

Yoga Pranala I

with Linda Madani

certified yoga therapist

E-R.Y.T. 500



BIOGRAPHY

Linda Madani is an inspired spiritual healer and senior yoga teacher. She has been living and practicing yoga on Bali since 1995, studying the ancient healing arts of Pranala with the respected Balinese healer Tjokorda Rai. She has been a devout apprentice of this exceptional teacher for more than 10 years. Linda is a highly experienced teacher with students from throughout the world. She is registered yoga teacher with the International Yoga Alliance (E-R.Y.T. 500), and a certified yoga therapist in both India and the USA. She is also a member of the International Yoga Therapist Association. Linda is passionate about yoga, and often travels abroad to expand her knowledge. She teaches throughout Asia and regularly leads yoga retreats on Bali. She welcomes people with an open heart to her sanctuary where she shares the teachings and blessings she has received with much joy.



Music original by Gary Roba

Gary Roba has played the flute since childhood. He is a graduate of the new England conservatory of music in the united states, and was a Fulbright scholar for music to India in 1992-3. Gary is better known in the field of craniofacial work, in which he has a growing international practice.”



1



CONTENTS

Biography	1
Contents	2
1. Sitting and Breathing	3
2. Tibetan Pranayama	3
3. Dandasana	4
4. Ardha Matsyendrasana	5
5. Table	5
6. Cow, Cat and Dog	6
7. Child Pose	6
8. Downward Dog	7
9. Sun Salutation à la Linda (4 times)	8
10. Ardha Salabhasana SALA-BHA-SANA (locust)	11
11. Makrasana	12
12. Vrajasana with Breath	12
13. Baddha Konasana	13
14. Parchimotasana	13
15. Ardha mat-syen-dra-sana	14
16. Dvipada (Dewi pada) Pitham	14
17. Twist	15
18. Uddhva Prasarita Padasana	15
19. Apanasana	16
20. Yoga Nidra	16



1. Sitting and Breathing

Sit in a comfortable position. You can sit in a cross legged position or on a chair if necessary.



2. Tibetan Pranayama

- a. Put your hands on your knees or laps.
- b. Middle fingers and thumbs touching.
- c. Inhale, extend your right arm up.
- d. Hold your breath and block your right nostril with the right index finger.
- e. Exhale slowly bringing your right elbow down.
- f. Hold your breath and bring your right hand on your lap.
- g. Repeat with the left arm.
- h. Practice for 3 to 5 minutes making sure that there is no sound coming through the nostrils.



3





3. Dandasana

- a. Sit with the legs outstretched straight in front.
- b. Engage the thigh muscles and flex the feet. The heels may come up off the floor.
- c. Make your spine long.
- d. Stack the shoulders directly on top of the hips.
- e. Extend your arms in front of you and interlace your fingers and turn your palms forward.
- f. Inhale, extend your spine, exhale, bent forward for the hips.
- g. Feel your hips rotating around the thigh bones.
- h. Keep pressing the back of your thighs.
- i. Keep pressing your palms forward as you bent forward.
- j. Press the belly towards the thighs and keep the integrity of the curve of the lower lumbar vertebrae.
- k. Stay in the position for a few breaths.



4. Ardha Matsyendrasana

- Sit with the legs stretched out in front of the body.
- Bend the right leg and place the right foot flat on the floor on the outside of the left knee.
- The toes of the right foot should face forward.
- Bend the left leg and bring the foot around to the right buttock. The outside edge of the foot should be in contact with the floor.
- Bind with the left elbow by pressing the elbow against the knee, hand up, middle finger and thumb together.



5. Table Pose

- Sit on the floor with your leg extended.
- Bend your knees and put your feet flat on the floor.
- Bring your hands behind your buttocks fingers pointing towards the buttocks.
- Press on the palm of the hands and on your feet on the floor and lift your buttocks up.
- Stay in the position for a few breaths.



5



6. Cow, Cat and Dog

- a. Get down on you hands and knees (on “all four”), with your shoulders in a vertical line above your wrists and your hips above your knees in a right angle.
- b. Inhale and lift the chest up tilting the tail bone up, cow pose.
- c. Exhale, press on your hands and move your tail bone down. Gently contract the belly and round the back while keeping your navel to the spine, cat pose.
- d. Inhale, curl your toes and lift your buttock up into down dog. The heels don't have to be on the floor but you should press them down as you push you sitting bones to the sky.
- e. Repeat 6 times.

