

#	Meditation Name	Type	Chakra	Cognitive	Level	Module	Diagnosis
P00	Posture	-	-	-	Basic	Meditation	-
P01	Nadi Shuddhi	Breath	-	Grounding, Focusing	Basic	Depression, Anxiety, Meditation	Anxiety, Depression
P02	Anuloma Viloma	Breath	-	Grounding, Focusing	Advanced	Meditation	-
P03	Prana Shuddhi	Breath	Ajna	Focusing	Expert	Meditation	-
P04	Kapalbhati (Breath of Fire)	Breath	-	Grounding	Basic	Depression, Anxiety, Meditation	Anxiety
P05	Bhastrika Pranayama (Bellows Breath)	Breath	Manipura	Grounding	Advanced	Depression, Anxiety	Depression
P06	Triphasic Breathing	Breath	-	Grounding, Focusing	Basic	Depression, Anxiety	Depression
P07	Om Chanting	Breath, Sound, Mantra, Energy	-	Grounding	Basic	Depression, Anxiety	Anxiety, Depression
P08	Japa	Sound, Mantra	-	Grounding, Focusing	Advanced	Meditation	-
P09	Yoga Nidra	-	-	-	Basic	Depression, Meditation	-
P10	Trataka (Fixed Point Gazing)	Sight	Ajna	Focusing	Advanced	Meditation	-
P11	Yantra (Internal Trataka)	Sight, Mantra	-	Focusing	Expert	Meditation	-
P12	Activating Ajna Chakra (Charging the Laser Beam)	Sight	-	Focusing	Advanced	Meditation	-
P13	Following the Breath	Breath	-	Inquisitive	Basic	Meditation	-
P14	Namaste Expansion	Energy	Anahata	Inquisitive, Focusing	Advanced	Depression, Meditation	Depression
P15	Energy Healing	Breath, Sound, Energy	-	Grounding, Focusing	Basic	Depression, Meditation	Depression
P16	Unstruck Sound	Sound	Anahata	Inquisitive	Advanced	Depression, Meditation	Depression
P17	Shanmukhi Mudra	Sight, Death	-	Focusing	Advanced	Depression, Anxiety, Meditation	Anxiety
P18	Raga and Dvesha	-	Manipura, Anahata	Inquisitive	Expert	Depression, Meditation	-
P19	What is Self?	Death	Vishuddha	Open Awareness, Inquisitive	Expert	Depression, Anxiety, Meditation	-
P20	Neti Neti	-	Manipura	Focusing	Advanced	Depression, Meditation	-
P21	Rotating Sound Awareness	Sound	Anahata	-	Basic	Depression, Anxiety, Meditation	-
P22	Notice Faculty of Hearing	Sound	Ajna	Open Awareness, Focusing	Basic	Anxiety, Meditation	-
P23	Meditative Rewind Practice	-	Anahata	Focusing	Basic	Anxiety	-
P24	Techniques Around Sleep	Dreams	-	Grounding	Basic	Depression, Anxiety	-
P25	Catching Techniques	Dreams, Death	Ajna	Grounding, Inquisitive	Advanced	Anxiety	-
P26	Ujjayi Pranayama	Breath, Energy	-	Grounding, Focusing	Advanced	Depression, Meditation	-
P27	Replace "I am" with "my mind says"	-	Ajna	Grounding	Advanced	Meditation	Anxiety, Depression