज्रासन



Hold for 10 seconds–1 minute
Repeat 1–3 times

Shashānk-Āsana 14 शशांकासन



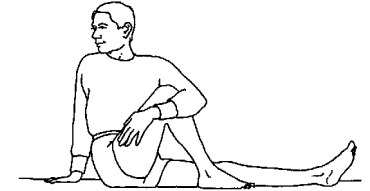
Hold for 5–10 seconds
Repeat 3 times

Jānu-Shir-Āsana 15 जानुशिरासन



Hold for 5–10 seconds
Repeat 1-3 times on each side
(left or right leg)

Vakr-Āsana 16 वक्रासन



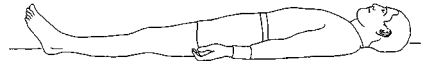
Hold 5–10 seconds (or longer)

Hast-Pād-Āsana 17 हस्तपादासन



Hold for about 5–10 seconds
Repeat 3 times

Chetan-Āsana 18 चतनासन at the end of the set of Āsanas



Relax for about 1–2 minutes

Sukh-Prāṇāyāma 19 सुखप्रणायाम



Practice for 4–5 minutes

Sukh-Āsana 20 सुखासन



During the practice of the
Transcendental Meditation® Program
(if comfortable)

- Perform each Āsana easily, comfortably, and naturally, without strain or applying force.
- Breathe normally and naturally throughout the practice.
- The number of seconds for holding a position is approximate.
- If you are not feeling comfortable in a position, then hold it for less time.
- Rest between each Āsana as desired, and until breathing becomes normal.