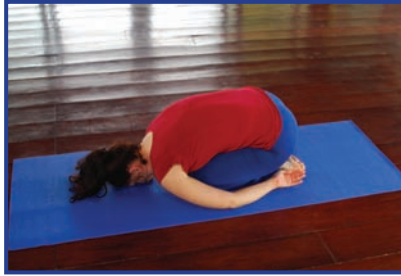


7. Child Pose

- a. Kneel and sit on your feet with your heels pointing outward.
- b. Your knees should be separated about the width of your hips.
- c. Make a fist with your hands, stack them one on top of the other and put your forehead on top.



- d. If it feels comfortable, bring your forehead directly on the floor and bring your hands next to your hips palm facing up.
- e. Stay here for a few breaths to relax.



8. Downward Dog

- a. Start on all four
- b. Tilt your tail bone to the sky, simultaneously, raise your buttocks and lower your head between your arms. Ears parallel to you arms.
- c. Push your heels towards the ground and sitting bones to the sky.
- d. Press on the thumbs and index fingers and roll your inner elbows forward.
- e. Lift your shoulder blades away from your ears and separate them.
- f. Feel the tail bone moving in one directing and the top of the spine the other.
- g. Keep breathing.



7



9. Sun Salutation à la Linda (4 times)

1. Stand with your hands in front of your heart (talk about energy).
2. Inhale, raise and stretch both arms above the head palms together, lift the breast bones to the sky, slightly arch your upper back backward.
3. Exhale bent your knees, bent forward and put your hands or tips of the fingers on the floor.
4. Inhale, draw the right leg back, mindfully.
5. Exhale put the right knee on the floor.
6. Inhale raise your arms up above your head, palms together in the equestrian position.
7. Exhale, both hands or tips of fingers on the floor.
8. Inhale, draw the left leg back into plank position, shoulders above the hands.
9. Exhale, knees on the floor and chest between your hand into ashtanga position.
10. Inhale, roll into bhujangasana, rolling your shoulders back and lifting your heart to the sky.
11. Exhale curl your toes and come into downward dog, adho mukha savasana,
12. Inhale, extend your spine.
13. Exhale bring your knees on the floor,
14. Inhale bring the right foot forward,
15. Exhale the left.
16. Inhale, lift your sitting bone to the sky, uttanasana, forward bent
17. Exhale, bend your knees,
18. Inhale, brush the floor with your hands and extend your arm up, palms together and into uktasana, as if you were sitting in an imaginary chair, tucking your tail bone.
19. Exhale extend your knees and bring your hands to your heart into namaste.
20. Inhale, raise and stretch both arms above the head palms together, lift the breast bones to the sky, slightly arch your upper back backward.
21. Exhale bent your knees, bent forward and put your hands or tips of the fingers on the floor.

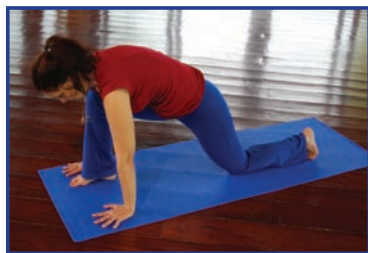
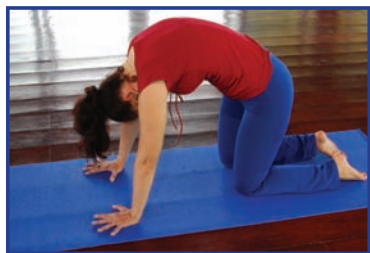


