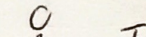
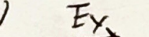


- 1) Standing Nyasa 2 - | offering to Earth
- Send out loving Kindness to Air
to Sky

- 2)  - 3 times $\uparrow \downarrow$
- stay & open

- 3)  - 3 times - "I am Prana"
- stay 4 Breaths

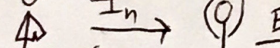
- 4) Activate Confidence

- A)   
- repeat 3 times

- B) 

- 4) 

- 5)  $\frac{E_o}{E_{in}}$ (or any adaptation)

- 6) 
- 1-on Ex. "Om" (1time)
 - 2-on Ex. "Om Namo" (1time)
 - 3-on Ex "Om Namo Namah" (3times)

- 7)  or  - 3 times
- stay 2 rounds

- 8) optional for those feeling strong

- 9)  rest

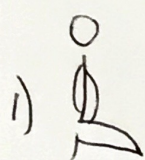
- 70) - repeat #6 Vinyasa
1x chanting full mantra
1x silent repetition

- 11) 
- | Inhale | Pause | Exhale | Pause |
|--------|-------|--------|-------|
| free | 2 | free | 2 |
| 6-8 | 2 | 6-8 | 2 |
| 8 | 4 | 12 | 4 |

"Pause is the space where the mystery lives"

- Let go of Counting. Let 4-parts become
- 1- Maitri
 - 2- Karuna
 - 3- Mudhita
 - 4- Upek'sanam

- Notice what qualities sit in your heart today

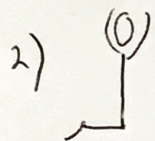


Notice the Natural Flow of the breath

- This breath loves You, caressing your body as it flows.
- Offer all of your attention to this Love

Whisper of Inhalation is SO

Whisper of Exhalation is HUM

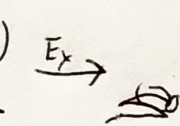


Ex
In

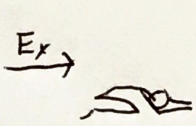
6 times



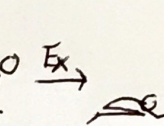
In Ex



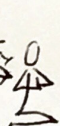
In Ex



In Ex



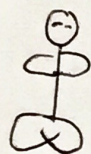
In Ex



1) on Exhale "SO" (2 rounds)

2) on Exhale "SO HUM" (2 rounds)

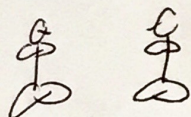
4)



- Pause for a moment in this quiet space

- To yourself: "All I ask of you is forever to remember me as loving you"

5)



