

# LILA YOGA

## *Sun Salutations*

Discover the Power of a Devoted Morning Practice



LILA YOGA

A GUIDE BY YOGA CHARYA ERICA KAUFMAN, E-RYT500, FOUNDER OF LILA YOGA  
[www.LilaYoga.com](http://www.LilaYoga.com)



# *A Message for You*

Hello!

Welcome to Lila Yoga. My name is Erica and I've grown up with Yoga. As the founder of Lila Yoga, I spend about a third of the year in India and the rest of the time touring and teaching in the USA and mostly nuzzling in at my homebase in Pennsylvania. I'm excited to support your interest in yoga, health, and well-being. Think of this book as a guide for your journey into Lila Yoga Sun Salutations.

Enjoy!  
Om Shanti,  
Erica





The techniques and suggestions presented in this book are not intended to substitute for proper medical advice and in person yoga instruction. Consult your physician before beginning any new exercise program. Lila Yoga assumes no responsibility for injuries suffered while practicing these techniques. If you are pregnant or nursing, under the age of 16 years of age, elderly or have any chronic or recurring conditions such as high blood pressure, neck or back pain, arthritis, heart disease, and so on, seek your physician's advice before practicing.

Please remember, this is a limited source of instruction. It is by no means comprehensive or complete. It is at the responsibility of the user to practice safely.



# TABLE OF CONTENTS:

1. How to USE THIS BOOK
2. Erica Kaufman ABOUT
3. Lila Yoga Sun Salutation INTRODUCTION
4. What does Lila Yoga Mean KEY CONCEPTS & SANSKRIT TERMS
5. Lila Yoga EXPLORATIONS
6. More About LILA YOGA
7. The 3 Steps EXPLAINED
8. Meditation DEMYSTIFIED
9. Inspiring Through IMAGERY
10. How Often to Practice LILA SUN SALUTATIONS
11. Inter-play with COSMIC ENERGY (PRANA)
12. How to Develop DISCIPLINE
13. PADA 1 - EARTH ELEMENT
  - Pada 1 Gentle Modifications Sequence
  - Pada 1 Sequence
  - Pada 1 Silent Mantras
14. PADA 2 - WATER ELEMENT
  - Pada 2 Gentle Modifications Sequence
  - Pada 2 Sequence
  - Pada 2 Silent Mantras
15. PADA 3- FIRE ELEMENT
  - Pada 3 Gentle Modifications Sequence
  - Pada 3 Sequence
  - Pada 3 Silent Mantras
16. PADA 4 - AIR ELEMENT
  - Pada 4 Gentle Modifications Sequence
  - Pada 4 Sequence
  - Pada 4 Silent Mantras
17. CLOSING
  - Closing Sequence
18. [www.LilaYoga.com](http://www.LilaYoga.com)



# HOW TO USE THIS BOOK:

- The one and only goal of this book is to **support your health**.
- You are in complete control over the range of motion and intensity. **Modify the practice so it feels good.**
- You don't have to do all 4 padas (sequences).
- Move at your own pace. Don't push yourself based on your ideas. Be disciplined and patient. **Let this be a gradual process.** Some of you will be ready to do the full practice right away and others may do a shortened and gentle version of the practice. **There is no competition in yoga.**
- **Start with a gentle version** of Pada 1 and allow yourself to take extra breaths in each posture. Be mindful to notice if any of the postures cause pain. If you notice pain, modify the posture such that it is gone.
- Practice such that you feel each pose "a little bit". Feel some challenge, but not so much that you are stressing yourself. In yoga we aren't practicing suffering. A little bit goes a long way; let the process be gradual.
- An ease of breath (this doesn't necessarily mean slow) is a signal to move onto Pada 2. Some people will always need extra breaths in each posture. This is ok! **Aim for the breath to be smooth and even.** Your heart and breathing should be stimulated though you should never feel victim or out of control with respect to your breathing.
- If you are familiar with ujjayi breathing (pranayama) you may practice Padas 1, 2, and 4 while breathing in this way. Do not practice Pada 3 with ujjayi breathing as this may inhibit the flow and cause discomfort.
- You may also chose to use this book as a **guide to applying Lila Yoga philosophy to your other yoga practices** and even beyond that into your daily life.



# ERICA KAUFMAN

## ABOUT:

"I am thankful for being introduced to the great science of yoga at age 9 and thankful for being a personality that was receptive to the concepts and philosophies. When I think of those early years, I think of my mother/my Teacher—and her unwavering patience in teaching me with love and persistence.

Influenced by Krishnamacharya's teachings and Krishna Murti's philosophies, I was brought into this beautiful lineage of yoga. When I think of yoga, I think of life. Through my life with yoga, I began to refine my awareness, my choices. I experienced moments of yoga—true integration beyond the limited body/mind. These moments were so potent that I felt compelled to practice more—to learn more. By age 14 I was practicing 3-5 times a week with my meditation teacher Dr Clayton McCracken.

As I continued to practice and sensitize, I felt a strong awareness of energy within me and around me yielding complete connectivity. This was the beginnings of Lila Yoga®. Lila Yoga® explores the possibility of living in brilliant ease by rejuvenating Self-trust, awakening energy pathways within the body, and uniting them with the currents of energy around us. Using the body as a tool to understand the mind, Lila Yoga® is a philosophy in motion—a meditation in motion."  
—Erica Kaufman

FOR A FULL BIO SEE:

<http://lilayoga.com/about-erica-kaufman/>



# LILA YOGA SUN SALUTATIONS

## INTRODUCTION:

**This book was written as an offering to your health. Lila Yoga is a unique way of practicing yoga that allows you to feel each posture as mindful interplay with the energies within and all around.**

This book is an introduction to the Lila Yoga way of practicing Sun Salutations. It is an overview of how the philosophy of Lila Yoga is weaved into the Sun Salutations practice. The emphasis of the book is on the philosophical application of Lila Yoga and generally how it is applied to the physical practice.

Traditional Sun Salutations are a morning yoga practice in which there are many versions and modifications. It is a physical yoga practice characterized by vinyasa flow, in which movement of the body is linked with the movement of the breath.

Lila Yoga Sun Salutations are an evolution of the ancient and traditional Sun Salutations practice. It includes modifications and additions that I designed based on scientific anatomical research to best serve healthy biomechanical movements and to approach the practice as a holistic somatic practice that integrates and honors all five aspects of our existence (koshas)—physical, energetic, emotional, wisdom, and blissful.



The practice of Lila Yoga Surya Namaskar (Sun Salutations) is designed to **invigorate, stimulate, cleanse, awaken, and refine** the physical body into an alert relaxed state of being, while quieting the mind into the sublime euphoria of worthy trust and ease, ready to receive the sanctity of the day ahead. The specific sequence was designed to reinforce anatomical integrity, encourage sound biomechanics, stimulate the cardiovascular system, and address holistic health. The holistic experience is created when conscious synchronized breathing and mental focus become part of the core practice.

The **Lila Yoga Sun Salutations Sequence** is unique in that it is divided into four sections (padas). Lila Yoga Sun Salutations builds heat with 3 cycles per pada – every pada builds on the previous, by increasing the range of motion throughout. The closing part of the practice is devoted to passivity and tranquility.

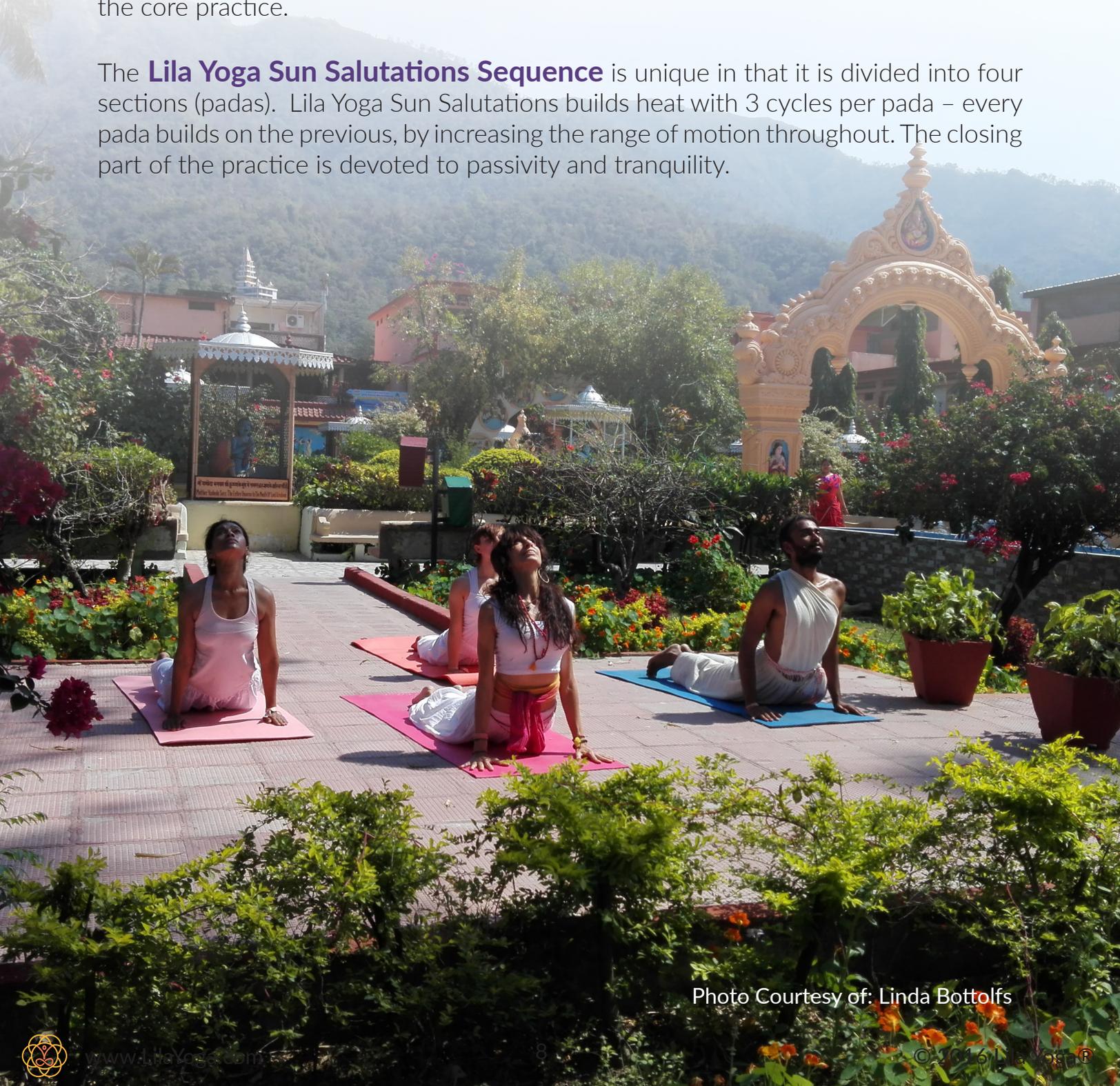


Photo Courtesy of: Linda Bottolfs



# WHAT DOES LILA YOGA MEAN?

## Key Concepts & Sanskrit Terms:

### LILA

means  
divine play of  
cosmic energy.

It is the word  
given to the larger  
rhythm of life itself. Lila  
is the creative life force  
energy (Prana) that enables  
EVERYTHING TO EXIST.

### Y O G A

means Unity & Harmony.

### L I L A Y O G A

is Unity in Life ~ Uniting Finite & Infinite.

### LILA YOGA IN LIFE

invites us out of the small mind and into experiencing the larger rhythms of Life! It's a practice of aligning intentions with the greater good.

### LILA YOGA ASANA PRACTICE

is a way of aligning our Body, Mind, & Breath so that we become one small essential part of a cosmic size experience.



# LILA YOGA

## EXPLORATIONS:

LILA YOGA EXPLORATIONS are a magical part of every Lila Yoga class—a time for **discovery through movement**. It is **experiential learning** by moving our body in an **exploratory and uninhibited** way within the basic framework of any asana. We can also move away from the initial asana into forms that offer useful information about the bodymind such as physical and mental habits that form our present state. The explorations can be free flowing; as if a dance of **creative expressivity**. Although not intended as a stretching time, these explorations lubricate joints, mobilize our fascia, increase circulation, stimulate creativity, and much more.

