



Project Self
Be your own light

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UNITED CONSCIOUSNESS
One Consciousness, One Being.

United Consciousness and Project Self



Presents

YOGA CLASSES

Awaken Your Inner Peace: Join Our Morning
Yoga Journey Starting September 2nd!



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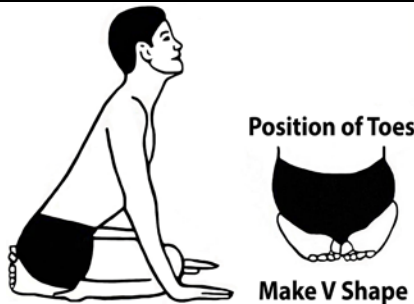
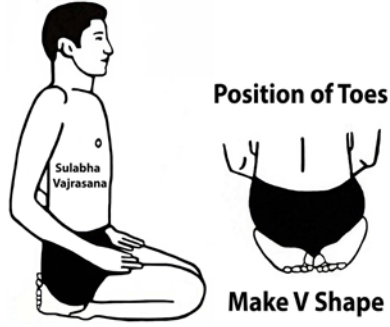
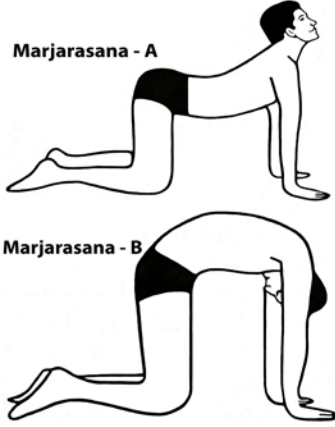
United Consciousness is a global movement aimed at awakening collective awareness, fostering unity, and elevating the human experience. Through collaborative initiatives, educational programs, and spiritual practices, we strive to build a harmonious world where every individual recognizes their role in the greater whole.

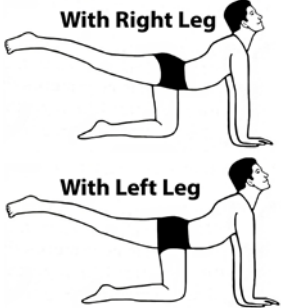
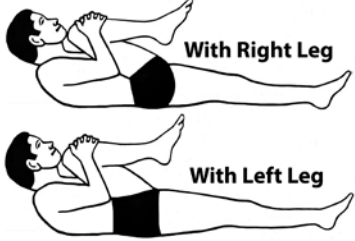
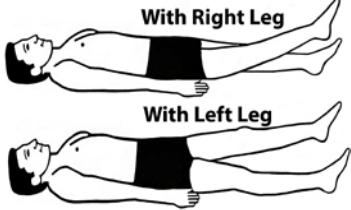
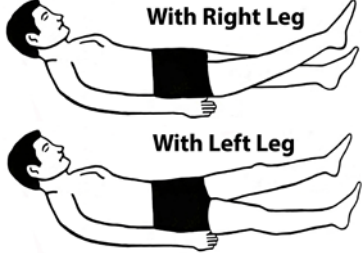

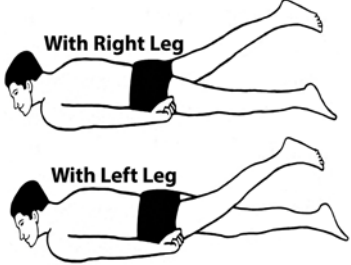

Project Self is a transformative journey that empowers individuals to discover their true potential. By integrating self-awareness practices, personal development tools, and spiritual guidance, Project Self helps you embark on a path of growth, fulfillment, and profound inner peace.

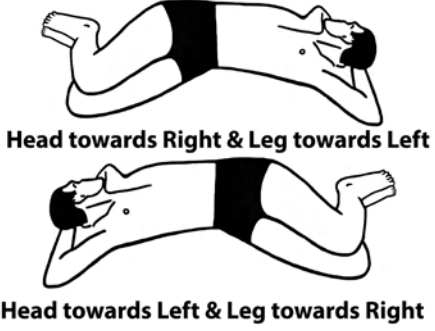

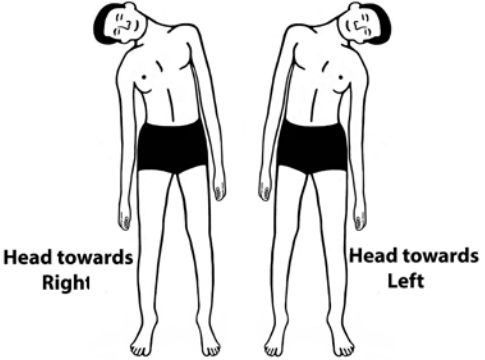

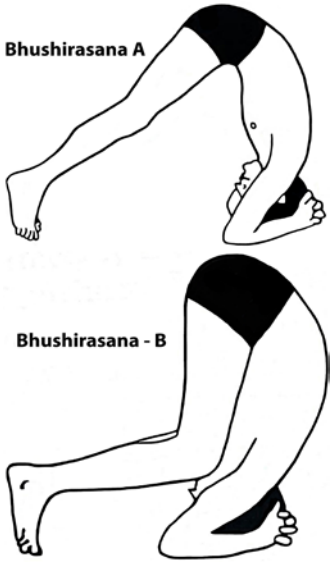
Mission Statement:

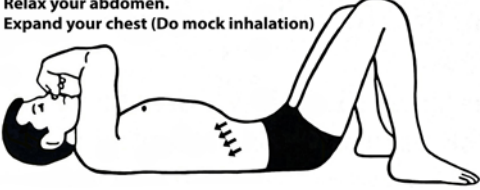


To bridge the gap between collective unity and individual growth, creating a world where consciousness and self-awareness coexist in harmony.