- Turn towards a person next to you
- eyes can stay closed or open

- Be in the anchor of your heart but with awareness, openness to the other

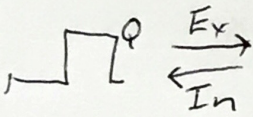
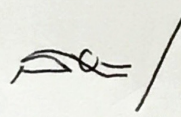
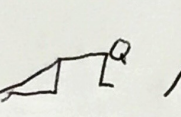
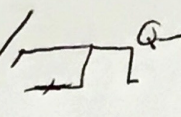
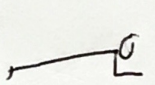
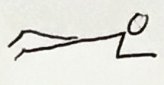
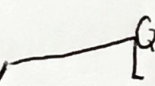
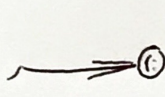
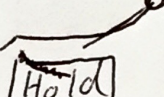
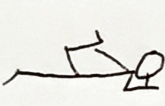
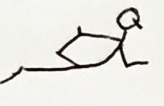
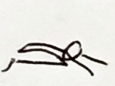
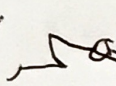
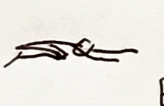
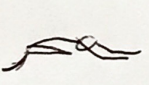
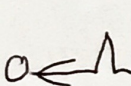
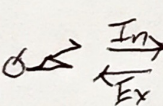
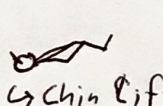
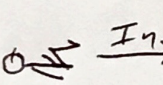
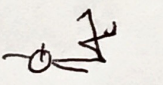
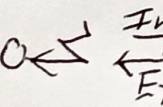
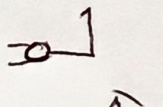
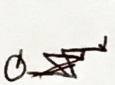
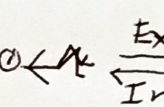
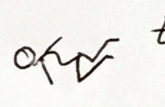
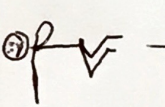
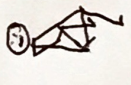
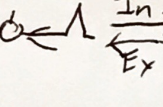
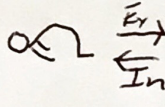
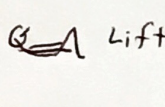
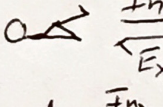
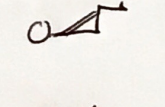
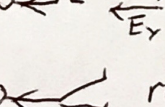
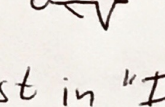
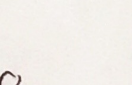
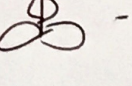
- offer: "All I ask of you is forever to remember me as loving you"

6)



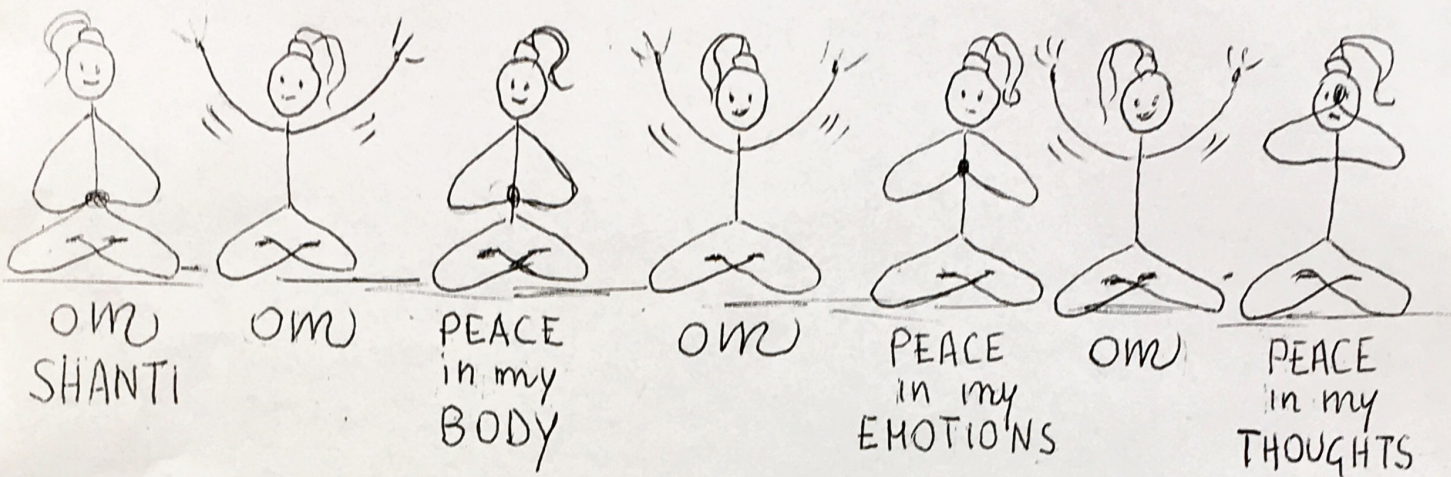
- finger tips on the "lung points", wrists crossed over your heart

- "(your name), All I ask of you is forever to remember me as loving you"

