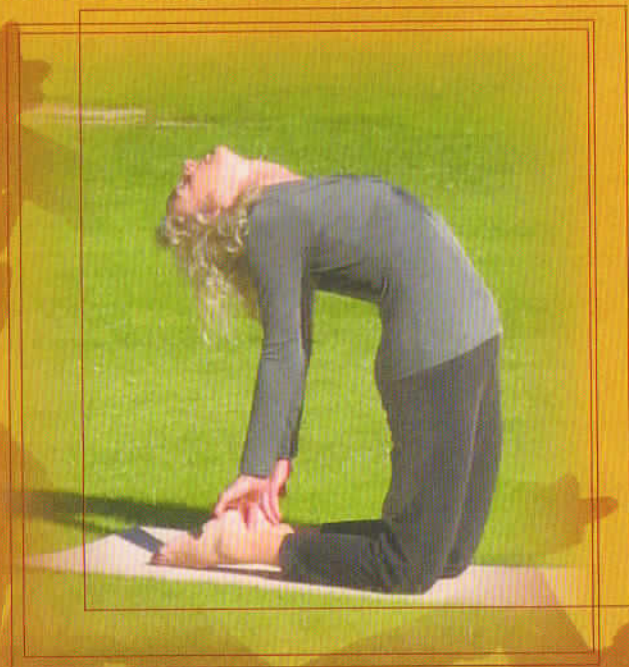


# LifeForce Yoga

TO BEAT THE BLUES  
LEVEL 2

with Amy Weintraub



Music by Master Charles  
*Om - The Reverberation of Source*

For more information on yoga and mental health, or to see the LifeForce Yoga® schedule of workshops, retreats and Practitioner Trainings, please visit

[www.yogafordepression.com](http://www.yogafordepression.com)

Dear Friend,

This practice is designed to balance your mood and sustain your optimum mental health. Modify this intermediate practice as you need to, using blocks or a strap. I may guide you to hold a posture longer than may be steady and comfortable for your body, so please answer your body's call to release.

As in Level 1, this practice incorporates Yogic breathing called pranayama and kriya, as well as universal Sanskrit tones into the posture flow. The breathing exercises and toning have been shown to elevate mood. All the practices you will do on this DVD are designed to help you clear away what is no longer serving you, the obstructions in your physical and mental body, so that there is more room for your own awakened healing energy to flow.

If you like the style of yoga represented on this DVD, you might find a LifeForce Yoga® Practitioner in your area. Level 1 & 2 LifeForce Yoga® practitioners are listed on [www.yogafordepression.com](http://www.yogafordepression.com).

Listen to your body's wisdom, and please practice with self-awareness and compassion.

A warm namasté,  
Amy



## PRECAUTIONS

Avoid practicing the kriya breathing techniques (Kapalabhati, Prana Pulling), the locks (bhandas) and the breath retention (kumbhaka) if you are pregnant, menstruating, suffering from Bipolar Disorder I with a tendency toward mania, un-medicated high blood pressure, glaucoma, digestive distress or inflammation of the alimentary track.

## NAVIGATING THE DVD

Please use the **Play Program** option on your Main Menu to view the entire sequence at least once. This sequence has been carefully designed for maximum benefit, and works best when practiced from the beginning centering and warm-ups through to Yoga Nidra at the end. However, there may be times when you feel you would like to practice individual segments of this program, as a complement to your own practice, or wish to go straight to Yoga Nidra. After viewing the program all the way through once and practicing with it, you may wish to use the **Chapter Selection Screen** to design your own practice.

## Chapter Selection

Introduction  
Clearing the Space for Sankalpa  
Warm ups - Heating the Core  
Standing Strengthening Poses  
Back Bending Poses  
Inversion  
Forward Bends & Twists  
Flow  
Yoga Nidra

## BASIC GUIDELINES

- Please check with your health care professional before beginning this or any other exercise program.
- View this video at least once before practicing.
- Please practice with an empty stomach.
- Practice within your own limits and capabilities. Listen to your body and rest when you need to.
- This practice is meant to supplement your home practice. Please learn the poses and breathing exercises from a certified teacher.

## SOUNDS - NADA YOGA

Throughout this DVD, you will be invited to practice Sanskrit sounds called mantras with your postures. These tones vibrate through the 70% of you that is fluid, calming the central nervous system and energizing specific areas of your body. The Sanskrit language is based on verbs, so each of the sounds has an activating quality, either calming or energizing.

