

## Relaxation Exercises .. without prerequisites



### *Balancing Meditation*

guides you through a sequence of minimal body movements. It utilizes conscious breathing and body awareness methods to enable a relaxed and meditative state of mind.

**CD** 60 minutes

### About *Balancing Meditation*

This relaxation exercise has its origin in the centuries-old Yoga tradition.

It breaks down into the following components ( see booklet for elements 2 to 3):

**1. Preparation for Balancing Meditation**

**2. Instant Relaxation**

a method of conscious tensioning is utilized in order to release the worst tensions in the body.

**3. Body in motion**

we continue with simple body exercises (Yoga Asanas) to awaken awareness and to prepare for the more quiet phases of the exercise. We use occasionally sounds to intensify the experience.

**4. Experience breath**

we turn the attention towards the breath and use abdominal breathing to calm the breath down and to make it deeper and easier. The breath plays a central role with all relaxation techniques, since conscious respiration is a wonderful method to release tensions.

**5. Deliberate relaxation of the whole body**

learn to use the power of your mind to deliberately relax the whole body. You move with our attention through all parts of your body, check for tension you may hang on to and release it with the power of our mind.

**6. Conclusion with sound bowl**

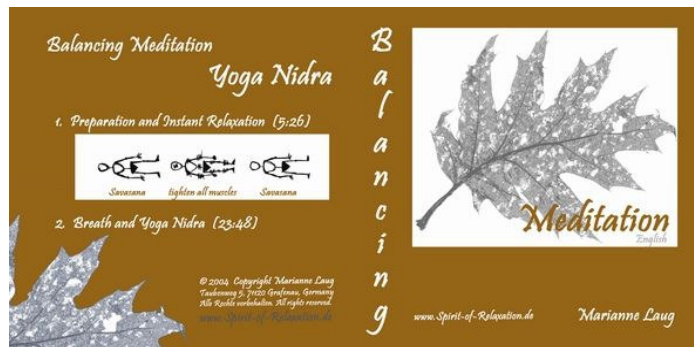
You are guided by my instructions, previous experience is not necessary.

**Please note:**

The exercise **Balancing Meditation** should not be used by people **with heart issues or high blood pressure**. Please use the version: *Balancing Meditation - Yoga Nidra* in this case.

## Relaxation Exercises .. without prerequisites

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### *Balancing Meditation - Yoga Nidra*

The relaxation exercise Balancing Meditation - Yoga Nidra utilizes conscious breathing and body awareness methods to enable a relaxed and meditative state of mind. This exercise is especially useful for people with limited ability to move the body.

**DA\*** 29 minutes

### About *Balancing Meditation - Yoga Nidra*

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This relaxation exercise has its origin in the centuries-old Yoga tradition.

The exercise breaks down into the following components (see booklet for element 1):

#### **1. Preparation and Instant Relaxation**

We utilise a method of conscious tensioning in order to release the worst tensions in the body.

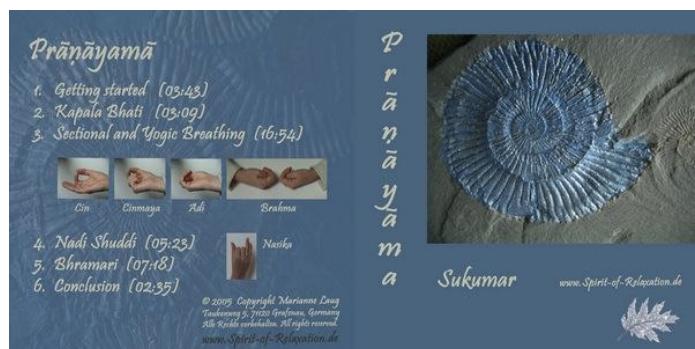
#### **2. Breath and Yoga Nidra**

We turn the attention towards the breath and use abdominal breathing to calm the breath down and to make it deeper and easier. The breath plays a central role with all relaxation techniques, since conscious respiration is a wonderful method to release tensions.

Deliberate relaxation of the whole body - learn to use the power of your mind to deliberately relax the whole body. You move with our attention through all parts of your body, check for tension and release it with the power of our mind.

## Relaxation Exercises .. without prerequisites

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### Pranayama

A sequence of guided breathing exercises from the Yoga tradition. The techniques included in these Pranayama exercises tranquilize the nervous system and stabilize the whole organism. The practice of Pranayama promotes bodily and mental wellness as well as the overall balance.

