Posture   Post	#	Meditation Name	Type	Chakra	Cognitive	Level	Module	Diagnosis
Poet   Present   Present   Present   Precenting   Present   Precent   Prec	P00	Posture	-	-	-	Basic	Meditation	-
Post	P01	Nadi Shuddhi	Breath	-	•	Basic	Anxiety,	Anxiety, Depression
Potential Programme	P02	Anuloma Viloma	Breath	-	_	Advanced	Meditation	-
Breath   Grounding   Basic   Anxiety,   Anxiety   Meditation	P03	Prana Shuddhi	Breath	Ajna	Focusing	Expert	Meditation	=
Pob Triphasic Breathing Breath - Grounding, Focusing Advanced Amsiety Depression Amsiety Depression Procession Breath, Sound, Mantra, Energy - Grounding, Focusing Advanced Amsiety, Depression Amsiety, Depression Procession Breath, Sound, Mantra, Energy - Grounding, Focusing Advanced Meditation - Grounding, Focusing Procession, Meditation - Grounding, Focusing Advanced Meditation - Grounding, Focusing Basic Meditation Depression, Meditation Dep	P04	Kapalbhati (Breath of Fire)	Breath	-	Grounding	Basic	Anxiety,	Anxiety
Breath   Focusing   Breath   Focusing   Basic   Anxiety   Depression   Depressio	P05	Bhastrika Pranayama (Bellows Breath)	Breath	Manipura	Grounding	Advanced		Depression
Mantra, Energy   Grounding   Basic   Anxiety   Anxiety   Anxiety   Anxiety   Anxiety   Pression	P06	Triphasic Breathing	Breath	-	•	Basic		Depression
PO9 Yoga Nidra PO9 Notice Faculty of Hearing PO9 Notice Faculty of Hearing PO9 Yoga Nidra PO9 Notice Faculty of Hearing PO9 Notice Faculty of Hearing PO9 Yoga Nidra PO9 Yoga Nidra PO9 Yoga Nidra PO9 Yoga Nidra PO9 Notice Faculty of Hearing PO9 Notice Faculty of Hearing PO9 Notice Faculty of Hearing PO9 Notice Faculty of Hearing PO9 PO9 Notice Faculty of Hearing PO9 PO9 Notice Faculty of Hearing PO9 Notice Faculty of Hearing PO9 PO9 Notice Faculty of Hearing PO9 Notice Faculty of	P07	Om Chanting		-	Grounding	Basic		Anxiety, Depression
P10 Trataka (Fixed Point Gazing) P11 Yantra (Internal Trataka) P12 Activating Ajna Chakra (Charging the Laser Beam) P13 Following the Breath P14 Namaste Expansion P15 Energy Healing P16 Unstruck Sound P17 Shanmukhi Mudra P18 Raga and Dvesha P19 What is Self? P20 Neti Neti P20 Neti Neti P21 Rotating Sound Awareness P22 Notice Faculty of Hearing P23 Meditation P24 Techniques Around Sleep P25 Catching Techniques P26 Uljayi Pranayama P27 Seath Aniaba P28 Reath, Energy P29 Dreams P3 Grounding, Inquisitive P3 Grounding, Inquisitive P4 Grounding, Inquisitive P5 Gatching Techniques P6 Grounding, Inquisitive P6 Grounding, Inquisitive P6 Grounding, Inquisitive P6 Grounding, Inquisitive P7 Groundin	P08	Japa	Sound, Mantra	-	_	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   Focusing   Breath, Sound, Energy   P15   Energy Healing   Breath, Sound, Energy   P16   Unstruck Sound   Sound   Anahata   Inquisitive   Advanced   Depression, Meditation   Depression	P09	Yoga Nidra	-	-	-	Basic		-
P12         Activating Ajna Chakra (Charging the Laser Beam)         Sight         - Focusing Inquisitive Inquisitive Pocusing         Advanced Advanced Inquisitive Pocusing         Meditation         -           P13         Following the Breath         - Inquisitive Pocusing         Advanced Pocusing         Meditation         -           P14         Namaste Expansion         Breath, Sound, Energy         Grounding, Focusing         Basic Pocusion, Meditation         Depression, Meditation         Pocuring         Pocuring         Advanced         Depression, Meditation         Pocuring         Meditation         Pocuring         Pocuring         Advanced         Advanced         Advanced         Advanced         Advanced         Pocuring						Advanced		-
