

DVD DISKS & SCENES:

DISK I: Introduction

1	Beginning	
2	Ashtanga	Eight Limbs
3	Health Benefits of Yoga	
4	Mudrā-s	Gestures
5	Bandha-s	Locks
6	Kryā-s	Purifying or Cleansing Actions

DISK II: Āsana-s

1	Beginning	
2	Sukhāsana	Easy Pose
3	Sidhāsana	Perfect Pose
4	Ardha Padmāsana	Half-Lotus Pose
5	Padmāsana	Full-Lotus Pose
6	Sūrya Namaskāra	Sun Salutation
7	Pas-chim Namaskāra	Back Hands Together In Prayer
8	Vrkāsana	Tree Pose
9	Natarājāsana	Dancer's Pose
10	Veerabhadhrāsana III	Warrior III
11	Trikonāsana	Triangle Pose
12	Kati Sundarāsana	Waist Beautifying (Toning) Pose
13	Kati Chakrāsana	Waist Rotating Pose
14	Dandāsana	Sit Straight, Staff Pose
15	Padama Mustikāsana	Toes Fist Pose
16	Chakki-āsana	Wheel Grinding Pose
17	Badhakonāsana	Closed Angle Pose
18	Tittlee-āsana	Butterfly Pose
19	Sūkshma Vyāyāma	Light Exercise
20	Brahma Mudrā	Neck Muscle Relaxation
21	Ādhi Mudrā	Fingers Enclosing Thumb Gesture
22	Vajrāsana	Thunderbolt or Hero Pose
23	Mandukāsana	Frog Pose
24	Shashankāsana	Moon Pose
25	Marjarāsana	Cat Pose
26	Ustrāsana	Camel Pose
27	Ardha Matsyendrāsana	Simple Spinal Twist
28	Jasthi-āsana	Stick Pose
29	Pavan Mukthāsana	Wind Releasing Pose
30	Jatthar Parivartana or Markatāsana	Stomach Revolving Pose or Monkey Pose
31	Setu Bandh sāna	Bridge Pose
32	Yogic Sit-ups	
33	Pas-chim Utthanāsana	Sitting Forward Bend Pose
34	Heels Touching Hips Pose	In Preparation for Next Five Poses
35	Makarāsana	Crocodile Pose
36	Bhujangāsana	Cobra Pose
37	Naukāsana	Boat Pose
38	Shalabhāsana	Locust Pose
39	Dhanurāsana	Bow Pose
40	Sarvangāsana	Shoulder Stand Pose
41	Halāsana	Plough Pose
42	Dwichakrikāsana	Double Circle Pose
43	Vrittakarāsana	Circling Pose
44	Chakrasana and Savāsana	Wheel Pose and Corpse Pose

DISK III: Prānāyāma-s, Mudrā-s, and Bandha-s

1	Beginning	
2	Introduction	
3	Preparation for Prānāyāma	
4	Bhastrik Prānāyāma	Bellows
5	Kapālbhati Prānāyāma	Forehead Shining
6	Dhyāna or Gyān Mudrā	Meditation or Knowledge
7	Vāyu Mudrā	Mudrā of Air
8	Shūnya Mudrā	Mudrā of Emptiness
9	Prithvi Mudrā	Mudrā of Earth
10	Varuna Mudrā	Mudrā of Water
11	Shakti Mudrā	Mudrā of Power
12	Apanā Mudrā	Mudrā of Eliminations
13	Apanā Vāyu Mudrā	Mudrā of Heart
14	Dhyāna Mudrā or Chin Mudrā	Mudrā of Meditation for Lower Lobe of Lung
15	Chinmāyā Mudrā	Mudrā for Middle Lobe of Lung
16	Ādhi Mudrā	Mudrā for Upper Lobe of Lung
17	Bandha-s (Jalandhara, Uddiyāna, Moola)	Locks (Chin, Abdominal, Pelvic)
18	Bāhya Prānāyāma	Breath Holding In Exhalation
19	Agnisar Prānāyāma	Flame
20	Anulom-Vilom Prānāyāma	Alternate Nostril Breathing
21	Nādi Sodhan	Channel Cleansing
22	Krishna Mudrā	Krishna Gesture
23	Bhramri Prānāyāma	Like A Bee
24	Sheetali Prānāyāma	Cooling With Rolling Tongue
25	Shitkāri Prānāyāma	Cooling with Clenched Teeth
26	Ujjaya Prānāyāma	Victorious
27	Yoga Mudrā	Yoga Seal
28	Yoga Nidrā	Conscious Sleeping Yoga
29	OM Prānāyāma	
30	Sādhanā	Daily Practice Routine
31	Conclusion	With description of Sharira-s (Bodies), Koshā-s (Sheaths) & Chakrā-s