Prerequisites: Experience with Kapala

Bhati

DA\* 39 minutes

### About Pranayama

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Prana is the universal life energy that exists in everything. In our body it acts as a bridge between the material matter and the consciousness. One of the most effective ways to impact Prana is the conscious control of our breath. Correct breathing vitalises and harmonizes the energy flow in the body.

#### 1. Getting started

#### 2. Kapala Bhati

Using the Kapala Bhati technique we purify the Nadis.

#### 3. Sectional and Yogic Breathing

As preparation for the following exercises we sensitize the breath. The process is done in 3 steps during which the 3 main breathing areas are consciously opened and activated. We proceed by combing the 3 steps into full Yogic Breathing. We employ Yoga Mudras (see booklet) during the proceeding.

I recommend practicing **Ujjayi** during this part of the exercise. The sound allowing a better control of the exhale and prolonging it automatically.

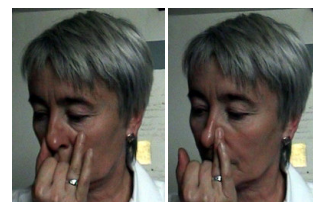
#### 4. Nadi Shuddi

Using Nadi Shuddi, we harmonize our breath, subtly impacting body and mind. We use the Nasika Mudra for closing the nostrils.

#### 5. Bhramari

Imitating the sound of the female bee, we relax and quiet the mind.

#### 6. Conclusion



### Pranayama Practise

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The exercise splitting in tracks allows variations of the Pranayama exercise either on intended purpose or just to accommodate time constrains. Please note that track 1, 3 and 6 must be in any combination. Track 1 and 6 for obvious purposes, track 3 since all other techniques require the breath sensitization achieved by this section. Track 2 can be optional in any proposed variation.

## Relaxation exercises .. with prerequisite

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### *Bhavana Vidya*

is a relaxation exercise focusing on sensitization of our feelings and awakening gratitude and appreciation. For learning purposes the exercise is divided into two phases.

**Prerequisites:** Experience with Nadi Shuddi.

**DA\* Preparation** 44 minutes  
**DA\* Final** 47 minutes

The exercise was life recorded on MD during our Yoga Therapy seminar. Whatever it may lack in professional CD quality is well compensated by the wonderful method.

### About *Bhavana Vidya* Preparation

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The preparation phase introduces the sensibilization of feelings using visualisation and prepares you for the full exercise. This preparation phase of the exercise should be used until the awakened feelings can be fully experienced.

1. **Sensitization of the body** (22:40)
2. **Sensitization of breath & feelings** (21:05)

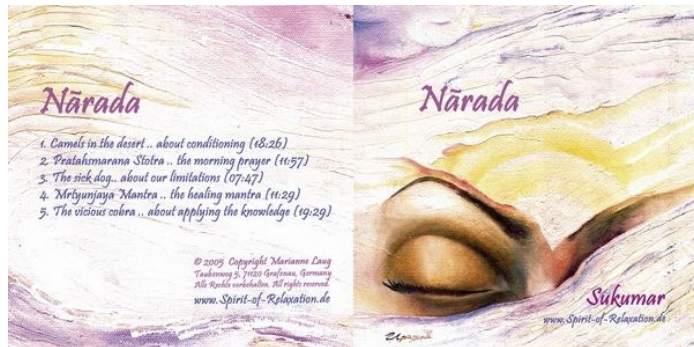
### About *Bhavana Vidya*

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1. **Sensitization of the body** (19:07)
2. **Breath sensitization.. Nadi Shuddi** (12:23)
3. **Sensitization of feelings and activation of the heart centre** (15:15)

## Spiritual Stories & Mantras

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### Narada

Stories and anecdotes are an especially beautiful style to present spiritual knowledge since many things that are being presented can not really be communicated in straight and direct language. The offering is complemented by mantras.

DA\* 69 minutes

### About *Narada*

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- **Camels in the desert .. about conditioning (18:26)**
- **Pratahsmarana Stotra .. the morning prayer (11:57)**
- **The sick dog.. about our limitations (07:47)**
- **Mrtyunjaya Mantra .. the healing mantra (11:29)**
- **The vicious cobra .. about applying the knowledge (19:29)**