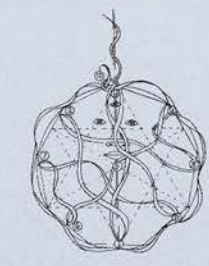


TOP FLOOR REVEAL



KATONAH YOGA CHARTS

Magic Square Chart • Traveling the Superhighway • Compass of Self and Surroundings
 Taoist Organ Clock • Circuit Breaker Panel • The Archetype of Numbers • The Magic Constant: 15
 Mapping Body into 9 Constituent Parts • 9 Tracks: Solar, Lunar, Stellar

MAPS Organizing the Mind, Body, And Breath

TERRITORY OF THE BODY

Front of Head: Top Floor • Back of Head • Middle Floor • Bottom Floor
 Cosmic Man • Esteban • Gorgon Unfolding
 Hands: Palms and Backs • Third Hand • Feet • Third Root

THE ABODE OF THE SPIRIT

Blueprint of the Abode • Traveling the Master Staircase • Building the Master Staircase
 Mapping the Body • Crown and Glory • Berger King

COMPASS ROSE AND WRAPS FOR RAPTURE MAPS

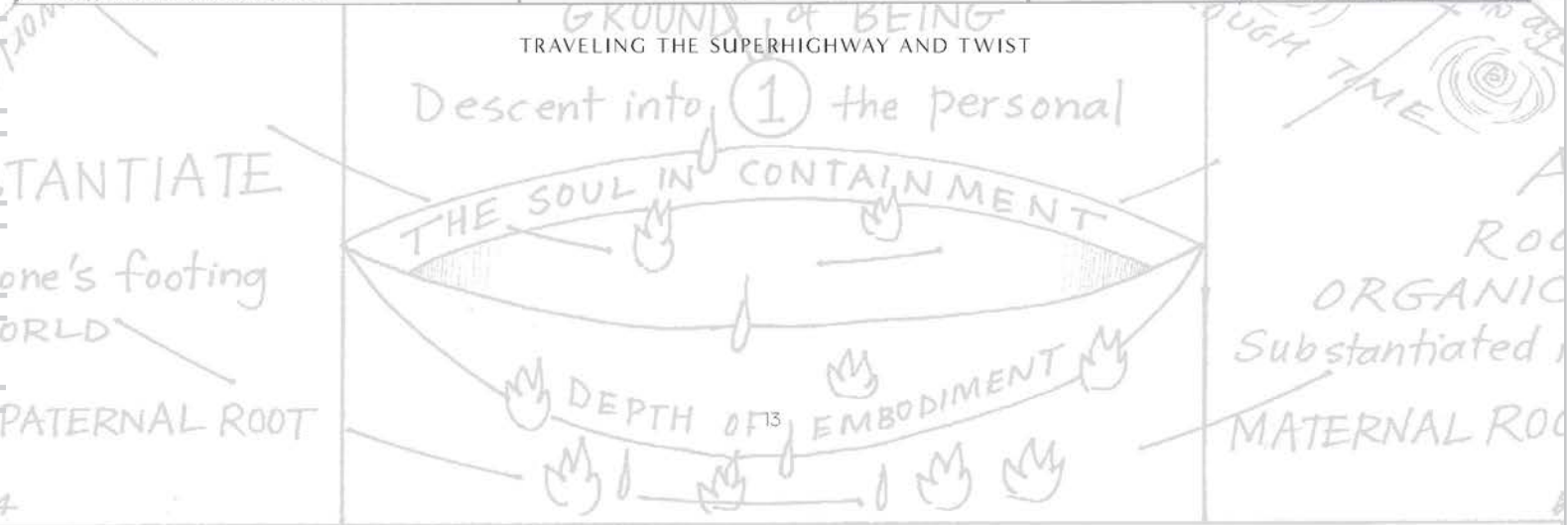
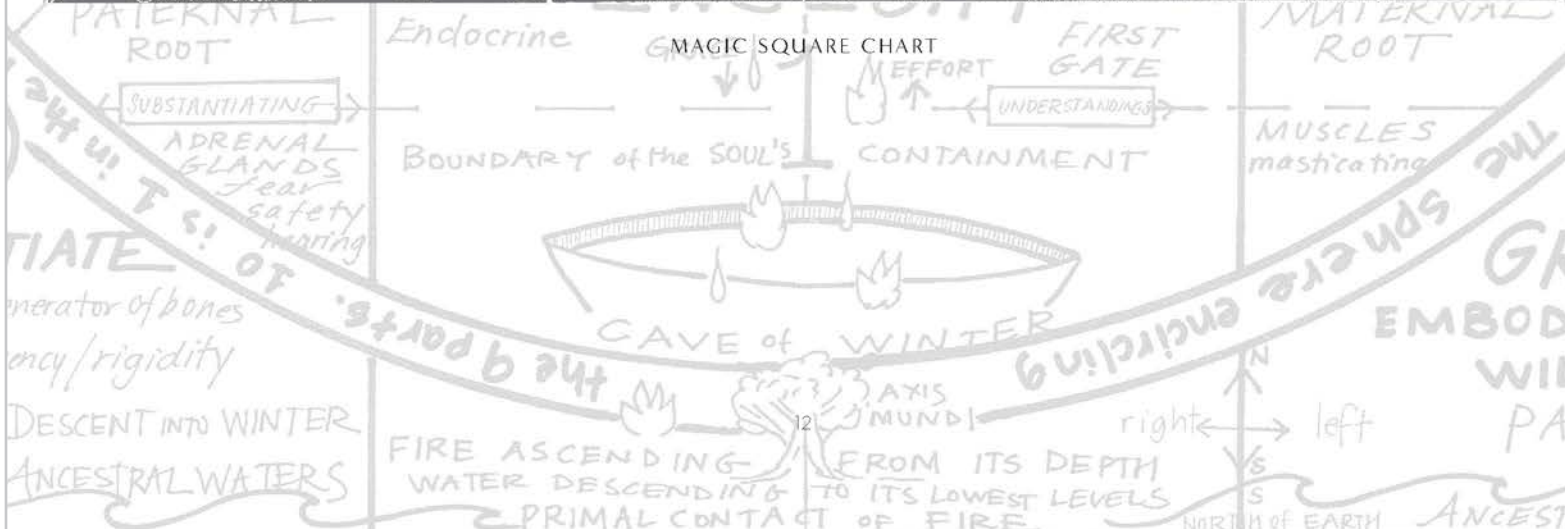
