



# VISHOKA MEDITATION®

## 40-Day At-Home Practice Curriculum

Vishoka Meditation is the legacy of a long line of masters who realized that transcending pain and sorrow is crucial to finding lasting happiness.

“The secret of mastering the practice lies in the precision and effortlessness employed in uniting the mind and breath and turning their united forces inward. Mastery further depends on two things: first, adhering strictly to the sequence of techniques for uniting the mind and breath and turning them inward; and second, exercising patience.” – Pandit Rajmani Tigunait, PhD, Vishoka Meditation

### What You'll Learn

#### **A Strong Foundation**

Build a strong foundation by practicing each preparatory technique step by step

#### **Meditative Pranayama**

Refine and deepen your practice of Aharana pranayama and Samikarana pranayama

#### **40-Day Practice**

Cultivate a living experience while building lasting momentum in your personal daily practice

#### **Systematic Practice**

Systematically unpack all of the teachings from the Vishoka Meditation Master Course





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## 40-Day At-Home Practice Curriculum

(Subject to minor changes)

This 40-day home practice is specially designed for students who have already taken the Vishoka Meditation Course and will focus on experiential refinement of Vishoka Meditation rather than learning the techniques.

### **Week 1:**

Laying the Foundation: Preparing the Body and Mind

### **Week 2:**

Continuum of Experience: Breath Refinement to Pranic Awareness

### **Week 3:**

Uniting Breath & Mind: Aharana Pranayama

### **Week 4:**

Cultivating Inner Balance: Samikarana Pranayama

### **Week 5:**

The Complete Practice of Vishoka Meditation

### **Week 6:**

Optimizing your Practice of Vishoka Meditation

## Awaken Your Full Potential

Deepen your practice and awaken your full potential with the Vishoka Meditation 40-Day At-Home Practice.

[Deepen Your Meditation Practice](#)