Here are a few of the sounds you will be invited to chant:

### OM

This is the primordial healing mantra, a sound that some believe to have been the sound of creation, emitted at the moment of the Big Bang. It is a sound that connects individual consciousness to the consciousness of the cosmos, the Absolute.

### NAMAHA

We offer praise. Here, we use this mantra by itself, bending forward, honoring all that's highest within you.

### MAHA RA

In Sanskrit, "Maha" means grand or royal. "Ra" is the seed sound for the sun. It is believed to stimulate manipura chakra at the solar plexus. "Ma" is a calming, feminine sound. Ra is a masculine sound. When used together, you are inviting the sun to shine within you, invoking an image of calm strength.

### MAHAHA

This tone is taken from the mantras that traditionally prepare the mind, body, and spirit to chant the ancient Gayatri mantra. It is a sound that stimulates the energy of the heart chakra.

### BIJA MANTRAS

These tones activate specific energy centers or chakras.

**CHAKRA ONE:**

Muladhara (Base of spine)  
Energizing Mantra: Lam, Red  
Calming Mantra: Ō

**CHAKRA TWO:**

Svadhithana (Low abdomen)  
Energizing Mantra: Vam, Orange  
Calming Mantra: Ū (as in You)

**CHAKRA THREE:**

Manipura (Solar plexus)  
Energizing Mantra: Ram, Yellow  
Calming Mantra: Ah

**CHAKRA FOUR:**

Anahata (Heart)  
Energizing Mantra: Yam, Green  
Calming Mantra: Ā

**CHAKRA FIVE:**

Vissudha (Throat)  
Energizing Mantra: Ham, Blue  
Calming Mantra: Ē

**CHAKRA SIX:**

Ajna (Third Eye)  
Energizing Mantra: Om, Violet  
Calming Mantra: Mmmm

**CHAKRA SEVEN:**

Sahasrara, (Crown of head)  
Energizing Mantra: Nnng, White  
Calming Mantra: Hing (not used here)

**PRACTICING FOR OPTIMUM  
MENTAL HEALTH**

If your goal is to relieve symptoms of depression, please practice daily to maintain your optimum mental health. If you are practicing with attention to the breath and the sensations in your body, you will experience an immediate feel-good effect from your yoga practice. However, it may take months of regular practice for the results to manifest in your biochemistry. If you're currently taking medication for your mood, please continue to take it. Follow the guidance of your prescribing physician if you are considering a reduction in your medication.

May this Yoga experience nurture your spirit and lift your mood, bringing balance to your physical, emotional, and mental body. I honor the light within you.



## CREATIVE CREDITS

Written and Produced by Amy Weintraub

A Pre-Post Production Film

Director of Photography: Dan Duncan

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Production Assistant: Elena Rose Kress

Dolly, Crane and Grip Equipment: Misty Productions

Still photography by Dan Duncan & Elena Rose Kress

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*Om - The Reverberation of Source*

Written and performed by Master Charles  
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"Asa-to Ma Sad-ga-ma-ya"

"Atma Hradye "

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**Introduction:** The Driscoll Ragin residence  
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**Asana:** La Mariposa, Tucson, Arizona  
[www.lamariposaresort.com](http://www.lamariposaresort.com)

Pranams and love to all my teachers and students over the years.

My gratitude to Richard Miller, PhD and the  
Center of Timeless Being  
[www.nondual.com](http://www.nondual.com)

# LifeForce Yoga

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with Amy Weintraub

## CHAPTER SELECTION:

1. Introduction 3:45
2. Clearing the Space for Sankalpa 5:55
3. Warm ups – Heating the Core 10:41
4. Standing Strengthening Poses 22:18
5. Back Bending Poses 7:25
6. Inversion 2:20
7. Forward Bends & Twists 11:14
8. Flow 2:56
9. Yoga Nidra 12:45



**Amy Weintraub, MFA, E-RYT 500** is the author of *Yoga for Depression* and founder and director of the LifeForce Yoga® Healing Institute. She is a senior Kripalu teacher and Mentor, serves as the LifeForce Facilitator for the Psychotherapy Networker Symposia, and offers workshops and professional

trainings throughout North America. Amy writes frequently on the subject of yoga and mental health for national magazines and is featured on *LifeForce Yoga® to Beat the Blues – Level 1* and the practice CD, *Breathe to Beat the Blues*.

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