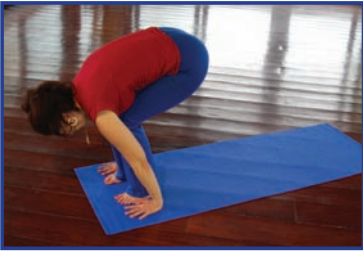
22. Inhale, draw the left leg back, mindfully.
23. Exhale put the left knee on the floor.
24. Inhale raise your arms up above your head, palms together in the equestrian position.
25. Exhale, both hands or tips of fingers on the floor
26. Inhale, draw the right leg back into plank position, shoulders above the hands.
27. Exhale, knees on the floor and chest between your hand into ashtanga position.
28. Inhale, roll into bhujangasana, rolling your shoulders back and lifting your heart to the sky.
29. Exhale curl your toes and come into downward dog, adho muka savasana.
30. Inhale extends your spine.
31. Exhale bring your knees on the floor,
32. Inhale bring the left foot forward,
33. Exhale bring the right foot forward.
34. Inhale, lift your sitting bone to the sky, into uttanasana, forward bent.
35. Exhale, bend your knees,
36. Inhale, brush the floor with your hands and extend your arm up, palms together and into uktasana, as if you were sitting in an imaginary chair, tucking your tail bone.
37. Exhale extend your knees and bring your hands to your heart into Namaste.



9







10. Ardha Salabhasana SALA-BHA-SANA (locust)

- Lie on the stomach, with head turned to right, arms folded behind the back on sacrum, and palms up.
- Inhale, lift chest slightly, and extend the right arm and lift left leg, turning the head to center.



- c. Exhale, the arms goes back, leg goes down, turn head to the left.
- d. Repeat on the other side.
- e. 6 times, on each side.

11. Makrasana

- a. Lie flat on the stomach
- b. Slowly spread out both the legs. The toes should remain out and heels inward
- c. Grab your elbows or forearms, or wrist with hands and put your forehead on top of it.
- d. Adjust your body if needed
- e. Relax the whole body and close your eyes.



12. Vrajasana with Breath

- a. Kneel with legs together so that you are sitting on your heels.
- b. The whole of the lower legs should touch the ground.
- c. The hands should rest flat, without efforts on one of the thigh, the head and trunk remaining in a vertical plane.



13. Baddha Konasana



14. Parchimotasana

- a. Sit on the floor with your legs outstretched aligned with the hip bones.
- b. Bend your knees slightly.
- c. Slowly bend forward and grasp your feet putting, the thumb on the base of the big toe and the remaining fingers behind.
- d. Extend your legs as far as you can.
- e. Keep your hands on your feet.
- f. Push the big toe forward and the small toe toward you.
- g. Inhale, extend your spine, bend the elbows sideways.
- h. Exhale, bent from the hips bringing the belly close to the thighs.
- i. Drop your head like a fruit on a tree, relax your neck shoulders, arms, chest, upper back, middle back, lower back, belly, sacrum, the whole spine, both of your hips, both of your thighs, both of your knees, both of your ankles, both of your feet. Relax the whole body observing your body going deeper and deeper in the pose.



15. Ardha mat-syen-dra-sana

- Sit with the legs stretched out in front of the body.
- Bend the right leg and place the right foot flat on the floor on the outside of the left knee.
- The toes of the right foot should face forward.
- Inhale, extend your spine, roll your shoulder back and bring the belly close to the thigh.
- Exhale, twist.
- Bind with the left elbow by pressing the elbow against the knee, hand up, middle finger and thumb together.
- With each breath in you extend, with each breath out you twist even more...



16. Dvipada (Dewi pada) Pitham

- Lie on your back with your arms down at the sides next to your hips palm facing down, feet flat on the floor hip distance apart.
- Inhale, lift the pelvis up, extend the right arm behind your head and turn your head to the left.
- Exhale the arm and the pelvis down head back to center.
- Repeat on the other with left arm and head to the right.
- Six times both sides.



17. Twist



18. Uddhva Prasarita Padasana

- Line on your back with your arms next to your hips and your and your knees to the chest.
- Inhale, extend the arms behind the head and lift your heels the sky (extend your legs up).
- Exhale back to starting position.
- Repeat six time.
- On the sixth time keep your arms behind your head and your legs straight up and push the lower back and sacrum downwards. Chin to the chest. Stay in this position for a few breaths.



19. Apanasana

- Lie on your back with both knees bent toward chest and feet off floor.
- Place hands on the shins.
- Exhale, pull thighs gently to the chest, forehead to your knees.
- Stay there for a few breaths.



20. Yoga Nidra

- Come to lie down on the back.
- Let the feet fall out to either side.
- Bring the arms alongside the body but slightly separated from the body and turn the palms to face upwards.
- Relax the whole body, including the face. Let the body feel heavy.
- Let the breath occur naturally.



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