For example, starting in table pose you may roll into cat and cow pose. As you release your attachment to ego to allow room for curiosity, intrigue, and trust, you will experience freedom and harmony. From here, the Lila Exploration may unfold with other movements of the spine, perhaps laterally or in a spiraling motion. Or, you may include movements in the pelvis, head, and limbs. The purpose is learning through creative forms and postures that could include movements in traditional poses and other positions that don't have names. This kind of experiential learning encourages our growth to **trust ourselves, practice mindfulness, and tap into inner wisdom**.



# *MORE ABOUT* **LILA YOGA:**

Within Lila Yoga there's an emphasis on sensitizing to the continuous dance with cosmic energy (prana) in life. It is a fusion of hatha and raja yoga that includes a mindful inter-play of prana within the asanas. Three amazingly simple and accessible steps are emphasized:

*3 Steps*

cultivate

**AWARENESS**

practice

**MINDFULNESS**

allow

**UNITY/MEDITATION/INTEGRATION**



# *THE 3 STEPS* **EXPLAINED:**

First we observe to cultivate **AWARENESS** of energy and it's movement. This is accomplished by self-study (svadhyaya) of body, breath, and mind in asana, pranayama, and life in general. This is a data collection stage, the data being one's observations of mental formations and habits such as how you breathe and where you hold tension.

Next we learn to apply our awareness by practicing **COMPASSIONATE MINDFULNESS** in our ways of being in the world. If we are aware of the truths of the present moment, then mindfulness is the calm acceptance and acknowledgement of that state. Mindfulness is also the skillful absorption and expression of energy.

By deliberately harmonizing with specific energy quality and quantity, **UNITY/MEDITATION/INTEGRATION** come naturally.

Awareness, mindfulness, and meditation are integral components of Lila Yoga Sun Salutations. As you enter your Sun Salutations practice each morning, you may be only partially or minimally awakened. As you move, stretch, dance, observe, and listen you have the opportunity to reveal truths within your own being. This is in part due to svadhyaya, or self- study, one of the 5 niyamas, or ethical observances of yogic philosophy.





Lila Teachers and Friends Gathering in Rishikesh India

# MEDITATION

## DEMYSTIFIED:

There are different levels of meditation. The first as outlined by Patanjali in The Yoga Sutras is Dhrana. **Dhrana** is an intentional choice to make space in the mind to be concentrated on a single point/idea. It is that chosen concentration point that yields calm ease. This is a starting point for meditation. When you go deeper into meditation, you become absorbed in your focus (**Dhyana**). For example, if your meditation focus is “calm”, the deeper you go into the meditation, the more you become that point of concentration, you are the calm. The subject (you) becomes the object of absorption/meditation. The deepest, purest, and most rejuvenating form of meditation occurs when the mindbody is completely at rest (**Samadhi**). We give ourselves the space to be harmonized within pure energy rather than distracted with mind thought or physical sensations.



Photo Courtesy of: Ruja Suraj



# INSPIRING THROUGH IMAGERY



Another unique aspect of Lila Yoga is the language in which the poses and practice are presented. There is an **inspiring use of imagery** that encourages **transformation** via silent mantras or chanted visualizations that aid concentration. This poetic style and approach allows for the practitioner to step into their own creativity as well.

Teachers and practitioners are encouraged to utilize this technique. For example, Guru Suraj, a yoga student of Erica's and a Lila Yoga teacher in India, inspired Erica's own practice.





“My  
experience in India  
while practicing Lila Yoga Sun  
Salutations with Guru Suraj in January  
of 2016 was powerful. For the first time,  
I had the sense that I was the essence of a  
seed. I was planted in the fertile soil and as I began  
moving through Pada 1 I began to simply notice my  
own grounded presence. I continued my exploration  
as a seed of potential in Pada 2 and imagined that I was  
being watered and nourished. I actually felt my body  
become hydrated and plump. In Pada 3 the sun offered its  
pranic energy and nutrients to me, the seed. In that heat  
of the sun I was cracked open. I was willing to leave  
the past behind me and accept my present, changing  
state. I was coming into the freshness of the new  
day. I was in harmony with transformation. And  
as Pada 4 unfolded so too did my sprouting.  
I was in active interplay with the energy  
of the earth, water, sun, and air.”

~Erica



# *HOW OFTEN TO PRACTICE* **LILA SUN SALUTATIONS**

Lila Yoga Sun Salutations can be practiced daily. It is in this daily commitment and ritual that the yogi is best able to maintain a **steady mind** and therefore be relieved of suffering that occurs in the mind. The term suffering can seem extreme, but it actually refers to any discomfort, stress, and irritation of the mind. It is the opposite of a peaceful, harmonious state of mind. One purpose of the practice of yoga is to still the “fluctuations of the mind” or in other words to halt the chatter of the mind. When this is done, a veil is lifted, a new perspective can be assumed, and clarity of the true state of things, reality, or “vidya” is revealed.

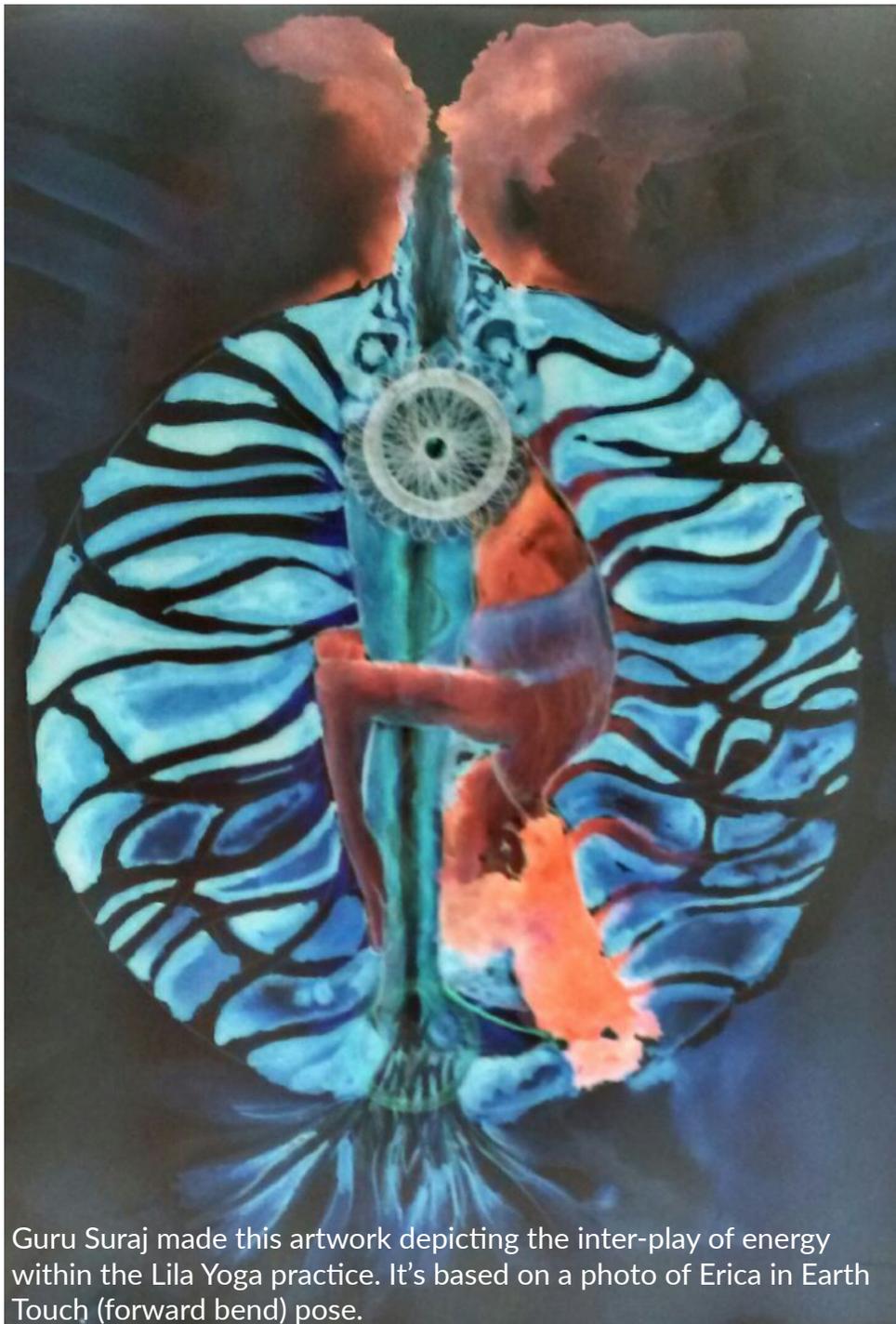
**If you choose to practice each or most days, your practice should be tailored to your needs of that morning.** Do not let your previous experiences and states of being shroud your present needs. Some days you may want to practice a mild version of Pada 1 only and introduce extra breaths in each posture. Other days you may want to practice the entire sequence and even introduce additional postures. Anything in between or outside of these two examples may suit your needs as well. Sometimes you may want to introduce some hip openers or twists in the flow.

The **Lila Yoga Sun Salutations sequence is a framework or a starting point in which you are free to explore and experiment as your body and knowledge dictate.** It is recommended to use your resources to determine the healthiest and most beneficial practice for your individual needs. Your own intuition and sensations are not to be discounted, but you may also glean direction from your local yoga teacher, doctor, physical therapist, or other professional for advice on how to proceed with your yoga practice.



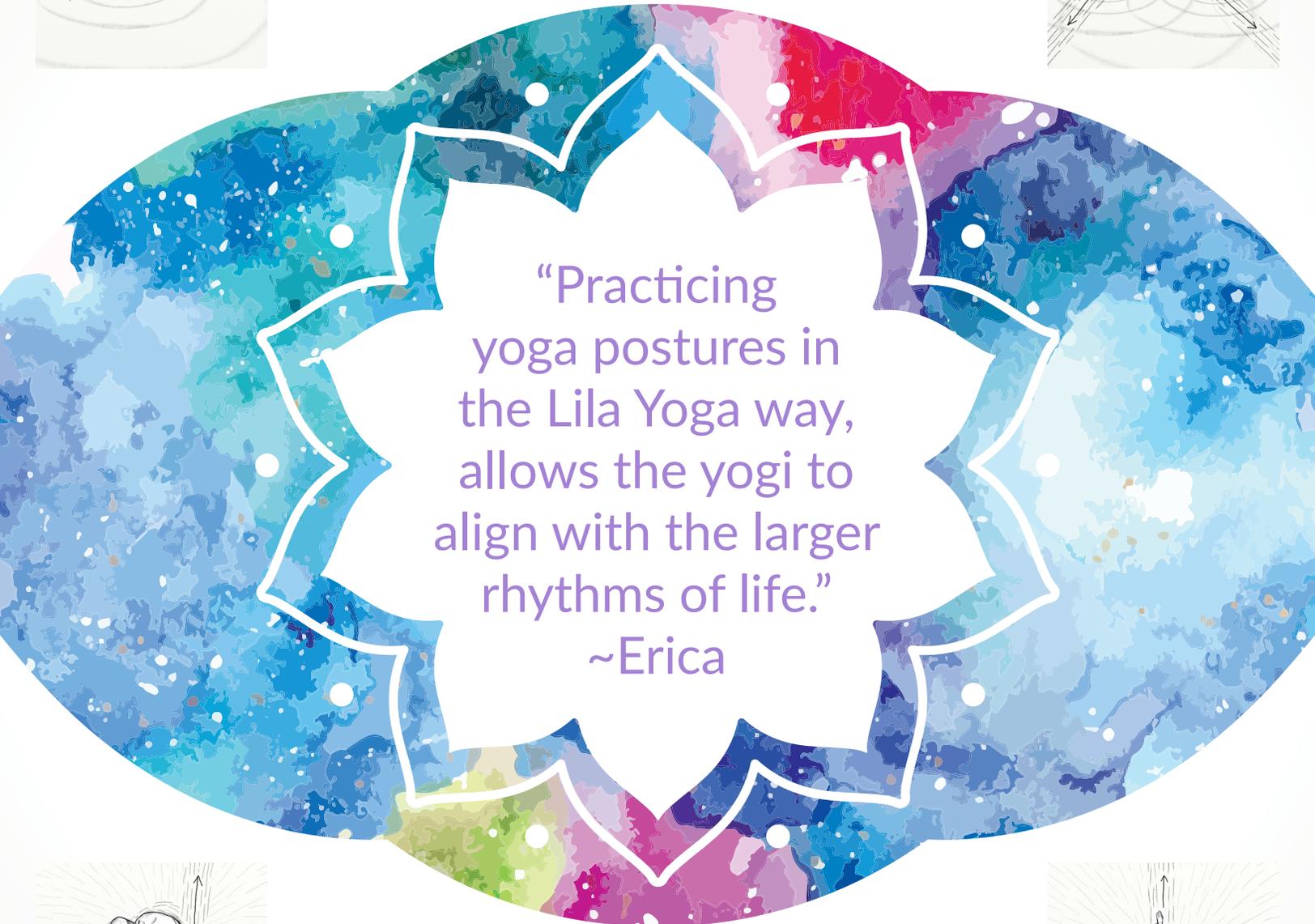
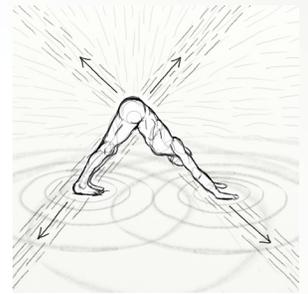
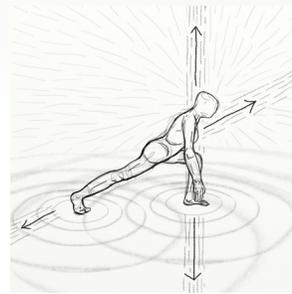
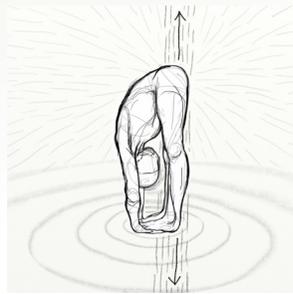
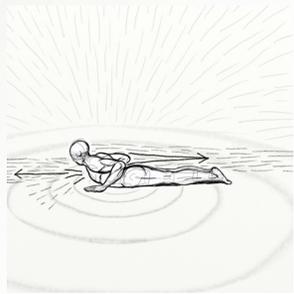
# *INTER-PLAY WITH* **COSMIC ENERGY (PRANA)**

