



Daily Practice Program

We have introduced you to two subjects that are regarded by many people as suspect: bhakti yoga and amaroli. All we want you to do is keep an open mind to both these topics. If you are uncertain, then don't commit yourself, but at least be open to the possibility of their validity. Many people have used them and praised them, not because they were deluded but because they obtained benefits. If you feel any disinclination to practice amaroli, then don't. We have introduced this subject more to open your eyes than for a specific practical application. We have the highest regard for bhakti yoga. It is the high octane fuel rocket to expanded awareness, if and only if, you are inclined towards bhakti, if you don't feel that bhakti yoga is your path, then follow other paths, but at least keep an open mind.

In Lesson 14 we introduced the meditative technique of japa. Continue to practice it and also continue with pranayama in the way described in the text.

Little needs to be said about the other practices that we have introduced, namely dhanurasana, only that it should be practiced.

Practice	Rounds	Minutes
Program 1: duration 2 hours		
Surya namaskara	—	10
Shavasana	—	4
Bhujangasana	—	4
Shalabhasana	—	4
Dhanurasana	3 rounds	4
Shashankasana	—	4
Paschimottanasana	—	4
Artha matsyendrasana	—	4
Yoga mudra	—	4
Shavasana	—	3
Nadi shodhana and jalandhara bandha	—	20
AUM chanting	—	10
Japa	—	30
Chidakasha dharana	—	15
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Program 2: duration 1½ hours		
Surya namaskara	—	10
Shavasana	—	3
Bhujangasana	—	4
Shalabhasana	—	4
Dhanurasana	3 rounds	4
Shashankasana	—	4
Paschimottanasana	—	4
Artha matsyendrasana	—	4
Yoga mudra	—	4
Nadi shodhana and jalandhara bandha	—	15
AUM chanting	—	4
Japa	—	25
Chidakasha dharana	—	5
		<hr/> 90
Program 3: duration 1 hour		
Surya namaskara	—	7
Shavasana	—	3
Bhujangasana	—	3

