

# Ahimsa Active Practice Structure Outline

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर्मा मृतं गमय ॥

OM asato mā sadgamaya | tamaso mā jyotirgamaya | mṛityormā amṛitaṁ gamaya ||

## Sun Salutations

1. Mitra Namaskara (1-3x)
2. Sūrya Namaskara (0-5x)
3. Savitṛi Namaskara (0-5x)

## Standing Asana

1. Balance Poses
2. Symmetrical Based Poses
3. Open-Hip Poses
4. Squared-Hip Poses
5. Hanuman's Sequence

## Chakra Krama

1st Chakra - Mūlādhāra - Grounding / Roots Awareness

2nd Chakra - Svādhiṣṭhāna - Hip-Opening / Pelvic Awareness

3rd Chakra - Maṇipūra - Abdominal Focus / Core Focus

4th Chakra - Anāhata - Back-Bending / Heart Focus

5th Chakra - Viśuddha - Neck / Throat-Opening

6th Chakra - Ājñā - Mental Focus / Meditation

7th Chakra - Sahasrāra - Surrender / Oneness Focus

ॐ लोकाः समस्ताः सुखिनो भवन्तु ॐ शान्तिः शान्तिः शान्तिः

OM lokāḥ samastāḥ sukhino bhavantu OM śantiḥ śantiḥ śantiḥ