



Padma Shakti Sadhana

A Daily Yoga Practice by Tracie Brace (Padma Shakti)

**“Yoga is 99% practice and 1% theory.”
~ Sri K. Pattabhi Jois**

Points to remember:

- As you go through the practice, hold each pose 5-10 breaths.
- Remain present and aware.
- Organize your thinking (according to the 7 Steps).
- Every movement preceded by a breath.
- Practice with ujjayi pranayama.
- Create love for sadhana (practice).
- Have fun!

Solar Morning Sadhana

- Morning San Kalpa (Setting Intention)
“Forget yesterday, embrace today!”
“Today I meet with the most extraordinary moments!”
- Balasana (Child’s Pose)
- Adho Mukha Svanasana (Downward Facing Dog)
- Surya Namaskara (Sun Salutation) – Yoga Rasa version, 3x each side
- Prasarita Paddottonasana A (Leg Spread Stretch, hands on floor)
- Prasarita Paddottonasana C (fingers interlocked behind back)
- Parsvottanasana (Intense Side Stretch)
- Virabhadrasana 3 (Warrior 3)
- Adho Vrksasana (Handstand)
- Vasistasana Variations (Side Plank Pose)
- Ardha Matsyandrasana (Half Seated Twist)
- Baddha Konasana Rolls (Bound Angle Pose, rolling in circles)
- Janu Sirsasana (Head to Knee Pose)
- Supta Baddha Konasana (Reclined Bound Angle Pose)
- Savasana (Relaxation Pose)



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Midday Balancing Sadhana

- Midday San Kalpa
- Living the Question: “What is trying to happen? What is it I need to know?”
- Uttanasana (Forward Bend)
- Utkatasana 3x (Powerful Pose)
- Wall Push
- Wall Hang
- Vrksasana (Tree Pose)
- Natarajasana (Dancer Pose) Modified
- Uttanasana (Forward Fold)
- Parasarita Paddottanasana (Leg Spread Stretch) Twisting Version
- Tadasana w/Anjali Mudra (Mountain Pose, Palms Together at Heart)



Lunar Cooling Sadhana

- San Kalpa: Gratitude
Bring to mind one kindness extended to you this day.
Journal 3 things about yourself for which you feel gratitude.
- Breath Count Meditation for deep slumber
- Seated Torso Circles
- Chandra Namaskara (Moon Salutation) 3x each side
- Balasana (Child’s Pose)
- Cat/Lizard – Cat’s Breath Vinyasa
- Balasana (Child’s Pose)
- Paschimottanasa (Seated Forward Fold)
- Upavista Konasana (Wide Angle Pose) Variation
- Ardha Badha Padma Paschimottanasana (Half Bound Lotus Seated Forward Fold)
- Salamba Sarvangasana (Shoulderstand)
- Nadi Sodhana Pranayama (Alternate Nostril Breathing)
- Lunar Meditation
- Savasana (Relaxation Pose)



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