



TM

POSES

EASY SUKHASANA

1



Sukha meaning comfort,
happiness or joy
plus *asana* meaning pose.

CONTINUE YOUR PATH TO WHOLENESS

Deepen your experience
in the pose by pulling
any "Breath" card.

OR

Connect to your present
moment by pulling any
card from any deck.



TM

BREATH

BREATH CONTROL PRANAYAMA

1

Prana means 'life force energy' and
Ayama means to extend, stretch or control.

Poses and meditation are practiced with breath awareness and control. Since breath is literally energy, it can have powerful effects on the body, mind and soul. When working with the breath cards in this deck, stop immediately if mood changes (insomnia, short temper) or ill health (high BP) occur. A full *Pranayama* practice involves a variety of techniques for working with the breath. It is only entered into with an experienced teacher and when poses are mastered.

CONTINUE YOUR PATH TO WHOLENESS

Deepen your experience
of yoga by pulling any
"Meditation" card.

OR

Connect to your present
moment by pulling any
card from any deck.

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MEDITATION

WHAT IS MEDITATION

1

Meditation spans a diverse range of formal and informal techniques and practices. It is a tool for calmness, clarity, joyful living or even enlightenment, depending on one's purpose.

Informal practices include getting deeply absorbed in a task (also known as mindfulness), or actively visualizing an event or outcome, e.g. success in sport. Formal techniques, such as those practiced by Hindus and Buddhists show the way to enlightenment. In meditation, nothing is asked for. Thus it is not prayer, which involves petitioning God for some purpose or outcome. Meditation has no intrinsic spiritual meaning. Seeking a teacher and tradition or method to practice is recommended.

CONTINUE YOUR PATH TO WHOLENESS

Deepen your understanding of yoga by pulling any "Philosophy" card.

OR

Connect to your present moment by pulling any card from any deck.



PHILOSOPHY

THE 8 LIMBS OF YOGA ASHTANGA

1

Ashtanga refers to Patanjali's 8-fold path to achieving Self realization.

Although some yogis use the word *Ashtanga* as the name for Power Yoga classes, it actually refers to far more than physical yoga poses only. It is yoga's full, integrated practice for wholeness of body, mind and soul. It is an 8-fold path to achieving Self realization; knowing oneself as a Divine part of the Divine whole. The path is conceptualized as 8 aids or limbs, some with sub-branches, hence the tree imagery in yoga.

CONTINUE YOUR PATH TO WHOLENESS

Deepen your understanding of the 8 limbs by pulling another "Philosophy" card.

OR

Connect to your present moment by pulling any card from any deck.