- 1)  $\xrightarrow{\text{Ex}}$ $\xleftarrow{\text{In}}$  /  / 
~ 6 times feel hips & shoulders
- 2)  - 3 rounds (optional )
 - 1 round - "Keep Inner Smile"
- 3)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$  - repetition & stay
- add 1 Breath more on hold
- 4)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$  - stay 2 rounds on each side
- 5)  stay 3-4 Breaths
- 6)  rest / 
- 7)  $\xrightarrow{\text{Ex}}$ $\xleftarrow{\text{In}}$  3 times Each
asymmetric knee
- 8)  "take a vacation"
- 9)  feel
- 10)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$  chin lifts
- 11)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$ 
- 12)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$ 
4:4:4:4 Breath
- 13)  "Devotional" hip stretching
- Oh my God!
- 14)  $\xrightarrow{\text{Ex}}$ $\xleftarrow{\text{In}}$  twist
- 15)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$  top hand slides down to, and past lower hand
- 16)  asymmetric Apanasana
- 17)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$  $\xrightarrow{\text{Ex}}$ $\xleftarrow{\text{In}}$  Lift head
- 18)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$  So Hum
- 19)  $\xrightarrow{\text{In}}$ $\xleftarrow{\text{Ex}}$ 
- 20)  rest in "I am"
"let love go where I cannot"
- 21)  - So Hum Hum Saha

Body Prayer

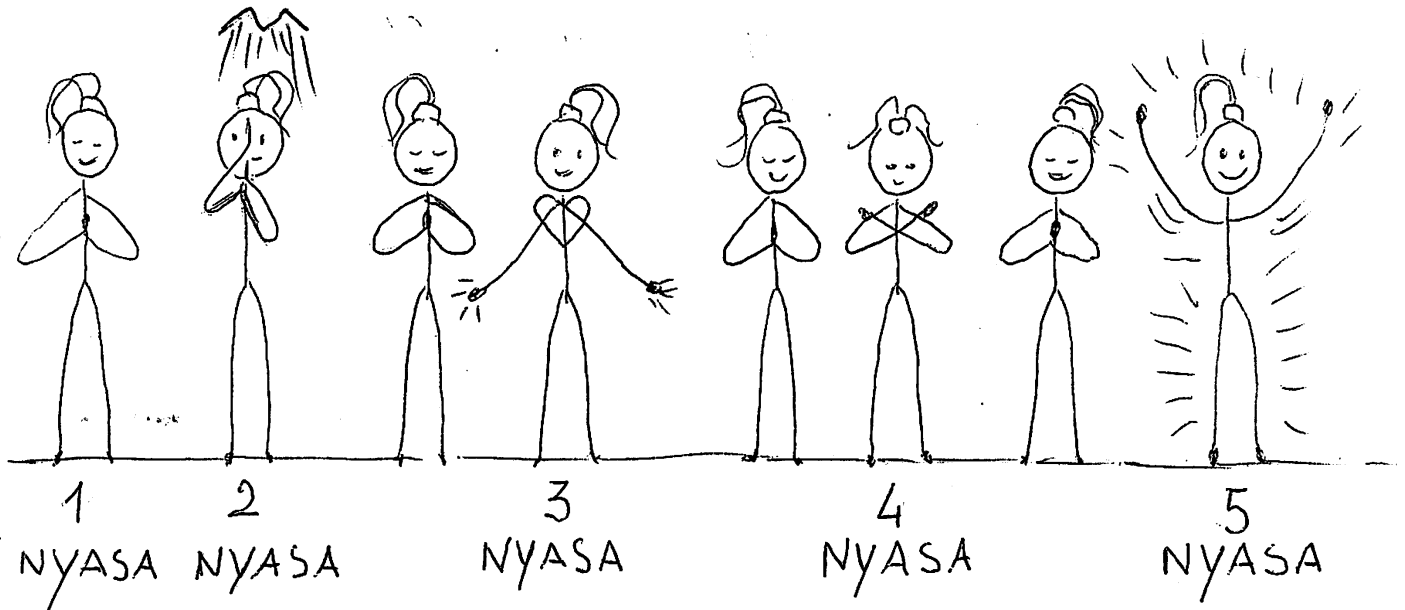
Personal Healing



May there be peace in my Body
Lord make me tend to my sanctuary
May there be peace in my Emotions
Lord make me strong to love it all
May there be peace in my Mind
Lord stop the war that I fight inside
Fan the flame of Peace (3 time)

