

Rising Sun Yoga



Meditations for Daily Practice

Following your yoga routine, a few minutes of deep relaxation and meditation will give the perfect energy balance to the body and mind. Starting your day with yoga can make a very real difference to how well your day goes.

Here are 2 simple but practical meditations for home use.



1. Meditation for Making Decisions

- Sit in Easy Pose with your eyes closed focusing at the Third Eye point.
- Bring your hands into prayer pose at the center of your chest and then slide the left hand up until the entire palm is higher than the right. Your right palm will be touching your left palm just below the wrist.
- Inhale “Sat” and exhale “Nam”.
- Breathe as long and slowly as you can for 3 minutes.



2. Meditation for Being Patient

- Sit in Easy Pose, eyes closed.
- Extend your arms straight out to the sides, palms up and elbows straight.
- Use a powerful breath and begin to move only your middle finger (Saturn finger)
- Inhale and raise the middle finger, Exhale as you lower it.
- Coordinate the movement with the breath.