1. PRELIMINARY (PL) COURSE

Sr. No.	Name of Practice	Duration	Figure
1	SWASTIKASANA WITH PRANADHARANA PRATHAMA (Swastika Pose with Fixation of Mind first step) स्वास्तिकासन - प्राणधारणा प्रथम सहीत	10 - 45 Breaths 1 Round	 <p>Pranadharana Prathama (Fixation of Mind on breath) Counting the Breath - One inhalation and one exhalation count as one breath</p>
2	SHWASANA MARGA SHUDDHI in Swastikasana (Nasal Cleansing Process) श्वसनमार्ग शुद्धी स्वास्तिकासन में	5 x 3 Expulsions 3 Rounds (At each stage)	 <p>Give quick strokes by contracting the abdomen & Chest Active Exhalation and Passive Inhalation</p> <p>Close Right Nostril. Give Strokes from Left Nostril</p> <p>Close Left Nostril. Give Strokes from Right Nostril</p> <p>Both Nostrils Open. Give Strokes from Both Nostrils</p>
3	SHWANASANA (Dog Pose) श्वानासन	5 - 10 Breaths 1 Round	 <p>Position of Toes Make V Shape</p>
4	SULABHA VAJRASANA (Easy Thunderbolt Pose) सुलभ वज्रासन	10 - 45 Breaths 1 Round	 <p>Position of Toes Make V Shape</p>
5	MARJARASANA A & B (Cat Pose A & B) मार्जरासन अ और ब	3 - 5 Breaths 2 - 4 Rounds	 <p>Marjarasana - A</p> <p>Marjarasana - B</p>

6	TRIPADA MARJARASANA त्रिपाद मार्जरासन	3 - 5 Breaths 2 - 4 Rounds (On each side)	
7	ARDHA PAVANA MUKTASANA (Semi Wind - free pose) अर्ध पवन मुक्तासन	3 - 5 Breaths 2 - 4 Rounds (On each side)	
8	UTTHITA EKAPADASANA (One Leg Up Pose) उत्थित एकपादासन	3 - 5 Breaths 2 - 4 Rounds (On each side)	
9	SULABHA ARDHA DRONASANA (Easy Semi Bowl Pose) सुलभ अर्ध द्रोणासन	3 - 5 Breaths 2 - 4 Rounds (On each side)	
10	POORVA BHUJANGASANA (Pre Cobra Pose) पूर्व भुजंगासन	3 - 5 Breaths 3 - 5 Rounds	
11	ARDHA SHALABHASANA (Half Locust Pose) अर्ध शलभासन	3 - 5 Breaths 2 - 4 Rounds	
12	UTTANA TADASANA (The Palm Tree Pose in lying Position) उत्तान ताडासन	3 - 5 Breaths 3 - 5 Rounds	

<p>13</p>	<p>SULABHA UTTANA VAKRASANA (Easy Supine Spinal Twist Pose) सुलभ उत्तान वक्रासन</p>	<p>3 - 5 Breaths 2 - 4 Rounds (On each side)</p>	 <p>Head towards Right & Leg towards Left</p> <p>Head towards Left & Leg towards Right</p>
<p>14</p>	<p>HASTA PADASANA (Hand to Feet Pose) हस्तपादासन</p>	<p>3 - 5 Breaths 3 - 5 Rounds</p>	
<p>15</p>	<p>POORVA PARIVARTIT CHAKRASANA (Pre-Wheel Pose) पूर्व परिवर्तित चक्रासन</p>	<p>3 - 5 Breaths 2 - 4 Rounds (On each side)</p>	 <p>Head towards Right</p> <p>Head towards Left</p>
<p>16</p>	<p>POORVA HANSASANA (Pre swan pose) पूर्व हंसासन</p>	<p>3 - 5 Breaths 3 - 5 Rounds</p>	
<p>17</p>	<p>BHUSHIRASANA A & B (Head on the Ground Pose A & B) भूशिरासन - अ और ब</p>	<p>According to Capacity 3 - 5 Rounds</p>	 <p>Bhushirasana A</p> <p>Bhushirasana - B</p>

18	SULABHA TADAGI MUDRA (Symbol of Lake easy version) सुलभ तड़ागी मुद्रा	According to Capacity 3 - 5 Rounds	Inhale then Exhale out completely. Close your both nostrils with right hand fingers. Relax your abdomen. Expand your chest (Do mock inhalation) 
19	ANULOM VILOM (Alternate Nostril Breathing) in Swastikasana with Sulabha Anguli Mudra अनुलोम विलोम स्वास्तिकासन में - सुलभ अंगुली मुद्रा के साथ	According to Capacity 5 - 10 Cycles	Rechaka should take more time (Longer & Slower) than Pooraka  Pooraka - Left Nostril → Rechaka - Right Nostril Rechaka - Left Nostril ← Pooraka - Right Nostril
20	CHAITANYASANA / SHAVASANA (Rejuvenating / Corpse Pose) चैतन्यासन (शवासन)	30 - 60 Breaths 1 Round	

For full PDF please
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