Main Spanda® (SYMT) Relaxation Practices Including Selected Pranayama and Nidra

1. Guided Systematic Relaxation: Four Selected Scripts
2. Tension-Relaxation Practice
3. Rotation of Consciousness
4. Optimal Diaphragmatic Breathing
5. Two-to-one Ratioed Breathing
6. Alternate Nostril Breathing (*Nadi Shodhanam*): Versions A & B
7. Sixty-One Points
8. Safe Space/Favorite Place: Visualization Practice
9. An Autogenic Relaxation Practice
10. Healing P*ranayama* (Navel Radiation *Pranayama)*
11. Purification of the Elements: *Bhuta Shuddhi* (Ascending Breath variation)
12. Dance! ☺
13. Fun Exercise or choice. Example: Walking Meditation Practice
14. Yoga Nidra
15. Asana (You got this!)