Lila Yoga leads the yogi to experience postures as an inter-play and ultimately unity with cosmic energy (prana). This painting illustrates the energy lines and energy currents that occur within and beyond the body while practicing Lila Yoga.

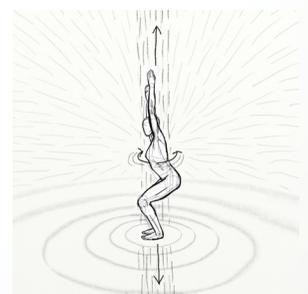
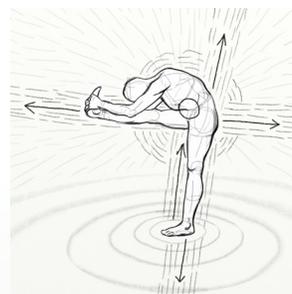


Guru Suraj made this artwork depicting the inter-play of energy within the Lila Yoga practice. It's based on a photo of Erica in Earth Touch (forward bend) pose.





“Practicing  
yoga postures in  
the Lila Yoga way,  
allows the yogi to  
align with the larger  
rhythms of life.”  
~Erica





# HOW TO DEVELOP DISCIPLINE

Bhakti, **devotion to the greater good**, takes us out of our dream state (the grass is greener type of mentality) and out of our mind clutter to help us **realize the larger picture, the potential of the present state, and the sanctity and magnificence of life**. Devotion to this reality helps us maintain a disciplined daily practice. This is when we carve out a period of time devoted to releasing the habitual thought patterns, obsessive thoughts, and worries, to allow for a greater understanding and realization of the magnificence of life.

Lila Yoga invites you to create and nurture a loving, caring, and informed relationship with your body and mind. If we take time at the end of each yoga practice to reflect on its transformational effects to the mind, body, and life in general, whether they be in the current moment or an overall cumulative effect, we will want to continue practicing and learning the art and science of yoga.



From Left to Right: Erica Kaufman, Sadhvi Bhagwati Saraswati, Prembaba, Swami Chidanand Saraswati  
Arti Ceremony during Holi at Parmarth Niketan Ashram in Rishikesh India





*Pada 1*  
EARTH ELEMENT



# CONNECTING THROUGH OUR ROOTS



Photo Courtesy of: Katy Barlow

The first pada (leg, or quarter of the entire series) of Lila Yoga Sun Salutations is foundational as it introduces physical movement and poses found throughout the entire sequence. It is the “**beginning of the dance**”. There’s a little bit of flirtation within it, into the potential of the human bodymind, but there’s a tremendous formality and care in the placement of the body within the energies of each asana (pose).

Physical alignment is of the utmost importance at this point of the flow as proprioception (muscle memory) is being established at this point. It is important to move responsibly within your own joint structure and to recruit stabilizing muscles while exploring your flexibility. For example, in forward bend (uttanasana) it is important to bend your knees slightly (or a lot if your hamstrings are very tight) and purposefully limit your range of motion. This action protects both your hamstrings and back. Another example is to recruit stabilizing gluteus muscles in lunge poses to support the lower back.

Pada 1 has a focus of increasing circulation before increasing range of motion. There is a very clear physiological cue when the body is ready to go deeper into a stretch: When your body temperature starts to rise your skin has a “glow” of moisture. This is a sign that muscles are getting flushed with good circulation.



**Mental alignment is equally important.** Intention setting is one of the first steps of the practice before we start flowing dynamically with the breath. Then, every time the hands meet at heart center in sama stithi we are brought back to the core focus, the intention, the guiding truth, the compassion center, the breath, the essential concentration.

**Pada 1 is careful, focused, and grounding.** The dance begins slowly. The movement is with tender care. With each step the feet and hands are deliberately planted. Pada 1 has the smallest range of motion of the four padas. This allows time for the body to connect with the earth, to feel the unique offerings of that specific asana such as the energetic quality and support. **Awakening of consciousness** and awareness of the self, and of the self in the context of the universe, begins here in Pada 1.



## *THE BREATH OF PADA 1:*

Each physical movement of the body in Lila Sun Salutations is directed by the pace of the breath. This is a skill to be honed. To be able to let the breath guide the body rather than the mind is not something to which most of us are accustomed.



Photo Courtesy of: Barak Zach Ben-Amots  
Yogis: Erica and Daughter Maya Kaufman





Generally speaking, rising up from the earth harmonizes with the in-breath, and bowing down toward the earth synchronizes with the out-breath. In Pada 1 the breath is full and rich and comfortably slow. A deliberate pause (kumbhaka) is acknowledged between the transition of breath from inhalation to exhalation and vice versa. This pause is the time to feel an energetic support as it rises from the earth, moves through us, and is expressed onward. It is an opportunity to heighten awareness and then practice mindful choices that elevate the level of integration or harmony of the physical body within the physics of the universe.





“My breath pattern has a one second pause of recognition to awaken myself to where I am and how I am living within the present moment. At the top of each inhalation and at the bottom of each exhalation I have a beat of recognition, a scenic view. A pause at the peak of inhalation and at the emptiness of exhalation is an opportunity to observe the particulars of living within that asana with its relationship to energy, exposure, weight, compression, etc. Different aspects of myself will be calling out on different mornings—whether it’s an intellectual situation that cramps in the mind, an emotional tail-spin, a spiritual quest, or something physical—all of those things can greet me at the moment of my awareness. Different layers of my koshas, those different aspects of my divine and human self, get exposed. With that information I can then mindfully respond or simply pay attention to those layers and devote my salutations accordingly. I make necessary modifications to bring about better clarity of the truth in the present moment. For example, if my asthma is bothering me I take extra breaths. Another example may be that if I notice a part of my body tightening in a defensive move as a reaction to a conscious or subconscious situation I may choose to give extra care to this region. I reinforce the positive imagery that allows me to do this.” ~Erica

*The doorway  
to integration  
begins here.*





# Yoga practice invites us into our relationship with the ever-changing oneness of the universe.

In Pada 1 you start to feel electric energy. The awareness of potential becomes abundant. Feel yourself open to that energy as you move the shape of your being. Over and over again, you visit these same alignments and you will get to experience how they and how you evolve over time.

I encourage you to let go of a definition of your ability or range within any of the postures. Instead try to mindfully practice each day without limiting yourself with preconceived notions. Some days you will be able to do more than you imagine, and some days less. You are learning and discovering, at each point in time. I imagine it as **pranic (life energy) bathing**, you stretch and expose breath, body, mind, to the energy, vibration, and light of our star, the sun, allowing the individual body to be fed and nourished by the cosmic whole. Change is inevitable. Being open to and aware of it is optional.



# Lila Yoga Sun Salutations

## Pada 1: Gentle Modifications

Pada 1 includes a pause in the breath at the end of each inhalation and exhalation. Repeat each Pada cycle (right and left side) 3x.



(Pause) 1. Inhale (Pause)

2. Exhale

1. Inhale - From Mountain Pose with hands at heart center, root down through the feet and raise arms into Extended Mountain Pose. Feel yourself as a spoke from the center of the earth.

2. Exhale -Knees bent, reach and lengthen spine as you transition to Earth Touch Pose. Be within the All.

3. Inhale- Step right leg back and place knee down to modified Rising Sun to Fingertips Pose. Level your pelvis by engaging the right buttock and drawing left hip back. Use strength in the upper back to expand across the chest.



(Pause) 3. Inhale

(Pause)

4. Exhale

(Pause)

5. Inhale

4. Exhale- Step front leg back to modified Downward Facing Dog pose, with knees slightly bent. Root down through the hands as you connect into the upward diagonal energy beyond hips.

5. Inhale- Bend knees deeply, look forward and extend to modified Plank Pose, with knees touching the ground. Practice strength, commitment, and focus.



(Pause)

6. Exhale

(Pause)

7. Inhale

(Pause)

6. Exhale- Lower your chest and chin to touch ground in a declaration of existence without being dominated by pride or shame.

7. Inhale- Lift chest off ground into Cobra Pose. Press tops of feet into mat and engage gluteal muscles. Open your heart to Universal Wisdom.

8. Exhale- Transition through Table Pose and then modified Downward Dog Pose. With respect, bow to the Unknown.

9. Inhale- Right leg steps forward to modified Rising Sun to Fingertips Pose. Connect into the stability by engaging the left buttock.

10. Exhale- Push off with back foot to step forward into Earth Touch Pose.

11. Inhale- Bend knees and rise to Extended Mountain Pose. Carry nutrients from Earth up through the body and onward.

12. Exhale through Mouth- arms make a large circle toward the back as knees bend into Chair Pose.

13. Inhale- Press feet into Earth, rise to Extended Mountain Pose.

14. Exhale with audible "mmm" sound- as palms meet and lower to heart center.



8. Exhale

(Pause)

9. Inhale

(Pause)

10. Exhale

(Pause)

11. Inhale



(Pause) 12. Exhale

(Pause) 13. Inhale (Pause)

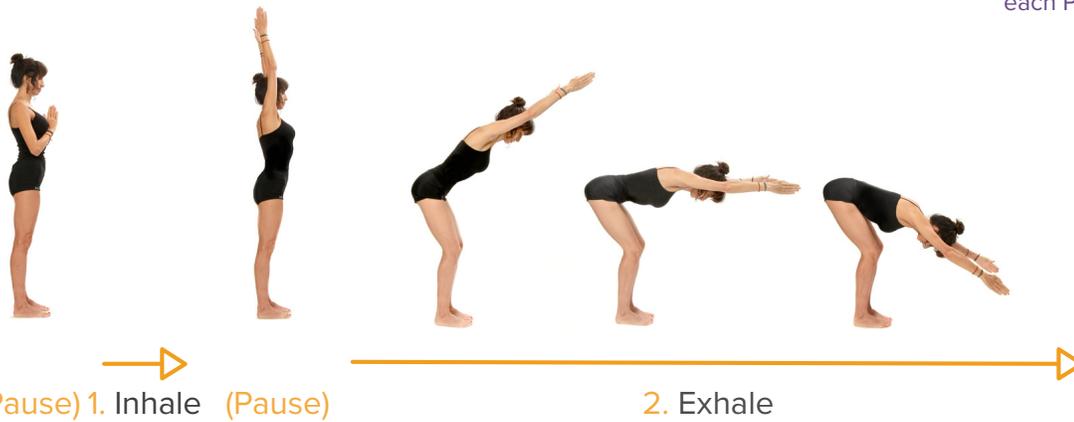
14. Exhale (Pause)



# Lila Yoga Sun Salutations

## Pada 1

Pada 1 includes a pause in the breath at the end of each inhalation and exhalation. Repeat each Pada cycle (right and left side) 3x.



