

# YTT STARTER KIT



ASANAS



THE  
ASHTANGA  
SYSTEM



OPENING  
CHANT



YOGIC BREATH



BRAHMARI



NADI  
SHODANA



VILOMA



5AM YOGA  
CLASS



DHARANA



YOGA  
NIDRA  
WITH LILA



CHAKRA  
NIDRA  
WITH  
LAXMI



Krishna Village  
Eco Yoga Community