P13 Following the Breath   Breath   Inquisitive   Basic   Meditation   Depression   Meditation   Meditation   Meditation   Depression   Meditation   Meditation   Meditation   Depression   Meditation   Meditation   Meditation   Depression   Meditation   Meditation   Depression   Meditation   Meditation   Depression   Meditation   Meditation   Depression   Meditation   Meditation   Meditation   Depression   Meditation   Depression   Meditation   Meditation   Depression   Meditation   Meditation   Depression   Meditation   Depression   Meditation   Depression   Meditation   Depression   Meditation   Depression   Meditation   Depression		· · · · · · · · · · · · · · · · · · ·		-		· ·		-
P14 Namaste Expansion  Energy Manhata Frousing Focusing F								
Place   Plac	P13	Following the Breath	Breath	-	•	Basic		-
P16 Unstruck Sound Sound Anahata Inquisitive Advanced Depression, Meditation Depression, Anxiety, Meditation Depression, Anxiety, Meditation Depression, Anxiety, Meditation Depression, Meditation Depression, Anxiety, Meditation Depression, Meditation D	P14	Namaste Expansion	Energy	Anahata		Advanced		Depression
P16 Unstruck Sound P17 Shanmukhi Mudra P18 Raga and Dvesha P19 What is Self? P20 Neti Neti P21 Rotating Sound Awareness P22 Notice Faculty of Hearing P23 Meditative Rewind Practice P24 Techniques Around Sleep P25 Catching Techniques P26 Ujjayi Pranayama P3 Shanmukhi Mudra P3 Sight, Death P4 Sight, Death P5 Sight, Death P5 Sight, Death P5 Sight, Death P6 Sight, Dea	P15	Energy Healing		-	_	Basic		Depression
P17   Shanmukhi Mudra   Sight, Death   - Focusing   Advanced   Anxiety, Meditation   Meditation   P18   Raga and Dvesha   - Manipura, Anahata   Inquisitive   Expert   Meditation   Depression, Meditation   - Meditation   P19   What is Self?   Death   Vishuddha   Awareness, Expert   Anxiety, Meditation   P19   What is Self?   Death   Vishuddha   Awareness, Expert   Anxiety, Meditation   P19   P20   Neti Neti   - Manipura   Focusing   Advanced   P20   Meditation   P20   Neti Neti   - Manipura   P20   Neti Neti   - Manipura   P20   Neti Neti   - Meditation   - Meditation   - Meditation   P20   Neti Neti   P20   Neti Neti Neti Neti Neti Neti Neti Neti	P16	Unstruck Sound	Sound	Anahata	Inquisitive	Advanced		Depression
P19 What is Self?  Death Vishuddha Awareness, Inquisitive Expert Meditation P20 Neti Neti P21 Rotating Sound Awareness P22 Notice Faculty of Hearing P23 Meditative Rewind Practice P24 Techniques Around Sleep P25 Catching Techniques P26 Ujjayi Pranayama P39 What is Self?  Death Vishuddha Awareness, Expert Anxiety, - Meditation P40 Neti Neti P50 Neti Neti Netity, - Netitation P50 Netitation P50 Neti Neti P50 Neti Neti Netity, - Netitation P50 Netitation P50 Neti Neti P50 Neti Netitation P50 Neti Neti Netity, - Netitation P50 Netitation P50 Neti Neti Netitation P50 Netitation P50 Neti Netitation P50	P17	Shanmukhi Mudra	Sight, Death	-	Focusing	Advanced	Anxiety,	Anxiety
P19   What is Self?   Death   Vishuddha   Awareness, Inquisitive   Meditation   P20   Neti Neti   P20   Neti Neti   P20   Neti Neti   P21   Rotating Sound Awareness   Sound   Anahata   P3   P22   Rotating Sound Awareness   Sound   Anahata   P3   P23   Notice Faculty of Hearing   P24   Techniques Around Sleep   Dreams   Dreams   Dreams   Death   D	P18	Raga and Dvesha	-		Inquisitive	Expert		-