Body Prayer

Attunement to Higher Self

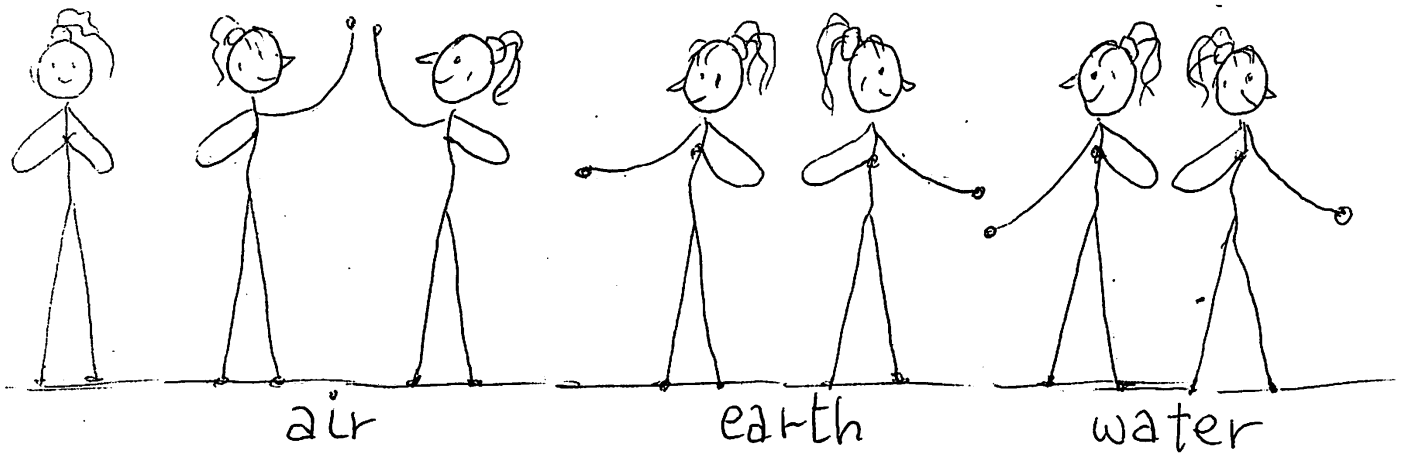


- 1- Invocation of gratitude for teachings
Palms together
- 2- Heart-Mind attunement to Higher Self
thumb to heart & 3 eye
- 3- Openness to all suffering
chin mudra sense your heart
- 4- Listening: inner healing of the heart
cross your arms on your chest
- 5- Blessing to the four direction
you may do a prayer

Lokaha Samstaha Sukino Bhavatu
om śanti śanti śantihi

Body Prayer

peace to all beings



Blessings to the Sky
Blessings to the Earth
Blessings to the Water

Che La Pace Ci Avvolga
(May Peace Envelope us)
by Claudio Lobsand Tzondrù

CHE LA PACE CI AVVOLA
COME UN VELO DI NEBBIA LEGGERA
IN UN MATTINO D'ESTATE.

MAY PEACE ENVELOPE US
LIKE A THIN VEIL OF FOG
ON A SUMMER MORNNG.

CHE LA PACE CI UNISCA
OLTRE IL ROVETO DELLE PAROLE GRAFFIANTI E DELLE INVIDIE,
OLTRE I GIUDIZIE I PREGIUDIZI.
CHE UN VOMERE DI FUOCO BRUCI LE NOSTRE DEBOLEZZE.

