

"Asana Chart"

for Systematic Meditation Sequence

Meditation according to the Himalayan Tradition is a systematic practice that includes body, breath, and mind. This "Asana Chart" presents the postures that go along with this practice. This practice contains working with the body first; by Choose from the first 7 rows at least one posture. From left to right the postures go from simple to less simple. The seven categories will give the body all the basic movements it needs to make the meditation posture more comfortable. Finish working with the body by doing a relaxation, done in savasana (row 8). Then do some breathing practices, use for this one of the meditation asanas of row 9, and follow this with your meditation, staying in the same posture or change to a less simple meditation asana. Ideally this sequence is done at every meditation session.

Simple

Less simple



	1	2	3	4	5
Forward bend					
Backward bend					
Side stretch					
Twisting					
Elongating					
Hip opener					
Inverting					
Relaxation (Savasana)					
Breathing practices + Meditation					