MAHARISHI YOGA™ — First Set of Mind-Body Integration Postures
Creating Physiological Balance and Mind-Body Coordination for Good Health and Well-Being

1. **Sitting comfortably**
   - Sit in a comfortable position

2. **Resolution**
   - Close the eyes for about one minute

3. **Awareness pose**
   - Relax for 1–2 minutes

4. **Tone up**
   - Toning the body, about 2 minutes

5. **Side rolling**
   - Hold for 1–2 seconds
   - Roll 3 times to each side (alternating)

6. **Bicycling motion**
   - 3–5 times with each leg (alternating)

7. **Drawing knees toward chest**
   - Hold each position for about 10 seconds
   - Repeat 1–3 times (alternating)

8. **Raising one leg**
   - Hold for about 10 seconds
   - 3 times with each leg (alternating)

9. **Shoulder stand**
   - Hold for 10 seconds–1 minute

10. **Raising the waist**
    - Hold for 5–10 seconds
    - Repeat 3–5 times
    - may be followed by Awareness pose

11. **Cobra**
    - Hold for 5–10 seconds
    - Repeat 3–5 times

12. **1/2 Grasshopper**
    - Hold for 5–10 seconds
    - Repeat 3 times with each leg (alternating)
    - may be followed by Awareness pose
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- **Seat pose**
  - Hold for 10 seconds–1 minute
  - Repeat 1–3 times

- **Hare pose**
  - Hold for 5–10 seconds
  - Repeat 3 times

- **Head to knee**
  - Hold for 5–10 seconds
  - Repeat 1–3 times on each side (left or right leg)

- **Spinal twist**
  - Hold 5–10 seconds (or longer)

- **Hand and foot pose**
  - Hold for about 5–10 seconds
  - Repeat 3 times

- **Awareness pose**
  - Relax for about 1–2 minutes
  - at the end of the set of postures

- **Comfortable breathing exercise**
  - Practice for 4–5 minutes

- **Sitting comfortably**
  - During the practice of the Transcendental Meditation® technique
  - (if comfortable)

- **Hold for**
  - 10 seconds–1 minute
  - 5–10 seconds
  - 5–10 seconds
  - approximately 5–10 seconds

- **Repeat**
  - 1–3 times
  - 3 times
  - 1–3 times
  - 3 times

- **Rest**
  - about 1–2 minutes

- **During the practice of**
  - the Transcendental Meditation® technique

- **Perform each posture easily, comfortably, and naturally, without strain or force.**

- **Breathe normally and naturally throughout the practice.**

- **The number of seconds for holding a position is approximate.**

- **If you are not feeling comfortable in a position, then hold it for less time.**

- **Rest between each posture as desired and until breathing becomes normal.**