1. Inhale - From Mountain Pose with hands at heart center, root down through the feet and raise arms into Extended Mountain Pose. Feel yourself as a spoke from the center of the earth.

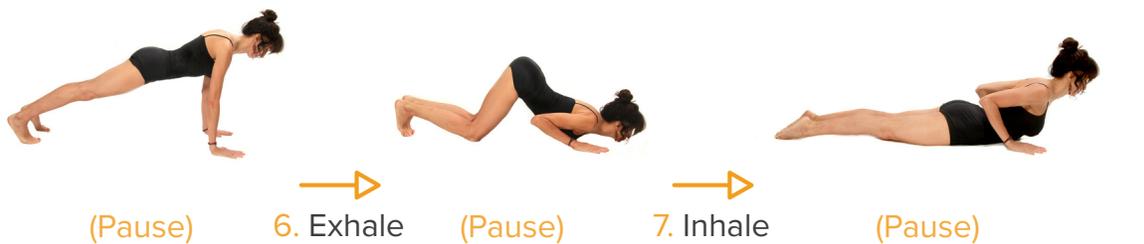
2. Exhale - Reach and lengthen spine as you transition to Earth Touch Pose. Be within the All.



3. Inhale- Step right leg back to Rising Sun to Fingertips Pose. Level your pelvis by engaging the right buttock and drawing left hip back. Use strength in the upper back to expand across the chest.

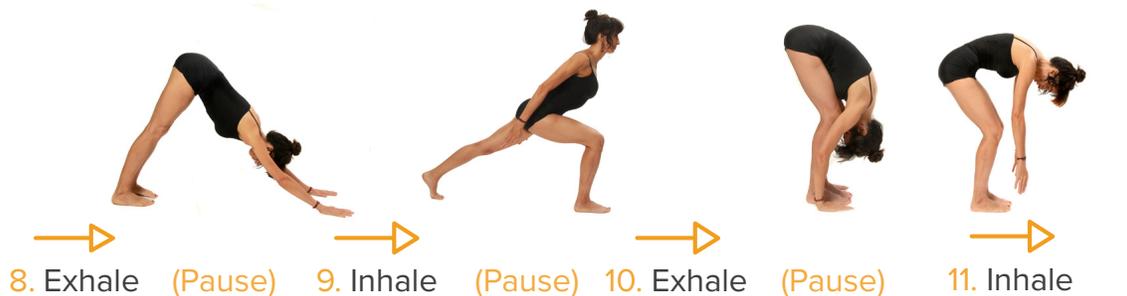
4. Exhale- Step front leg back to Downward Facing Dog pose. Root down through the hands as you connect into the upward diagonal energy beyond the hips.

5. Inhale- Bend knees deeply, look forward and extend to Plank Pose.



6. Exhale- Lower your knees, chest and chin to touch ground in a declaration of existence without being dominated by pride or shame.

7. Inhale- Lift chest off ground into Cobra Pose. Press tops of feet into mat and engage gluteal muscles. Open your heart to Universal Wisdom.

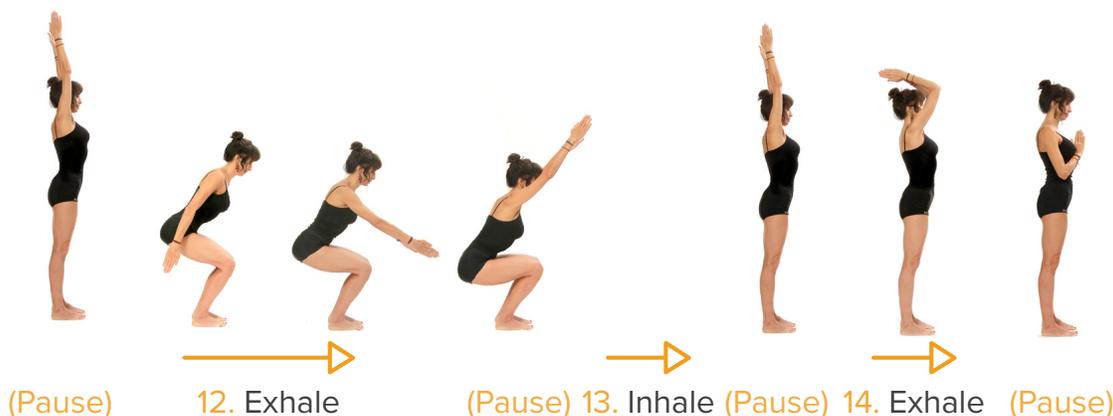


8. Exhale- Transition to Downward Dog Pose. Here we respectfully bow to the Unknown.

9. Inhale- Right leg steps forward to Rising Sun to Fingertips Pose.

10. Exhale- Push off with back foot to step forward into Earth Touch Pose.

11. Inhale- Bend knees and rise to Extended Mountain Pose. Carry nutrients from the earth up through the body and onward.



12. Exhale through Mouth- arms make a large circle toward the back as knees bend into Chair Pose.

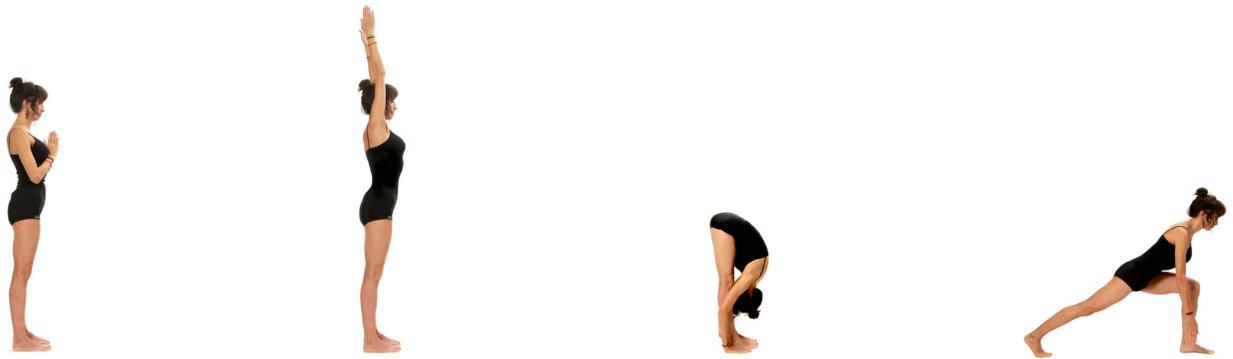
13. Inhale- Press feet into earth as you rise into Extended Mountain Pose.

14. Exhale with audible "mmm" sound- as palms meet and lower to heart center.



# Lila Yoga Sun Salutations

## Pada 1 EARTH: Silent Mantras (Focused Devotion)



1. Inhale

2. Exhale

3. Inhale

I am Steady as a Mountain Exposed to All I Bow to That Which Supports Me Rise with Joy



4. Exhale

5. Inhale

6. Exhale

I Connect to the Earth Uniting with Strength & Focus I Harmonize with Nature



7. Inhale

8. Exhale

9. Inhale

10. Exhale

Open to Wisdom I Respectfully Unite Open to Joy Within the All



11. Inhale

12. Exhale

13. Inhale

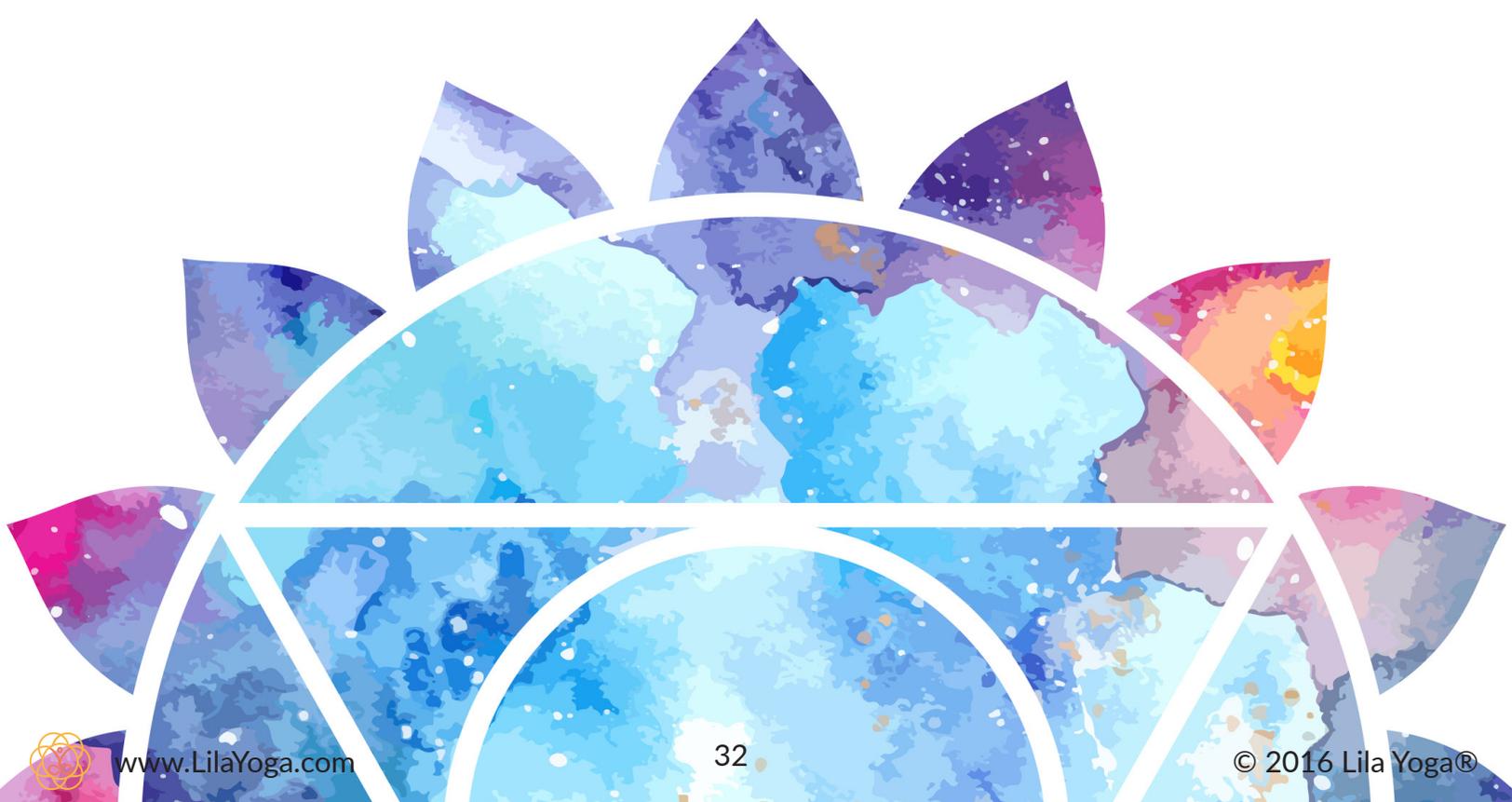
14. Exhale

I Send Roots Downward, Gather Nutrients, & Rise I Integrate... I Am That (Soham)





*Pada 2*  
WATER ELEMENT





In Pada 1 there is careful placement of energy, projection of energy, and exposure to energy. The bodymind has been primed for the movement to evolve. **The dance transforms into flow and elegance in Pada 2.**

Seamless flow, like that of a stream, is its essence. Transitions from one asana to the next are no longer punctuated with a pause between.

You continue through your dance without stops. At this point, each of these asanas has become so smooth and elegant that there is no arriving into a singular asana. We are sewing together the individual asanas so that **it becomes one continuous movement, just like your breath is continual, just like the flow of a river is continual.** You move slowly without pauses while you are in the ever-changing movement of the body and with **interest to experience harmony.**

Pada 2 starts to increase the range of motion and necessary strength in the body. By the end of Pada 2 you will start to feel a warmth from deep within. With the increase of range of movement, the elasticity of the skin, the fascia, the synovial fluid within the joints, and the muscle will all be warmed. **Pada 2 attracts pranic energy, enriches your body, focuses your mind, and recharges your cosmic connectivity.**



## *THE BREATH OF PADA 2*

The focus on integration through conscious breathing continues through the second pada. The pattern of breath in Pada 2 is continuous and smooth, just like the movement of the body. Breath moves the body. Learn to time your movement so that when you reach peak or nadir of your breath you are also at the full expression of each asana. This takes a great amount of focus and intention. Discipline the body to move at the steady pace of the breath, which is comfortably slow and even.