MAY PEACE UNITE US
BEYOND THE SCRATCHING THICKET OF WORDS AND ENVY,
BEYOND JUDGEMENT AND PREJUDICE.
MAY A FIERY PLOW ERADICATE OUR WEAKNESSES.

CHE UNA SPADA ARDENTE TAGLI I NODI
DELL'IGNORANZA E LE TRAVI
CHE ACCECANO IL NOSTRO SGUARDO
MENTERE CERCHIAMO PAGLIUZZE
SU OCCHI ALTRUI.

MAY A BURNING SWORD CUT THE KNOTS
OF IGNORANCE AND REMOVE THE LOGS
THAT BLIND US WHILE WE SEARCH FOR
THE SPLINTER IN ANOTHER'S EYE.

CHE LA VITA SIA DOLCE,
COSI' COME DROVREBBE.

MAY LIFE BE SWEET
AS IF SHOULD BE!

CHE IL NOSTRO SORRISO SIA DOLCE
SEMPRE E OVUNQUE
E SEMPRE CI ACCOMPAGNI LA DOLCEZZA
PERCHE E DI QUESTA CHE GLI ESSERI
HANNO BISOGNO E NON DELLA DUREZZA

DEI NOSTRI CUORI.

MAY YOUR SMILE BE SWEET
ALWAYS AND EVERYWHERE
AND MAY SWEETNESS BE WITH US ALWAYS,
THIS IS WHAT ALL BEINGS NEED,
NOT THE HARDNESS OF HEART.

CHE LA PACE C AVVOLGA
E CI STRINGA IN UN ABBRACCIO
FINO A SENTIRE IL CALORE DEI
CORPI DI TUTTI GLI ESSERI
E LE LORO PAURE ED IL LORO
DOLORE, FINO A SENTIRE IL
CALORE E LA TENEREZZA DEL
NOSTRO CUORE E LE SUE
PAURE E LO STRUGGENTE DOLORE DI TUTTE
LE SUE FERITE.

MAY PEACE ENVELOPE US
AND HOLD US IN A TIGHT EMBRACE
LONG ENOUGH TO FEEL THE WARM
BODY OF ALL BEINGS
WITH THEIR FEARS AND THEIR PAINS,
LONG ENOUGH FOR US TO FEEL
THE WARMTH AND TENDERNESS OF OUR HEART
WITH ALL ITS FEARS,
AND THE UNBEARABLE PAIN OF ALL ITS WOUNDS.

CHE LA PACE CI BACI
CON LE SUE LABBRA SILENZIOSE
E SCHIOLGA CON IL SUO AMORE
I GHIACCIAI DELL'ANIMA.

MAY PEACE KISS US
WITH ITS SILENT LIPS AND
MAY ITS LOVE MELT
THE GLACIER OF OUR SOULS.

CHE LA PACE CI UNISCA
ANCHE SE PERCORRIAMO SENTIERI DIVERSI
PERCHE SIAMO TUTTI IN COMMINO
VERSO LA STESSA META
E NESSUN ESSERE, PROPRIO NESSUNO,

E' MIGLIORE O PEGGIORE DI UN ALTRO,
E NESSUN SENTIRO, PROPRIO NESSUNO,
E MIGLIORE O PEGGIORE
DEL SENTIERO DI CHI TI CAMMINA ACCANTO

MAY PEACE UNITE US,
BECAUSE WHILE WE ARE WALKING DIFFERENT PATHS,
WE ARE MOVING TOWARD THE SAME END.
AND NO BEING, NOT EVEN ONE,
IS BETTER OR WORSE THAN ANOTHER,
AND NO PATH, NOT EVEN ONE, IS BETTER OR WORSE
THAN THE PATH OF THE ONE WALKING NEXT TO YOU

(Claudio Lobsang Tzondru')

Teachings by Mario Thanavaro
Artwork by Mara Scalco