P21 Rotating Sound Awareness  Sound Anahata  P22 Notice Faculty of Hearing  P23 Meditative Rewind Practice  P24 Techniques Around Sleep  Dreams  Depression, Meditation  Anahata  Open Awareness, Focusing Passic Pocusing Poems Anxiety, Meditation  Anxiety, Meditation  Poems Anxiety, Meditation  Poems Anxiety, Meditation  Poems Pocusing Pocusing Pocusing Pocusing Pocusing Poems Pocusing Poems Pocusing Pocusing Pocusing Poems Pocusing Poems Pocusing Poems Pocusing Poems Pocusing Poems Poems Poems Poems Poems Poems Poems Poems Poems Pocusing Poems Poe	P19	What is Self?	Death	Vishuddha	Awareness,	Expert	Anxiety,	-
P21 Rotating Sound Awareness  Sound Anahata - Basic Anxiety, - Meditation  P22 Notice Faculty of Hearing  Sound Ajna Open Awareness, Basic Focusing  P23 Meditative Rewind Practice  - Anahata Focusing Basic Anxiety  P24 Techniques Around Sleep  Dreams  Dreams  Dreams  Dreams, Death Ajna Grounding, Inquisitive  P25 Catching Techniques  Breath, Energy  P36 Uijayi Pranayama  P37 Meditation  Anxiety  Advanced Anxiety  Depression, Anxiety  Advanced Anxiety  Depression, Anxiety  Advanced Depression, Meditation  Depression, Anxiety  Advanced Depression, Meditation  Depression, Anxiety  Advanced Depression, Meditation  Depression, Advanced Depression, Meditation  Depression, Advanced Depression, Meditation  Depression, Advanced Depression, Meditation	P20	Neti Neti	-	Manipura	Focusing	Advanced		-
P22 Notice Faculty of Hearing  Sound Ajna Awareness, Basic Anxiety, Meditation  P23 Meditative Rewind Practice  - Anahata Focusing Basic Anxiety - P24 Techniques Around Sleep  Dreams  - Grounding Basic Depression, Anxiety - Catching Techniques  Dreams, Death Ajna Grounding, Inquisitive  P26 Uijayi Pranayama  Breath, Energy  - Grounding, Focusing Advanced Depression, Anxiety - Grounding, Focusing Advanced Depression, Meditation  Depression, Advanced Depression, Meditation	P21	Rotating Sound Awareness	Sound	Anahata	-	Basic	Anxiety,	-
P24 Techniques Around Sleep  Dreams - Grounding Basic Depression, Anxiety - Advanced Anxiety - Catching Techniques  P25 Catching Techniques  Dreams, Death Ajna Grounding, Inquisitive P26 Uijayi Pranayama  Breath, Energy - Grounding, Focusing - Advanced Depression, Meditation - Meditation	P22	Notice Faculty of Hearing	Sound	Ajna	Awareness,	Basic	•	-
P24 Techniques Around Sleep  Dreams - Grounding Basic Anxiety  P25 Catching Techniques  Dreams, Death Ajna Grounding, Inquisitive P26 Uijayi Pranayama  Breath, Energy - Grounding, Focusing Advanced Focusing  Dreams - Grounding, Advanced Focusing Focusing  Advanced Depression, Meditation	P23	Meditative Rewind Practice	-	Anahata	Focusing	Basic		-
P26 Uijayi Pranayama  Breath, Energy  P36 Uijayi Pranayama  Breath, Energy  P37 Depression, Focusing  Advanced  Advanced  Anxiety  Advanced  Anxiety  Advanced  Anxiety  Advanced  Meditation	P24	Techniques Around Sleep	Dreams	-	Grounding	Basic		<u>-</u>
P26 Uijayi Pranayama Breath, Energy - Advanced - Focusing Meditation	P25	Catching Techniques	Dreams, Death	Ajna	_	Advanced		-
	P26	Uijayi Pranayama	Breath, Energy	-	_	Advanced		-
	P27	Replace "I am" with "my mind says"	-	Ajna	Grounding	Advanced	Meditation	Anxiety, Depression