“My eyes are seeing a changing environment, and I am practicing being at home inside of perpetual change.”

~Erica



# Lila Yoga Sun Salutations

## Pada 2: Gentle Modifications

The breath in Pada 2 does not include pauses. Flow smoothly between the poses as you comfortably slow your inhalations and exhalations. If possible repeat each Pada cycle (right and left side) 3x.



1. Inhale- From Mountain Pose with hands at heart center, root down through the feet and raise arms into Extended Mountain Pose.
2. Exhale- Knees bent, reach and lengthen spine as you transition to Earth Touch Pose. Be within the All.
3. Inhale- Step right leg back to modified 1-Arm High Lunge Pose with back knee down and right arm up. Find stability and level pelvis by engaging the right buttock and drawing left hip back. Root down through legs & draw energy up through the spine & onward through crown and fingers. Lift and expand across your chest in a joyous expression.



4. Exhale- Step front leg back to modified Downward Facing Dog pose, with knees slightly bent & shoulders broad. Root down through the hands as you connect into the upward diagonal energy beyond hips.
5. Inhale- Bend knees deeply, look forward and extend to modified Plank Pose, with knees touching the ground. Practice strength, commitment, and focus.



6. Exhale- Lower your chest and chin to touch ground in a declaration of existence without being dominated by pride or shame.
7. Inhale- Lift chest off ground into Cobra Pose. Open your heart to Universal Wisdom.



8. Exhale- Transition through Table Pose and then modified Downward Dog Pose. With respect, bow to the Unknown.
9. Inhale- Right leg steps forward to modified 1-Arm High Lunge Pose. Connect into the stability by engaging the left buttock.
10. Exhale- Step forward into Earth Touch Pose.
11. Inhale- Bend knees and rise to Extended Mountain Pose. Carry nutrients from Earth up through the body and onward.



12. Exhale through Mouth- arms make a large circle toward the back as knees bend into Chair Pose.
13. Inhale- Press feet into Earth, rise to Extended Mountain Pose.
14. Exhale with audible "mmm" sound- as palms meet and lower to heart center.



# Lila Yoga Sun Salutations

## Pada 2



1. Inhale

2. Exhale



3. Inhale

4. Exhale

5. Inhale



6. Exhale

7. Inhale



8. Exhale

9. Inhale

10. Exhale

11. Inhale



12. Exhale

13. Inhale

14. Exhale

The breath in Pada 2 does not include pauses. Flow smoothly between the poses as you comfortably slow your inhalations and exhalations. If possible repeat each Pada cycle (right and left side) 3x.

1. Inhale- From Mountain Pose with hands at heart center, root down through the feet and raise arms into Extended Mountain Pose.
2. Exhale - Reach and lengthen spine as you transition to Earth Touch Pose. Be within the All.
3. Inhale- Step right leg back to 1-Arm High Lunge Pose. Find stability and level pelvis by engaging the right buttock and drawing left hip back. Root down through legs & draw energy up through the spine & onward through crown and fingers. Lift and expand across your chest in a joyous expression.
4. Exhale- Step front leg back to Downward Facing Dog pose. Root down through the hands as you connect into the upward diagonal energy beyond hips.
5. Inhale- Bend knees deeply, look forward and extend to Plank Pose. Practice strength, commitment, and focus.
6. Exhale- Lower your chest and chin to touch ground in a declaration of existence without being dominated by pride or shame.
7. Inhale- Lift chest off ground into Cobra Pose. Open your heart to Universal Wisdom.
8. Exhale- Transition to Downward Dog Pose. With respect, bow to the Unknown.
9. Inhale- Right leg steps forward to 1-Arm High Lunge Pose. Connect into the stability by engaging the left buttock.
10. Exhale- Step forward into Earth Touch Pose.
11. Inhale- Bend knees and rise to Extended Mountain Pose. Carry nutrients from Earth up through the body and onward.
12. Exhale through Mouth- arms make a large circle toward the back as knees bend into Chair Pose.
13. Inhale- Press feet into Earth, rise to Extended Mountain Pose.
14. Exhale with audible "mmm" sound- as palms meet and lower to heart center.



# Lila Yoga Sun Salutations

## Pada 2 WATER: Silent Mantras (Focused Devotion)



I Flow Like Water

I Bow to That Which Moves Me

I Rise with Joy



I Bow to the Current of Life

Connecting with Strength & Focus



I Harmonize with Nature

Open to Wisdom

I Respectfully Unite

Open to Joy

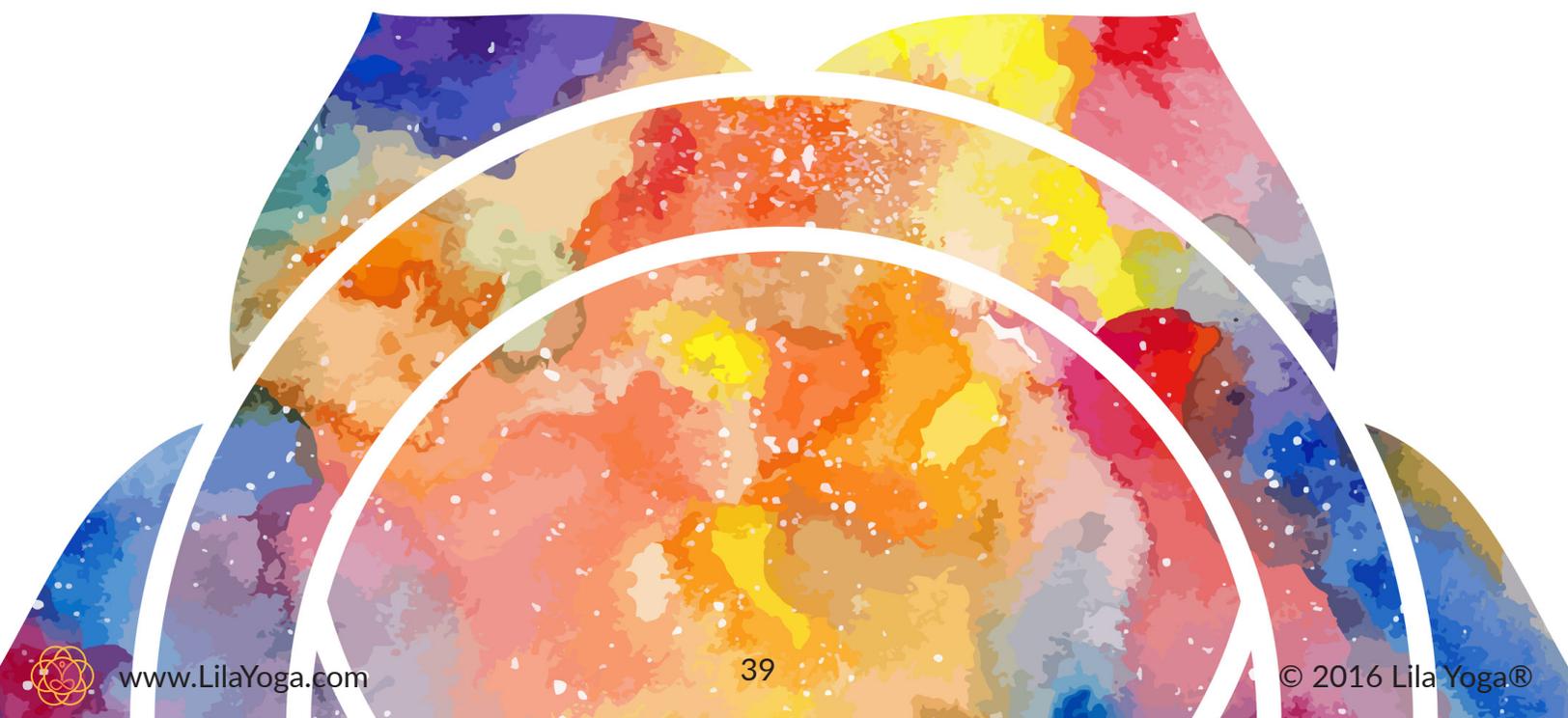


Within the All I Send Roots Downward, Gather Nutrients, & Rise I Integrate with Fluidity... I Am That (Soham)





*Pada 3*  
FIRE ELEMENT





This pada is characterized by a familiarity of the energy within you and around you (prana). Pada 3 builds on the sophistication gained in Pada 1 and 2 of awakened awareness and applying mindful modifications as needed. Within that we welcome daring and passion. The pace of Pada 3 quickens as we stoke the fire within.

By Pada 3, your body is invigorated and its circulation is increased. The mind is focused. This allows for functioning at a quicker pace. **Momentum drives. Heat rises.** Joy, contentment, and passion are at hand, like running through a field. Feel yourself in quick motion, through a deliberate joined energy without stops.

There is **great sensitivity** within this pada and **great integration** (samyama) of concentration, prana, and meditative movement. The mind must relax into the integrated state for you to truly move with strength (sthira) and ease (sukha).







Asanas are developed from the foundation laid in Pada 1, and the fluidity exhibited in Pada 2. The range of motion is increased yet again. With the increase in range and pace, you have a farther distance to move within a shorter period of time. This is accomplished skillfully without sacrificing depth of breath or range of motion.

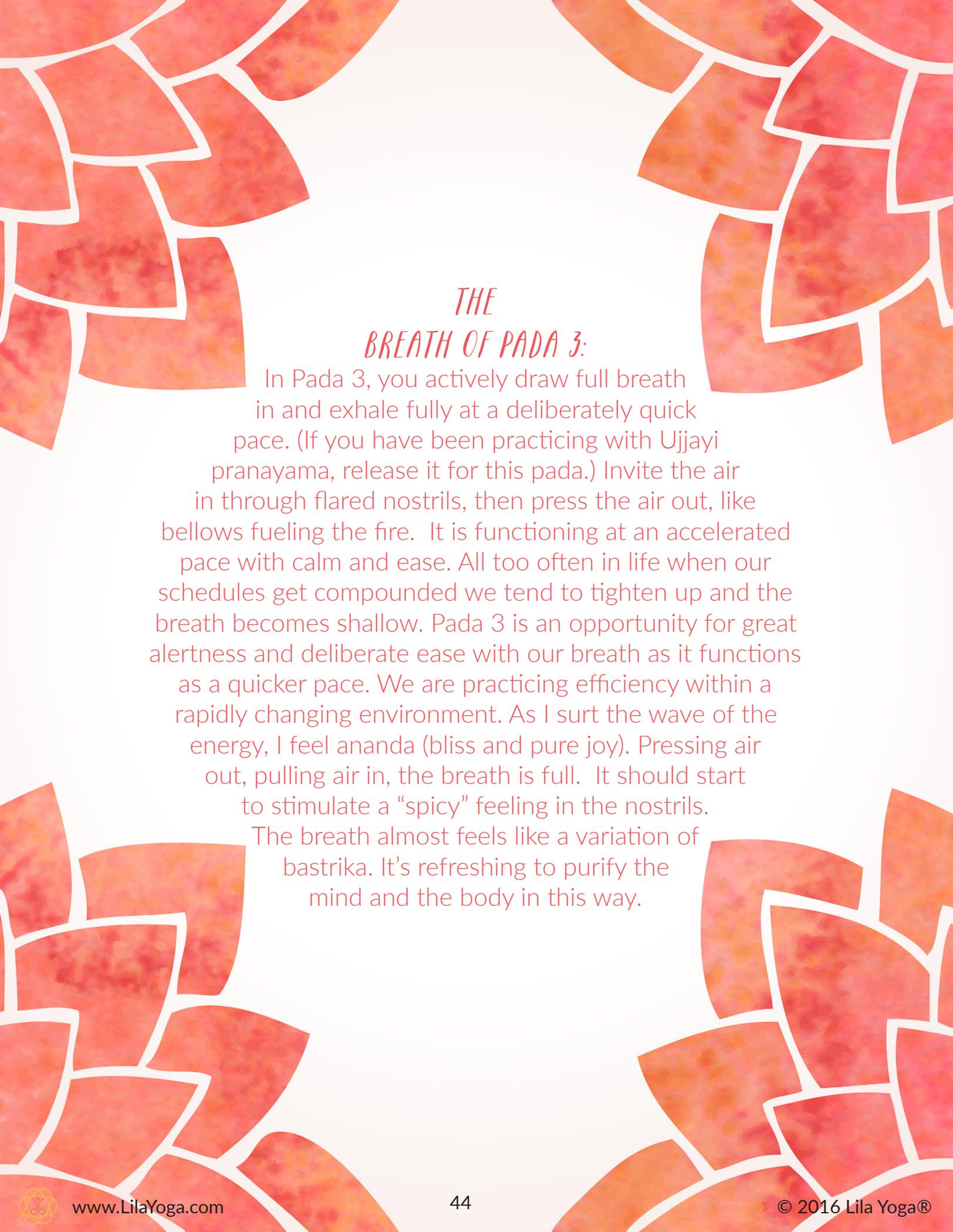
**Be playful. Splash into the energy.**

Pada 3 is the part of the flow, dance, sequence that's gone through formality, passed through deeper knowing, and now with that maturity is going through a period of real freedom. It's a **celebration of freedom**. The freedom comes from a trust within that you'll be able to be just as you are with the all just as it is.



