

Advanced Naada Kriya Yoga Practice Set (30-45 min)

Version: June 6, 2009

Part 1: Salutation Pose with *Siva* mantra 9:9 (younger kids - use continuous chanting)

Visualization: Thousand petaled golden lotus at the crown, with miniature sun at pineal gland
| *Sivayana* | *ma- yana* | *vaSima-* | *mavayana* | *Si- Siya* | *namava-* | *vaSimaya* | *na- Om-* | ---- |

Part 2: One round of Sun Salutation sequence with *gaNESa* mantra 5:10

Visualization: Spinning purple ball at the center of head and spinning red ball at the base
| *Ong* | *gng* | *gaNapata* | *yEnama* | *ha---* |

Part 3: Salutation Pose with *sarasvati* mantra 5:10

Visualization: Spinning purple ball at the center of empty sphere head, light shiing through eyes
| *Ong* | *aing* | *saras* | *vatyE* | *namaha* |

Part 4: Fish Pose with *muruga* mantra 4:8 and 6:12

Visualization: Golden light at the throat
| *Ong* | *sng* | *subrang* | *maNyam* |

Part 5: Forward Bend with *nArAyaNa* mantra 7:7

Visualization: A ball of golden light coming up the spine, exploding into a fountain at the crown
| *Om* | *SrIm* | *kleem* | *lakshmi* | *nArA* | *yaNa* | ---- |

Part 6: Base resonance sequence

Thigh exercise with 4:4 breath
Buttock kicks with 'sh' sound
Eight limb pose with spooky laughter
Bow pose with 'yam' sound

Part 7: Butterfly Pose with *durga* mantra 6:12 (younger kids - use continuous chanting)

Visualization: Tornado of golden light at the pelvis
| *Om* | *hrIm* | *dhUm* | *durgA* | *yEnama* | *ha---* |

Part 8: Seated Pose with *gAyatri* mantra 10.5:10.5 (younger kids - use continuous chanting)

Visualization: Entire body filled with dazzling white light
| *tat-savi* | *tur-varE* | ---*Nyam* | *-bhar-gO* | *-dE-va* | *-syadhI-* | *mahi-dhi* | *yO-yO-* | *nah- prachO* | *-dayA-* |
| *-t tat-* | *savitur-* | *varE--* | *-Nyam-bhar* | *-gO-dE* | *-va-sya* | *dhI-mahi* | *-dhiyO-* | *yO-nah-* | *prachO-da* | *yA--t* |

Part 9: Seated Pose with *skanda mantra tarangam* (6 min)

Visualization: Entire body filled with bright golden light

1. yam (one cycle) + ALPHA (yam, yam) + ALPHA (maN, yam) + ALPHA (yam, maN)
2. ALPHA (brang, maN) + ALPHA (brang, yam) + BETA (brang, maN, yam)
3. ALPHA (su, brang) + ALPHA (su, maN) + ALPHA (su, yam)
4. BETA (sang, su, brang) + BETA (sang, brang, maN) + BETA (sang, maN, yam)
5. (BB+CC+DD+EE+FF)*2 + (B+C+D+E+F)*2
6. yam (one cycle) + ALPHA (Ong, sang)
7. BETA (Ong, su, brang) + BETA (Ong, brang, maN) + BETA (Ong, maN, yam)
8. (AA+BB+CC+DD+EE+FF)*2 + (A+B+C+D+E+F)*2 + yam

ALPHA (x,y): (xyy- xyy-)*4 ((xyy xyy)*2 xyxy)*2 (xyy xyy y-y-)*3 --
BETA (x,y,z): (xyz- xyz-)*4 ((xyz xyz)*2 yzyz)*2 (xyz xyz z-z-)*3 --
Melody: (SRS- SN,S-)*4 ((SRS SN,S)*2 N,SN,S)*2 (N,SR N,SR S-S-)*3 --
A = Ong-sang- subrangmaNyam Ong-sang- subrangmaNyam (R-S- SSSS N,S- SSSS)
B = sang- subrangmaNyam sang- subrangmaNyam (R-SSSS N,-SSSS)
C = subrangmaNyam subrangmaNyam (RSSS N,SSS)
D = brangmaNyam brangmaNyam (RN,S RN,S)
E = maNyam manYam (N,S N,S)
F = yam yam (R S)