



ATMA CENTER CD & on CDBABY.COM

All recordings on Foundation A, B, and C are recordings by Swami Atmarupa

FOUNDATION A

TRACK 1 / 15 MIN **DOWNLOAD \$2.50**

ASANA PRACTICE 1

SHAVASANA (Corpse Pose)
PADANGULI NAMAN (Toe Bending)
GOOLF GHOORNAN (Ankle Crank)
POORNA TITALI ASANA (Butterfly)
UTTHANPADASANA A.K.A PADOTTHANASANA (Leg Lift)
SUPTA PAWANMUKTASANA (Leg Lock)
SUPTA UDARAKARSHANASANA (Sleeping Abdominal Stretch Pose)
SHAVASANA (Corpse Pose)

TRACK 2 / 25 MIN **DOWNLOAD \$2.50**

ASANA PRACTICE 2

SHAVASANA (Corpse Pose)
JHULANA LURHAKANASANA (Rock 'n Roll)
MUSHTIKA BANDHANA (Hand Clenching)
SKANDHA CHAKRA (Shoulder Rotations)
NAUKA SANCHALANASANA (Rowing the Boat)
CHAKKI CHALANASANA (Churning the Mill)
MARJARIASANA (Cat Pose)
SHASHANKASANA (Hare Pose)
MERU PRISTHASANA (Spine & Back Pose)
TRIKONASANA 3 (Triangle variation)
TADASANA (Palm Tree Pose)
VAYU NISHKASANA (Wind Releasing Pose)
SHAVASANA (Corpse Pose)

TRACK 3 / 5 MIN **DOWNLOAD \$2.50**

PRANAYAMA PRACTICE 1

NATURAL BREATH AWARENESS
COMPLETE YOGIC BREATH

TRACK 4 / 10 MIN **DOWNLOAD \$2.50**

PRANAYAMA PRACTICE 2

RHYTHMIC BREATHING
VILOMA BREATHING

TRACK 5 / 15 MIN **DOWNLOAD \$2.50**

YOGA NIDRA PRACTICE

DOWNLOAD ALL 5 TRACKS FOR \$12.00

FOUNDATION B

TRACK 1 / 15 MIN **DOWNLOAD \$2.50**

ASANA PRACTICE 1

SHAVASANA (Corpse Pose)
SUPTA UDARAKARSHANASANA (Sleeping Abdominal Stretch Pose)
KANDHARASANA (Shoulder Pose)
BHUJANGASANA (Cobra)
SHASHANKASANA (Hare Pose)
PARVATASANA (Mountain Pose)
TADASANA (Palm Tree Pose)

TRACK 2 / 25 MIN **DOWNLOAD \$2.50**

ASANA PRACTICE 2

TADASANA (Palm Tree Pose)
TIRYAKA TADASANA (Swaying Palm Tree Pose)
VAYU NISHKASANA (Wind Releasing Pose)
MERU PRISTHASANA (Spine & Back Pose)
TRIKONASANA (Triangle Pose)
PASCHIMOTTANASANA (Back Stretching Pose)
SARPASANA (Snake Pose)
SHASHANKASANA (Hare Pose)

TRACK 3 / 5 MIN **DOWNLOAD \$2.50**

PRANAYAMA PRACTICE 1

NATURAL BREATH AWARENESS
COMPLETE YOGIC BREATH
RHYTHMIC BREATHING

TRACK 4 / 10 MIN **DOWNLOAD \$2.50**

PRANAYAMA PRACTICE 2

NATURAL BREATH AWARENESS
MENTAL NADI SHODHANA STAGE 1
UJJAYI

TRACK 5 / 22 MIN **DOWNLOAD \$2.50**

YOGA NIDRA PRACTICE

DOWNLOAD ALL 5 TRACKS FOR \$12.00

FOUNDATION C

TRACK 1 / 15 MIN **DOWNLOAD \$2.50**

ASANA PRACTICE 1

SHAVASANA (Corpse Pose)
ARDHA SHALABHASANA (Half Locust Pose)
VYAGHRASANA (Tiger Pose)
SHASHANK BHUJANGASANA (Striking Cobra)
PARVATASANA (Mountain Pose)
KATI CHAKRASANA (Waist Rotating Pose)
TADASANA (Palm Tree Pose)

TRACK 2 / 28 MIN **DOWNLOAD \$2.50**

ASANA PRACTICE 2

TADASANA (Palm Tree Pose)
UTTHANASANA (Squat and Rise Pose)
DWIKONASANA (Double Angle Pose)
ARDHA CHANDRASANA (Crescent Moon Pose)
SURYA NAMASKARA (Sun Salutation)
SHAVASANA (Corpse Pose)
POORWA HALASANA (Preliminary Plow Pose)
TIRYAKA BHUJANGASANA (Twisting Cobra Pose)
JANU SIRSHASANA (Head to Knee Pose)
PRARAMBHIK STHITI (Base Position)

TRACK 3 / 6 MIN **DOWNLOAD \$2.50**

PRANAYAMA PRACTICE 1

NATURAL BREATH AWARENESS
COMPLETE YOGIC BREATH
UJJAYI

TRACK 4 / 8 MIN **DOWNLOAD \$2.50**

PRANAYAMA PRACTICE 2

NATURAL BREATH AWARENESS
NADI SHODHANA (Alternate Nostril Breathing) STAGE 1&2
BHRAMARI (Humming Bee Breath)

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YOGA NIDRA PRACTICE

DOWNLOAD ALL 5 TRACKS FOR \$12.00



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