“I feel like I’m playing in the field of physics, with prana (life force, or vibrational cosmic energy) as my source. I carry prana through the full existence of myself. The energy can spread far from me and I’m still completely connected to it. I am partaking in a spherical cosmic dance, both receiving and exuding prana. I am connected to the all.” ~Erica





## *THE BREATH OF PADA 3:*

In Pada 3, you actively draw full breath in and exhale fully at a deliberately quick pace. (If you have been practicing with Ujjayi pranayama, release it for this pada.) Invite the air in through flared nostrils, then press the air out, like bellows fueling the fire. It is functioning at an accelerated pace with calm and ease. All too often in life when our schedules get compounded we tend to tighten up and the breath becomes shallow. Pada 3 is an opportunity for great alertness and deliberate ease with our breath as it functions as a quicker pace. We are practicing efficiency within a rapidly changing environment. As I surt the wave of the energy, I feel ananda (bliss and pure joy). Pressing air out, pulling air in, the breath is full. It should start to stimulate a “spicy” feeling in the nostrils.

The breath almost feels like a variation of bastrika. It’s refreshing to purify the mind and the body in this way.



# Lila Yoga Sun Salutations

## Pada 3: Gentle Modifications

Repeat each Pada cycle (right and left side) 3x.

1. Inhale- From Mountain Pose with hands at heart center, root down through the feet and raise arms into Extended Mountain Pose.
2. Exhale- Knees bent, reach and lengthen spine as you transition to Earth Touch Pose.
3. Inhale- Step right leg back to modified High Lunge Pose with back knee down. Root down through legs & draw energy up through the spine & onward through crown and fingers. Lift and expand across your chest in a joyous expression.
4. Exhale- Step front leg back to modified Downward Facing Dog pose, with knees slightly bent. Root down through the hands as you connect into the upward diagonal energy beyond hips.
5. Inhale- Bend knees deeply, look forward and extend to modified Plank Pose, with knees touching the ground. Practice strength, commitment, and focus.
6. Exhale- Lower through modified Chaturanga Dandasana (Four-Limbed Staff Pose) keeping elbows close to (not touching) body and abdominal muscles engaged.
7. Inhale- Lift chest off ground into Cobra Pose. Press tops of feet into mat, maintain engagement of gluteal muscles and keep legs close together. Open your heart to Universal Wisdom.
8. Exhale- Transition through Table Pose or straight to modified Downward Dog Pose. With respect, bow to the Unknown.
9. Inhale- Right leg steps forward to modified High Lunge Pose with both arms raised and back knee down. Connect into the stability by engaging the left buttock.
10. Exhale- Step forward into Earth Touch Pose.
11. Inhale- Bend knees into a deep squat, clap hands with extended arms at shoulder level and press the feet down to rise up with a lengthened spine into Extended Mountain Pose.
12. Exhale through Mouth- arms make a large circle toward the back as knees bend deeply into Chair Pose.
13. Inhale- Press feet into Earth, rise to Extended Mountain Pose.
14. Exhale with audible "mmm" sound- as palms meet and lower to heart center.



# Lila Yoga Sun Salutations

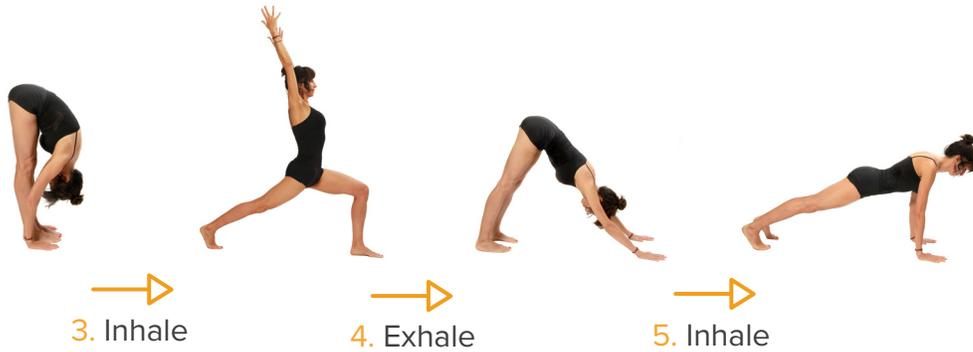
## Pada 3

Repeat each Pada cycle (right and left side) 3x.



1. Inhale

2. Exhale



3. Inhale

4. Exhale

5. Inhale



6. Exhale

7. Inhale

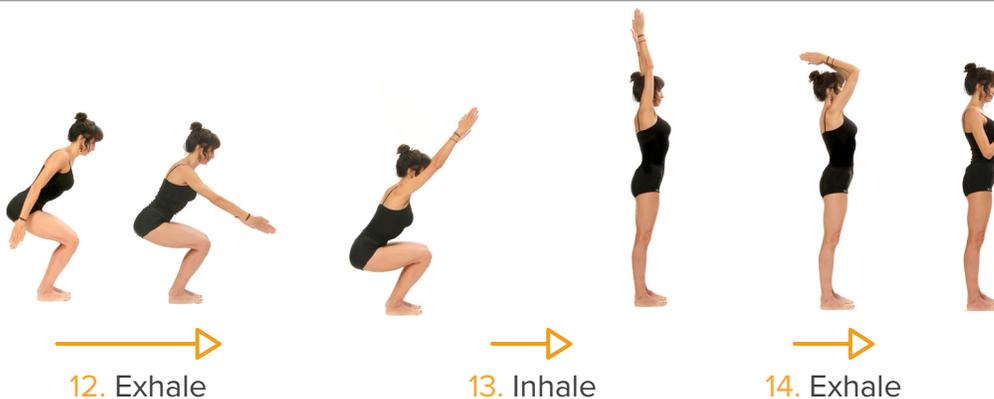
8. Exhale



9. Inhale

10. Exhale

11. Inhale



12. Exhale

13. Inhale

14. Exhale

1. Inhale- From Mountain Pose with hands at heart center, root down through the feet and raise arms into Extended Mountain Pose.
2. Exhale- Reach and lengthen spine as you transition to Earth Touch Pose.
3. Inhale- Step right leg back to High Lunge Pose with both arms raised. Root down through legs & draw energy up through the spine & onward through crown and fingers. Lift and expand across your chest in a joyous expression.
4. Exhale- Step the front leg back to Downward Facing Dog pose. Root down through the hands as you connect into the upward diagonal energy beyond hips.
5. Inhale- Bend knees deeply, look forward and extend to Plank Pose. Maintain one line of energy from the heels to the top of the head.
6. Exhale- Practice strength, commitment, and focus as you lower through Chaturanga Dandasana (Four-Limbed Staff Pose) keeping elbows close to (not touching) body and abdominal muscles engaged.
7. Inhale- Press hands into earth as you lift into Upward Facing Dog Pose. Keep legs close together. The tops of the feet press down as the thighs lift off the mat. Maintain engagement of gluteal muscles. Expand across the chest as you open to Heart Wisdom.
8. Exhale- Press into Downward Dog Pose by engaging abdominal muscles. With respect, bow to the Unknown.
9. Inhale- Right leg steps forward to High Lunge Pose with both arms raised. Connect into the stability by engaging the left buttock.
10. Exhale- Step back leg forward into Earth Touch Pose.
11. Inhale- Bend knees into a deep squat, clap hands with extended arms at shoulder level and press the feet down to rise up with a lengthened spine into Extended Mountain Pose.
12. Exhale audibly through Mouth- arms make a large circle toward the back as knees bend deeply into Chair Pose.
13. Inhale- Press feet into earth and you rise into Extended Mountain Pose.
14. Exhale with audible "mmm" sound- as palms meet and lower to heart center.



# Lila Yoga Sun Salutations

## Pada 3 FIRE: Silent Mantras (Focused Devotion)



1. Inhale

2. Exhale

3. Inhale

I Sensitize to Pranic Heat

I Bow to the Purifying Fire Within

I Rise with Joy



4. Exhale



5. Inhale



6. Exhale



I Respect

Connecting with Strength & Focus



7. Inhale



8. Exhale



9. Inhale



10. Exhale

Open to Wisdom

I Respectfully Unite

Open to Joy

Within the All



11. Inhale



12. Exhale



13. Inhale



14. Exhale



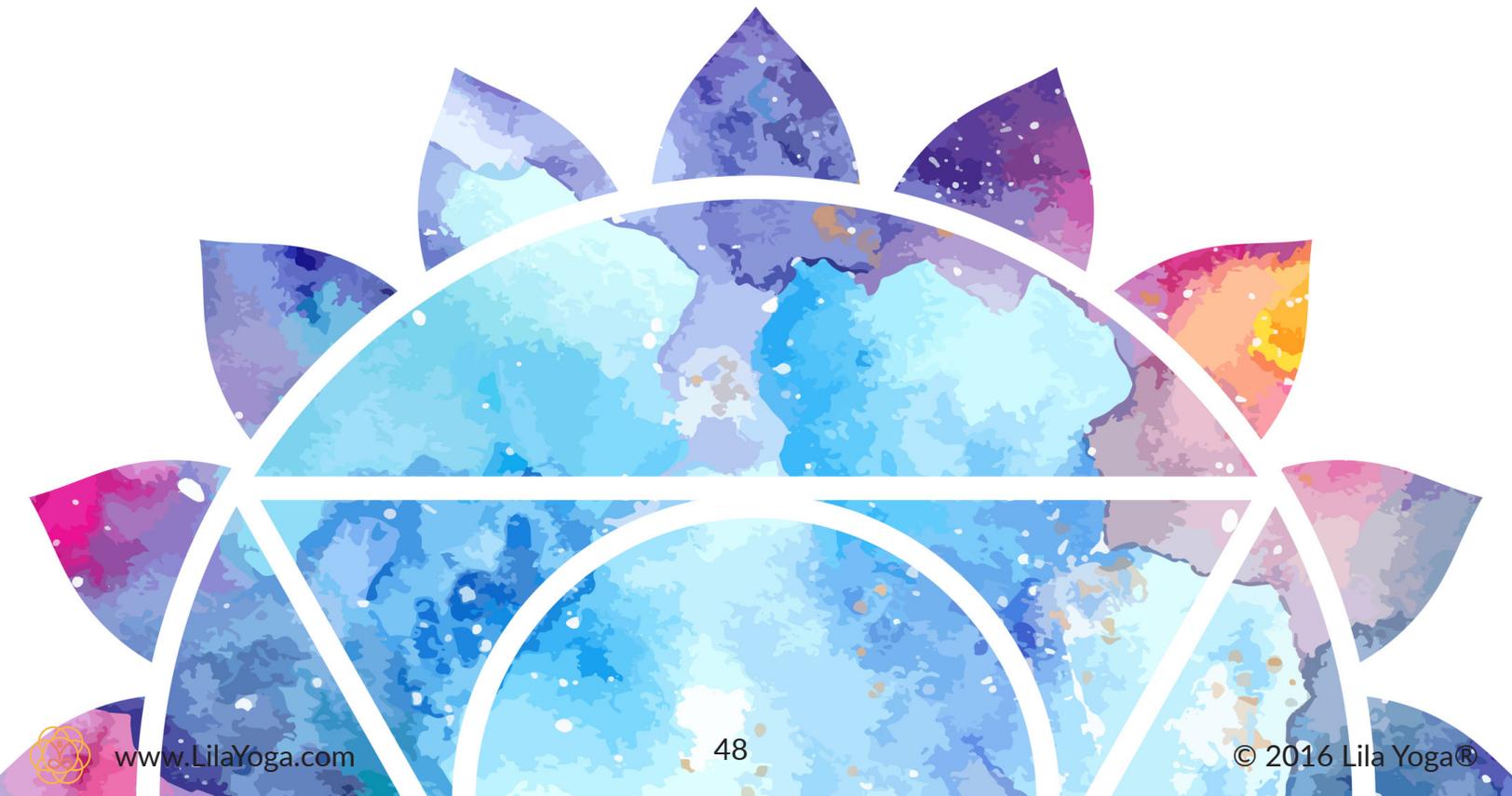
I Send Roots Downward, Gather Nutrients, & Rise

I Integrate with Purity... I Am That (Soham)





*Pada 4*  
AIR ELEMENT





## **Pada 4 is flight; it is like floating. It is about lightness.**

There's maturity, awareness, mindfulness, and integration that allows general ease. Even though the postures are more challenging, there is a tremendous calm and an absence of haste, as the yogi is unrushed and free. It becomes a perpetual state of grace.