© 2009 Deepak Heritage Books and Taksha Institute

ASTANG YOGA AS PATH TO EXPERIENCING TRANSCENDENCE

Takshā Yoga Therapy is a powerful transformative approach to achieving vibrant health and healing of body, mind and spirit that, if practiced daily, can bring about improvements in the practitioner's physical, mental, emotional, and spiritual well-being and happiness. This approach is based on the 5000-year old philosophical concepts of *Ashtanga* (Eight-limbed) Yoga as embodied in Patanjali's *YogaSutra*, an ancient treatise which states "yoga chitta vritti nirodha" (yoga is the cessation of the fluctuations of the mind). The Sanskrit term 'yoga' is derived from the Sanskrit root word 'yuj' (meaning yoke, or union). The eight limbs (*ashtanga*) are:

- (1) *yama*, social disciplines (of which there are 5) for control of the attitude;
- (2) *niyama*, personal disciplines (of which there are 5), for control of the mind;
- (3) *āsana*, relaxed alignment, both external and internal, of the physical body;
- (4) *prānāyāma*, controlled breathing, for transforming the mind;
- (5) *pratyahāra*, withdrawing the senses from external phenomenon;
- (6) *dhāranā*, single-pointed focus on one object, avoiding other thoughts;
- (7) *dhyāna*, instrument (e.g., meditation) to gain knowledge of the self; and,
- (8) *samādhi*, state of super-consciousness or total equilibrium of a detached intellect, for achieving the union among body, mind and spirit.

These 8 limbs provide a systematic approach to attaining the transformative experience of Transcendence during *samādhi*.

HEALTH IS IN YOUR HANDS AND FINGER TIPS: In cyber language, body is equivalent to computer hardware; mind, to the software; and spirit, to the programmer. Whereas, the *āsana-s** transform the body (or hardware), the *prānāyāma-s* transform the mind (or software) and the spirit (or programmer), the *mudrā-s* (gestures) act as powerful neuro-transmitters that channel the *prana-shakti* (life-force) to those parts of the body and mind that need balancing and healing. Hence, *mudrā-s* are more powerful than *āsana-s* and *prānāyāma-s*. Extensive medical research is underway to study, and to verify, the efficacy of *mudrā-s* in healing certain ailments. The human body being a self-healing system, won't it be exciting to check out for yourself the efficacy claims of *mudrā-s*?

THIS 3-DISK DVD SET: sponsored by the School of Integrative Medicine (SIM), Takshā Shīla University, is organized in three parts, each on a separate Disk. Disk I presents an introduction to the philosophical and practical aspects of Takshā Yoga Therapy; Disk II presents 42 *āsana-s*, in a systematic order, and 2 *mudrā-s*; and, Disk III presents and/or describes 10 *prānāyāma-s*, 13 *mudrā-s*, 3 *bandha-s*, *kriya-s*, acupressure, 3 *sharira-s* (bodies), 5 *kosha-s* (body sheaths), and 7 *chakra-s*; and, prescribes a routine for *sādhana* (daily practice).

BENEFITS OF TAKSHĀ YOGA THERAPY: With the daily practice of Takshā Yoga Therapy, you can achieve relaxation of the physical body and mind, and get therapeutic benefits. Normally, when you exercise, your heart rate increases, and your body has a negative feedback cycle, such that your heart rate lowers, which is an important physiological benefit. But, in Takshā Yoga Therapy you activate your parasympathetic system, which is a calming and cooling system that lowers both heart and respiratory rates, and increases breath-holding power. During the presentation of the *āsana-s* and *prānāyāma-s*, the benefits derived from each one are described.

ACKNOWLEDGMENT: The *āsana-s* and *prānāyāma-s*, presented by Dr. Dilip Sarkar, have been adapted with some modifications from those developed and taught by Swami Ramdevji and Sri Ashwini Prajnaa.

***CONVENTION:** The convention adopted to pluralize Sanskrit terms is by adding to the Sanskrit term the suffix: "hyphen s", or, "-s".

© 2009 Deepak Heritage Books and Takshā Institute