



RISHIKUL YOGSHALA  
IN SPANISH

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MANTRA DE APERTURA DE PRANAMASANA

om saha nāvavatu |  
saha nau bhunaktu |  
saha vīryam karavāvahai |  
tejasvi nāvadhītamastu mā vidviṣāvahai |

om śāntiḥ śāntiḥ śāntiḥ ||

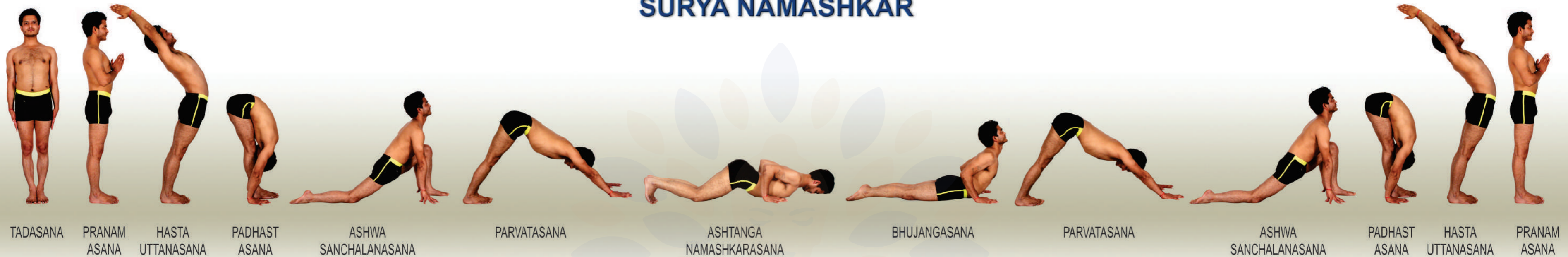
CLOSING MANTRA

Om Asato Maa Sad-Gamaya |  
Tamaso Maa Jyotir-Gamaya |  
Mrtyor-Maa Amrtam Gamaya |  
Om Shaantih Shaantih Shaantih ||

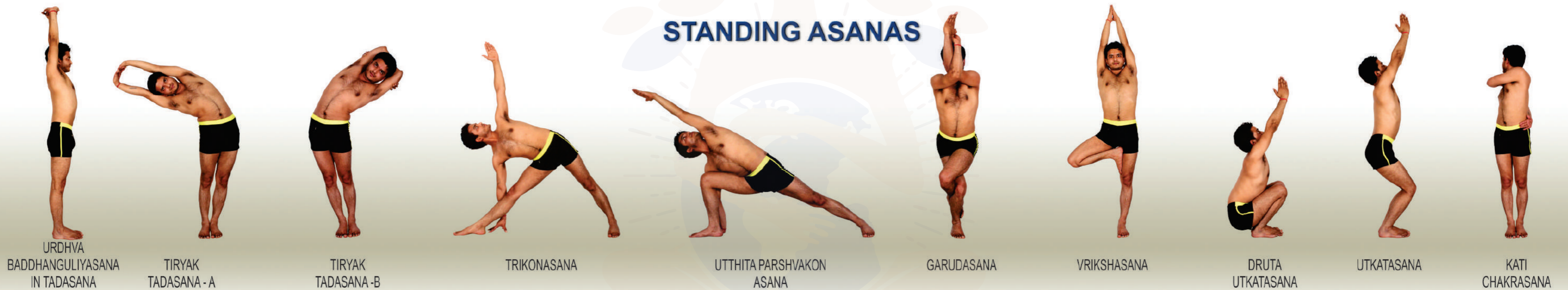
SECUENCIA PRIMARIA DE HATHA YOGA



### SURYA NAMASHKAR



### STANDING ASANAS



### KNEELING ASANAS