## **Here the opportunity avails to accept your presence and see the magnificence of life.**

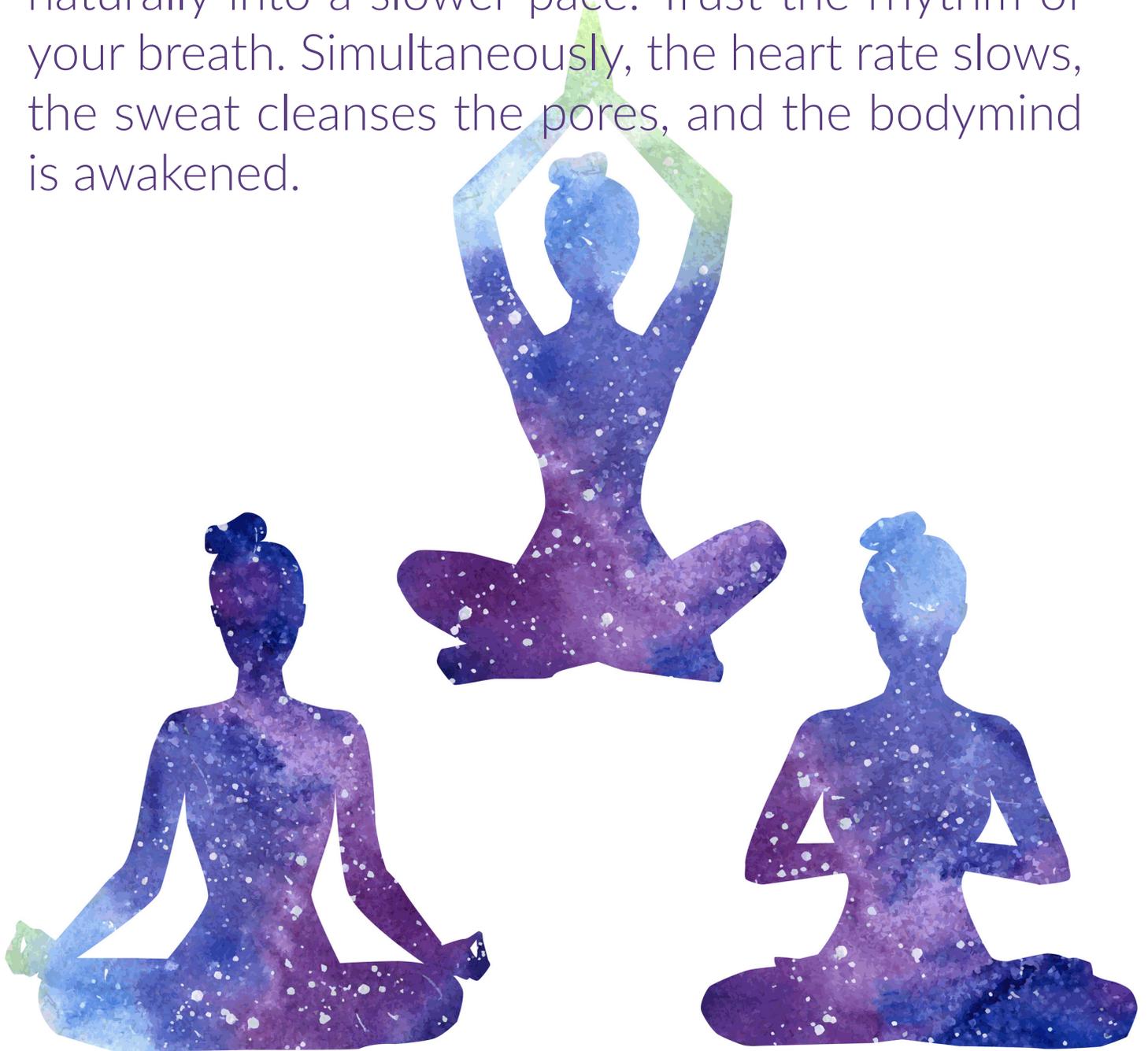
By Pada 4 the physical body is warmed and stimulated. The range of motion is expanded from the previous pada. Glide from one asana to the next with the available range of a warm body. The buddhi, the deeper mind, is awakened, more sensitized and focused. You are clearly in a different state than before starting your practice.

Photo Courtesy: Linda Bottolfs



## *THE BREATH OF PADA 4:*

At the onset of Pada 4 the heart rate is galloping like a wild stallion and the body moves to accommodate the breath. As this part of the sequence unfolds, the breath relaxes and releases naturally into a slower pace. Trust the rhythm of your breath. Simultaneously, the heart rate slows, the sweat cleanses the pores, and the bodymind is awakened.



“In Pada 4 I experience myself exuding energy and receiving energy in a magnificent interconnected way. This fuels me and supports me on a very basic primordial level. Without abandoning my attention to alignment, I am completely immersed in calm, meditative movement. I imagine I am the shuttle that has just released its rocket boosters. I maintain momentum and energy but embrace a floating like quality.” ~Erica



## Everything included in the Lila Sun Salutations sequence is intentional and purposeful.

At the end of each right and left cycle is a gesture of offering and receiving as signified by rising up from malasana (wide squat) with open palms to the sky and then bringing the palms back to the heart.

Pada 4 closes with Breathing Mountain (pranayama tadasana) pose. Here we stand with legs hip width or wider apart and move the arms up and down through the side space with the pace of the inhalation and exhalation respectively. This ensures that the heart rate is slowed gradually rather than abruptly.

**To acknowledge the ancient practice of yoga and it's support of holistic well being, we bring our hands back to sama-sthithi and take a small bow. Then step backward on the mat recognizing your deliberate practice.**





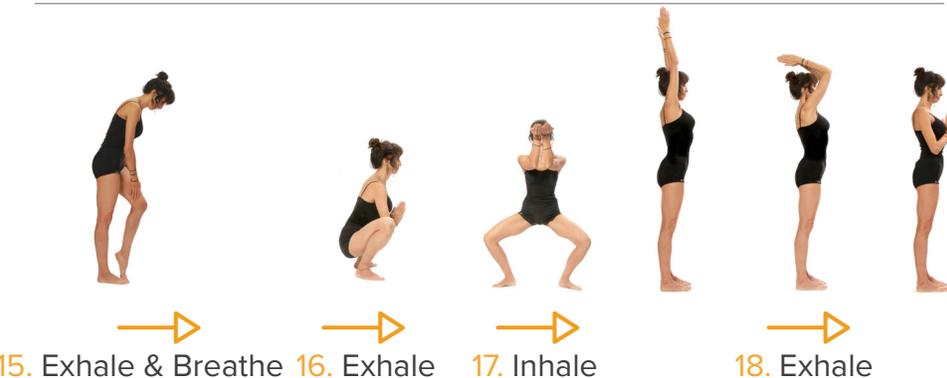
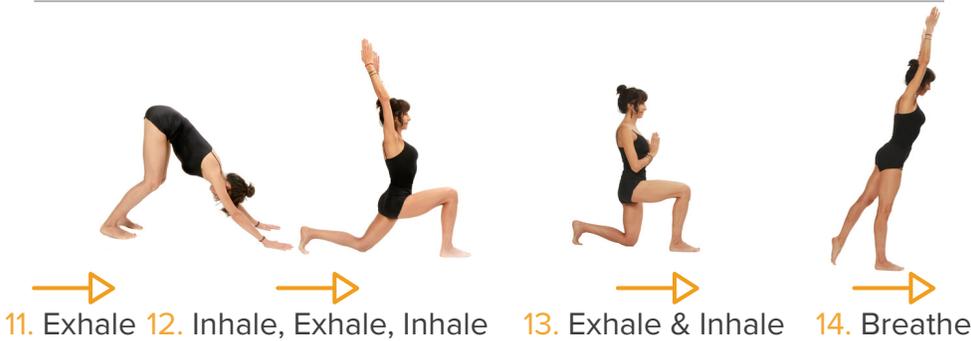
“When  
I am touching the  
earth at the base of the  
squat, I visualize myself in my life. I  
imagine myself at the center of a three  
dimensional mandala that represents all  
I am connected to. This is my opportunity  
to practice my relationship with the beautiful  
blessings (known & yet to be known) that  
surround me. As I rise, those blessings are  
expanding infinitely in all directions through  
my practice of generosity. Then as I stand  
with arms skyward, I realize that I am also  
receiving blessings continuously and I  
accept them into my heart as I bring  
my hands to prayer pose.”

~Erica



# Lila Yoga Sun Salutations

## Pada 4: Gentle Modifications



Repeat each Pada cycle (right and left side) 3x.

- Inhale- From Mountain Pose root down through the feet with hands at heart center, raise arms into Extended Mountain Pose. Simultaneously, bend right leg slightly such that toes touch the mat.  
Exhale- Relax the shoulders away from the ears and invite a calm mind-body-breath connection.
- Inhale- Extend right leg.
- Exhale- Transition to modified Warrior 3 Pose by sweeping arms and right leg back as your torso tilts forward.
- Inhale- Sweep arms forward and overhead into modified Warrior 3 Pose. Toes of back foot touch the mat and arms lift along same diagonal line.
- Exhale- Flex the knee of the standing leg as you continue reaching forward and back with arms and right leg.
- Inhale- Step right leg back and lower your knee to modified High Lunge Pose with both arms raised. Lift and expand across your chest in a joyous expression.  
Exhale- Clarify the pose by engaging the right buttock, drawing the left hip back, and activating abdominal muscles.  
Inhale- Lengthen the spine. Imagine you are flying high.
- Exhale- Sweep the arms down to the mat and step back to Downward Facing Dog Pose. Root down through the hands as you connect into the upward diagonal energy beyond hips.
- Inhale- Bend knees deeply then extend to Plank Pose.
- Exhale- Practice strength, commitment, and focus as you lower through modified Chaturanga Dandasana (Four-Limbed Staff Pose) with knees down, keeping elbows close to the body and abdominal muscles engaged.
- Inhale- Press into Cobra Pose. Keep legs close together. The tops of the feet press down as the thighs lift off the mat. Maintain engagement of gluteal muscles.
- Exhale- Press into Downward Dog Pose. Here we respectfully bow to the Unknown.
- Inhale- Step right leg forward and lower knee to mat to modified High Lunge Pose with both arms raised.  
Exhale- Clarify the pose by engaging the left buttock.  
Inhale- Lengthen the spine. You are opening to opportunities and possibilities.
- Exhale- Look to your hands and draw them along the centerline to your heart center.  
Inhale- Swing the arms back and shift into modified Warrior 3 pose. Find within strength and focus.
- Breathe- in this pose for a few breath cycles.
- Exhale- transition to modified Standing Head to Knee Pose. Left toes touch the earth beside the right foot, eyes look downward.  
Breathe- Breathe in this pose as you continue to straighten the standing leg by pressing into the earth, engage your abdominals becoming aware of the centralized energy, and round the spine forward around that "ball" of energy.
- Exhale & Breathe- Squat deeply into Garland Pose (Malasana).
- Inhale- Touch the earth with palms open to the sky, look up, and rise up, through understanding of the blessings in life and the sanctity of life, to Extended Mountain Pose bringing the feet closer together again.
- Exhale with audible "mmm" sound- as palms meet and lower to heart center.



# Lila Yoga Sun Salutations

## Pada 4



1. Inhale & Exhale      2. Inhale      3. Exhale



4. Inhale      5. Exhale      6. Inhale



7. Exhale & Inhale      8. Exhale      9. Inhale      10. Exhale



11. Inhale      12. Exhale      13. Inhale      14. Exhale & Inhale      15. Exhale



16. Inhale & Breathe      17. Exhale & Breathe      Kiss



18. Exhale      19. Inhale      20. Exhale

Repeat each Pada cycle (right and left side) 3x.

