



Digital Pilgrim

61 Minute Practice Plan A (More Practice Steps)

This is a great plan for anyone who can find around 60 minutes for their personal yoga practice. This plan contains several practice steps which are sequenced to lead your mind into relaxation, balance and towards the state of meditation.

- 1) 5 Minutes Makarasana (Crocodile pose for diaphragmatic breathing – You can find instructional video/s for Makarasana and diaphragmatic breathing @ Digital Pilgrim).
- 2) 7 Minutes Joints & Glands (Subtle physical practices with breath awareness – You can find instructional video/s for Joints & Glands @ Digital Pilgrim).
- 3) 5 Minutes of Surya Namaskar (Sun Salutation – You can find instructional video/s for Sun Salutation @ Digital Pilgrim).
- 4) 15 Minutes Physical Yoga Practice (Time for practicing classical yoga postures or other physical practices).
- 5) 7 Minute Shavasana Relaxation (Relaxation in the corpse posture – You can find instructional video/s for Shavasana Relaxation @ Digital Pilgrim).
- 6) 7 Minute Nadi Shodhanam Pranayama (Alternate nostril breathing - You can find instructional video/s for Nadi Shodhanam Pranayama @ Digital Pilgrim).
- 7) 15 Minutes Meditation (Using foundational meditation sequence – You can find instructional video/s for meditation @ Digital Pilgrim).

Take your time to come out of meditation slowly and bring your calm and joyful state of mind into the rest of your day.

Tip: You can boost your meditation practice by doing a **three minute meditation** many times throughout the day! You can find instructions for the three minute meditation @ Digital Pilgrim.

All yoga practices (including physical practices, breathing practices and meditation) are best undertaken with the personal guidance of an expert. Practices should always be performed with care and consideration of one's personal capacity. In case of any medical/health concerns related to your yoga practice, consult your doctor.