

# Common Yoga Protocol (CYP) 45 minutes

## PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām  
devā bhāgam yathā pūrve, sanjānānā upāsate ||



## LOOSENING PRACTICES : 6 Minutes



## YOGĀSĀNAS : 25 Minutes



## KRĪYA, PRĀṆĀYĀMA, DHYĀNA, SAṆKALPA : 12 Minutes



## Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,  
Sarve Santu Nirāmayāḥ  
Sarve Bhadrāṇi Paśyantu,  
Mā kaścit Duḥkha Bhāgbhavet  
ॐ Śāntiḥ Śāntiḥ Śāntiḥ