1. Inhale & Exhale- From Mountain Pose root down through the feet with hands at heart center, raise arms into Extended Mountain Pose. Simultaneously, lift right leg with a 90° bend in the knee. Relax your shoulders down as you exhale here.
2. Inhale- Extend right leg.
3. Exhale- Transition to a variation of Warrior 3 Pose by sweeping arms and legs down and back.
4. Inhale- Sweep arms forward into Warrior 3 Pose as you practice strength and focus.
5. Exhale- Flex the knee of the standing leg as you continue reaching forward and back with arms and raised leg.
6. Inhale- Step right leg back to High Lunge Pose with both arms raised. Experience this pose as an expression of joy.
7. Exhale- Lower the back knee to the mat. Inhale- Lengthen the spine. You may move into Monkey Pose, a spinal extension by lifting the heart center (sternum) to the sky. Imagine you are flying high.
8. Exhale- Sweep the arms down to the mat and step the front leg back to Downward Facing Dog Pose. Root down through the hands as you connect into the upward diagonal energy beyond hips.
9. Inhale- Bend knees deeply, look forward and extend to Plank Pose. Practice strength, commitment, and focus.
10. Exhale- Lower through Chaturanga Dandasana (Four-Limbed Staff Pose) keeping elbows close to the body and abdominal muscles engaged.
11. Inhale- Press into Upward Facing Dog Pose. Keep legs close together. The tops of the feet press down as the thighs lift off the mat. Maintain engagement of gluteal muscles. Open yourself to Heart Wisdom.
12. Exhale- Press into Downward Dog Pose. Here we respectfully bow to the Unknown.
13. Inhale- Right leg steps forward to High Lunge Pose with both arms raised. You are opening to opportunities and possibilities.
14. Exhale- Lower the back knee to the mat. Inhale- Lengthen the spine. You may move into Monkey Pose, with a spinal extension, by lifting the heart center to the sky.
15. Exhale- Look to your hands and draw them along the centerline to your heart center. Inhale- Swing the arms back and shift into Warrior 3 pose.
16. Inhale & Breathe- Clarify the posture by connecting to the forward/backward and up/down flowing energy.
17. Exhale- transition to Standing Head to Knee Pose. Lift the left leg such that the thigh is parallel with the earth and there is a 90° bend in the knee. Drop the head (left ear) toward the knee and strongly engage abdominal muscles.  
Breathe- Breathe in this pose as you continue to straighten the standing leg, engage your abdominals, and round the spine forward. You may choose to straighten raised leg. Kiss the knee with gratitude for the body before next step.
18. Exhale & Breathe- Squat deeply into Garland Pose (Malasana).
19. Inhale- Touch the earth with palms open to the sky, look up, and rise up, through understanding of the blessings in life and the sanctity of life, to Extended Mountain Pose bringing the feet closer together again.
20. Exhale with audible "mmm" sound- as palms meet and lower to heart center.



# Lila Yoga Sun Salutations

## Pada 4 AIR: Silent Mantras (Focused Devotion)



1. Inhale & Exhale



2. Inhale



3. Exhale

I am Light as Air

I Rise to the Top of the Mountain

And Fly



4. Inhale



5. Exhale



6. Inhale



7. Exhale & Inhale

Releasing and Catching

I Touch the Air

I Rise with Joy

Open to Spontaneity



8. Exhale



9. Inhale



10. Exhale



11. Inhale



12. Exhale

I Respect

Connect with Strength & Focus

Open to Wisdom Bowing to Energy Within & Beyond



13. Inhale



14. Exhale & Inhale



15. Exhale



16. Inhale & Breathe



OR



17. Exhale & Breathe



Kiss

Expanding Into Joy

I am Focused

I Soar High

Drawing Nutrients Into My Core With Compassion



18. Exhale



19. Inhale



20. Exhale



I Center Myself in Blessings

I Lift & Offer

Giving & Receiving Generously

I Integrate... I am that (Soham)





*CLOSING*  
ETHER (SPACE-TIME)  
ELEMENT



The closing practice may include any or all of the following: resting in child pose (balasana), an inversion of your choice, reclined pigeon, a reclined spinal twist of your choice, and apanasana. All practices will benefit from and should include the final relaxation pose (savasana). You may also include other seated or reclined poses of your choice based on your personal needs.

With the exception of the headstand, the closing practice is about passivity and relaxation. Placing yourself into fully supported asanas where little to no physical effort is necessary balances the bodymind. This is a time for allowing as compared to “doing”. You are deliberately practicing trust, passivity, and awareness on subtle levels; those being cellular and energetic. Remember that relaxing is different from waiting, doing, or impatience. Relaxation is a complete state, that goes beyond the surface of the physical and overt. The body stills and so too does the mind. Relaxing and finding ease are essential to the practice. Let it be a quiet time. Let go of the desire to do and instead find contentment in the simple mode of being.



The closing part of the practice is not so much about the doer (prakriti), but about the experiencer, the seer (purusha), and the relaxing of the doer. This closing sequence is how we balance and honor each. Observe the forces of nature holding you. Simply watch. There is great awareness on many levels. You've deliberately placed yourself within this orientation, trusting this practice, and the power of its subtleties. **At the end of the practice we rest in savasana. Thought may happen here but we are not attaching to it, we are not bound by it.**

After resting in savasana for 5-10 minutes, become aware of the breath again, bring small movements to the hands and feet noticing what relative stillness allows in terms of sensitivity, take a deep breath, and then round over onto your right side (left is an option) in a "fetal pose" which we call Gratitude pose in Lila Yoga.

## *The Breath of Closing:*

**The breath is free, easy, and natural. If you were practicing with Ujjayi pranayama in Padas 1, 2, and 4, it ceases here and no constriction remains in the throat.**





**Lila Yoga Gratitude Pose** is an opportunity to practice gratitude in an ever-expanding way. First you may wish to thank yourself for making this time to take care of yourself. Then you may wish to have thoughts of gratitude for your teachers in life and in yoga. Then you may wish to expand your gratitude beyond to wherever your heart leads. Experience how gratitude feels physically, not just mentally.

Lastly, push yourself up into a comfortable seated position. This may be easy seated pose (sukasana), sitting on the edge of a chair, or another seated asana. **Sit in reflection** of the effects of the yoga practice. You may also choose to practice pranayama and meditation at this point of the practice.





“I experience myself as pure prana within the cosmic whole. I am the finite resting within the infinite. I am resting within my eternal, largest home and I allow myself to be recharged, absorbing energy, and integrating.”  
~Erica





Yoga is an ancient practice and has evolved with great tradition and ritual. The Lila Yoga closing ritual includes cupping your hands with pinky fingers met and palms to the sky. Here the yogi is touching space and the All of which we are an integral part. This understanding is of the utmost importance and therefore we lift it up by raising our arms. Then we bring our hands to our heart center in prayer pose and bow saying “Namaste”.

## **Every Lila Yoga Sun Salutation practice is completed in the Lila Yoga tradition by bowing and saying Namaste.**

From here, we bring our hands to our forehead honoring consciousness and quality thought, then the hands move to our mouths, where we kiss them and honor truthful words. Next we take a deep inhale while reaching hands high, honoring breath and life, and then open your arms to the sides honoring our interaction with the All.

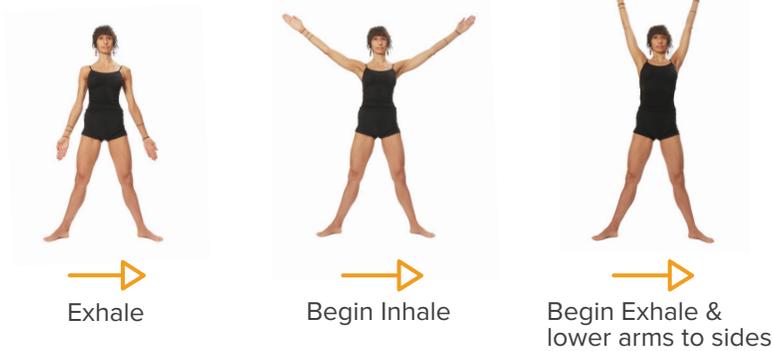
## **“From the Heart to the Mind; from the Heart to our Words; from the Heart to our Breath; from the Heart to our Actions.”**



# Lila Yoga Sun Salutations

## Closing Sequence

### 1. Breathing Mountain (Prana Tadasana)



Repeat each Pada cycle (right and left side) 3x.

**Line 1:** After completing the Sun Salutations Sequence stand in Mountain Pose with legs apart and toes pointed out and let the arms rise and fall with the pace of the breath, allowing the heart rate to gently slow. Then bring feet back together, place hands at heart in Samastithi and gently bow to the ancient practice.

**Line 2:** Rest in Child's Pose on your mat with knees together or big toes together and knees open (toward the edges of the mat). Find a comfortable position for your arms and hands. Forehead may rest on the mat or a prop.

After Child's pose, you may wish to breathe for a few cycles in an inverted pose such as Downward Dog, Legs up the Wall Pose (Viparita Karani), Handstand (Adho Mukha Vrksasana), Headstand (Sirsasana), Shoulderstand (Salamba Sarvangasana) for examples. Remember to include a counterpose for your inversion. For example, take Fish Pose after Shoulderstand, or Downward Dog after Headstand.

**Line 3:** Come to lay on your back with soles of feet on the mat. Place one ankle above the other bent knee in Figure 4 pose. You may begin to draw legs toward torso for intensified stretch. Breathe here. Repeat on second side.

**Line 4:** Start in reclined position with soles of feet on mat (knees bent). Draw knees to torso and then slowly lower them to one side (to rest on the earth). Breathe here for a few cycles. Engage abdominal muscles to bring knees back to center. Repeat on second side. Take note that your range of motion may be different on the second side.

**Line 5:** Start in a reclined position with soles of feet on the mat. Hands may be under head. Take a deep inhale, expanding chest. Pause before exhaling. As you exhale, engage the deep abdominal muscles, pressing downward, and draw the knees in toward the chest. Feel a tilt of the pelvis and a lift of the buttocks off the mat at the end of this motion. Pause before inhaling. Inhale and slowly lower the feet back to the mat. Repeat several times.

**Line 6:** Finally rest in Savasana. Arms and legs may be placed several inches away from the body and midline. Lengthen the back of the neck by gently tilting chin toward chest. Close eyes and find stillness in the bodymind.

### 2. Child's Pose (Balasana)



### 3. Figure 4 or Reclined Pigeon Pose



### 4. Reclined Spiral Pose



### 5. Apanasana



### 6. Corpse Pose (Savasana)



Repeat Steps 1-14 on left side. Then repeat entire cycle (right and left side) 3x.



“I like to remember to lead from the heart at the end of my practice. From the heart to the mind, from the heart to our words, from the heart to our breath, from the heart to our actions.” Erica





LILA YOGA  
philosophy in motion

[WWW.LILAYOGA.COM](http://WWW.LILAYOGA.COM)



[www.lilaYoga.com](http://www.lilaYoga.com)

66

© 2016 Lila Yoga®



## CREDITS:

My Dear Friends.

The energy to create and sustain this wonderful book is fueled by the marvelous community of people around the world that teach and practice Lila Yoga. Your energy and continued explorations nourish us all. THANK YOU! Bowing to the Sanctity of Life, I'd like to recognize:

Stacy Moir Hall for your vision, editing, design, contributions, and project management involved in the creation of this ebook.

Arjun Mishra of Bala G Studio in India for the beautiful videography and photography.

My amazing family (Sonia, Maya, and my beloved husband Nonny) and to my primary teachers, my parents. Together our family is nourished with unwavering love and support.

Parmarth Niketan Ashram and to H.H. Swami Chidanand Saraswatiji and Sadhvi Bhagawati Saraswati; and my mother Florence Kaufman, for introducing me to yoga postures, pranayama and meditation; and Dr. Clayton McCracken for your dedication to my health and well-being through meditation and healing visualizations.

Ian Callanan with Digital Gravity Media, and designers Natalie & Andrew for your dedication to the design and launch of the ebook; Chuck Fong of Studio 2 Photo in State College, PA for your photography work; and Anna Sunderland Engles for contributing to the initial framework of this ebook; .

Special gratitude to ALL the Lila Yoga teachers and students for your continual support and inspiration.

And finally, I am eternally thankful to participate and learn within the sanctity of this life.

OM SHANTI SHANTI SHANTI ~Namaste~ Erica





# LILA YOGA

philosophy in motion

