

# MAHARISHI YOGA<sup>SM</sup> — First Set of Mind-Body Integration Postures

Creating Physiological Balance and Mind-Body Coordination for Good Health and Well-Being

**Sitting comfortably** 1



Sit in a comfortable position

**Resolution** 2



Close the eyes for about one minute

**Awareness pose** 3



Relax for 1–2 minutes

**Tone up** 4



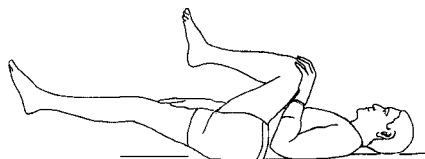
Toning the body, about 2 minutes

**Side rolling** 5



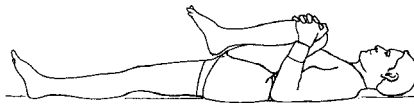
Hold for 1–2 seconds  
Roll 3 times to each side (alternating)

**Bicycling motion** 6



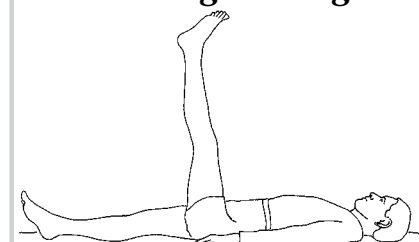
3–5 times with each leg  
(alternating)

**Drawing knees toward chest** 7



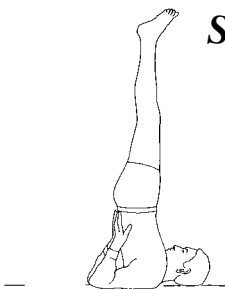
Hold each position for about 10 seconds  
Repeat 1–3 times (alternating)

**Raising one leg** 8



Hold for about 10 seconds  
3 times with each leg (alternating)

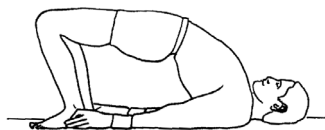
**Shoulder stand** 9



Hold for 10 seconds–1 minute

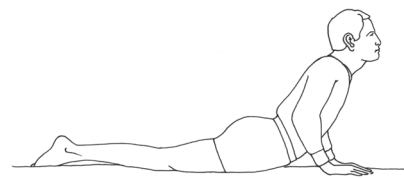
**Raising the waist** 10

may be followed by  
Awareness pose



Hold for 5–10 seconds  
Repeat 3–5 times

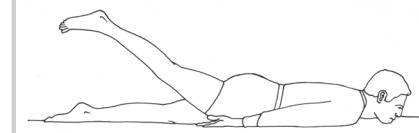
**Cobra** 11



Hold for 5–10 seconds  
Repeat 3–5 times

**1/2 Grasshopper** 12

may be followed by  
Awareness pose



Hold for 5–10 seconds  
Repeat 3 times with each leg (alternating)

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**Seat pose** 13



Hold for 10 seconds–1 minute  
Repeat 1–3 times

**Hare pose** 14



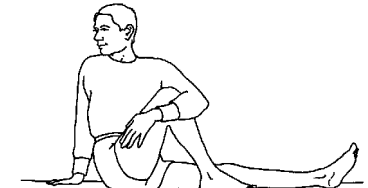
Hold for 5–10 seconds  
Repeat 3 times

**Head to knee** 15



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

**Spinal twist** 16



Hold 5–10 seconds (or longer)

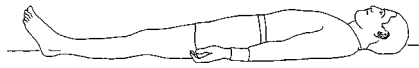
**Hand and foot pose** 17



Hold for about 5–10 seconds  
Repeat 3 times

**Awareness pose** 18

at the end of the set of postures



Relax for about 1–2 minutes

**Comfortable breathing exercise** 19



Practice for 4–5 minutes

**Sitting comfortably** 20



During the practice of the  
Transcendental Meditation® technique  
(if comfortable)

- 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.