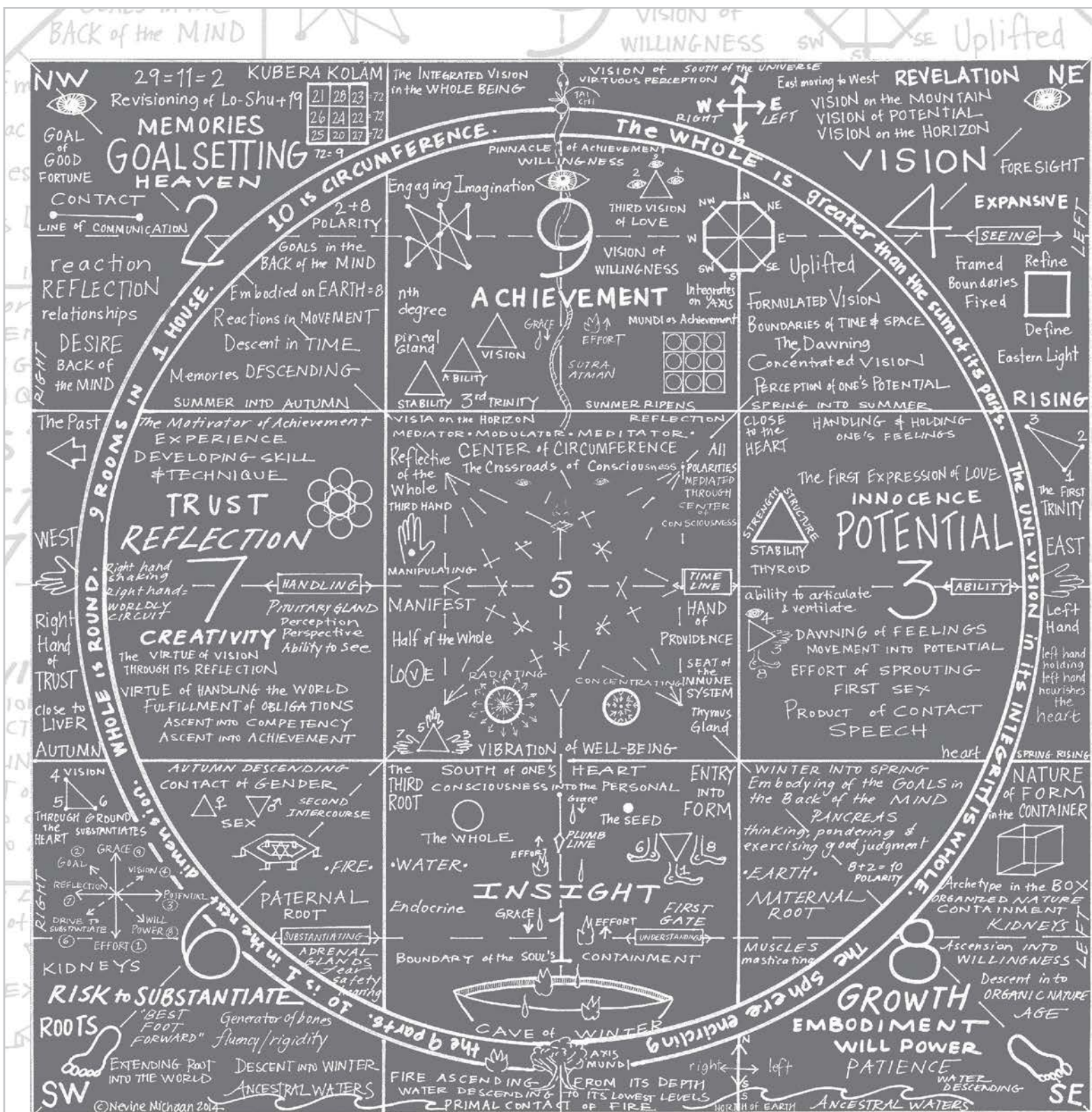
Wraps and Compass Rose 1-9, 2-8, 3-7, 4-6, 5, 6-5-4, 7-5-3, 8-5-2, 9-5-1
 Integrated Stitch • Composite Compass Rose • Portals
 Nada Meditation • Compass of Self Mediating the Seasons
 Golden Thread Meditations

CIRCUIT MAPS

Cycle of Achievement • Heavenly Circuit • Heavenly Circuit Meditation
 Crown and Glory

BREATH PRACTICES

Moon Salutations Paced on the Breath
 Sun Salutations Moving through the Patterned Breath



USE YOUR BREATH
TO TRAVEL YOUR MIND THROUGH
YOUR EMBODIMENT

Minds are very quick.
They travel using the power of the breath—
the spirit that is available.

Initially, the territory is the physical body.
Eventually the psychological and psychic are integrated
for the individual's power.



4. Make yourself available



3. Connect to the Greater Whole

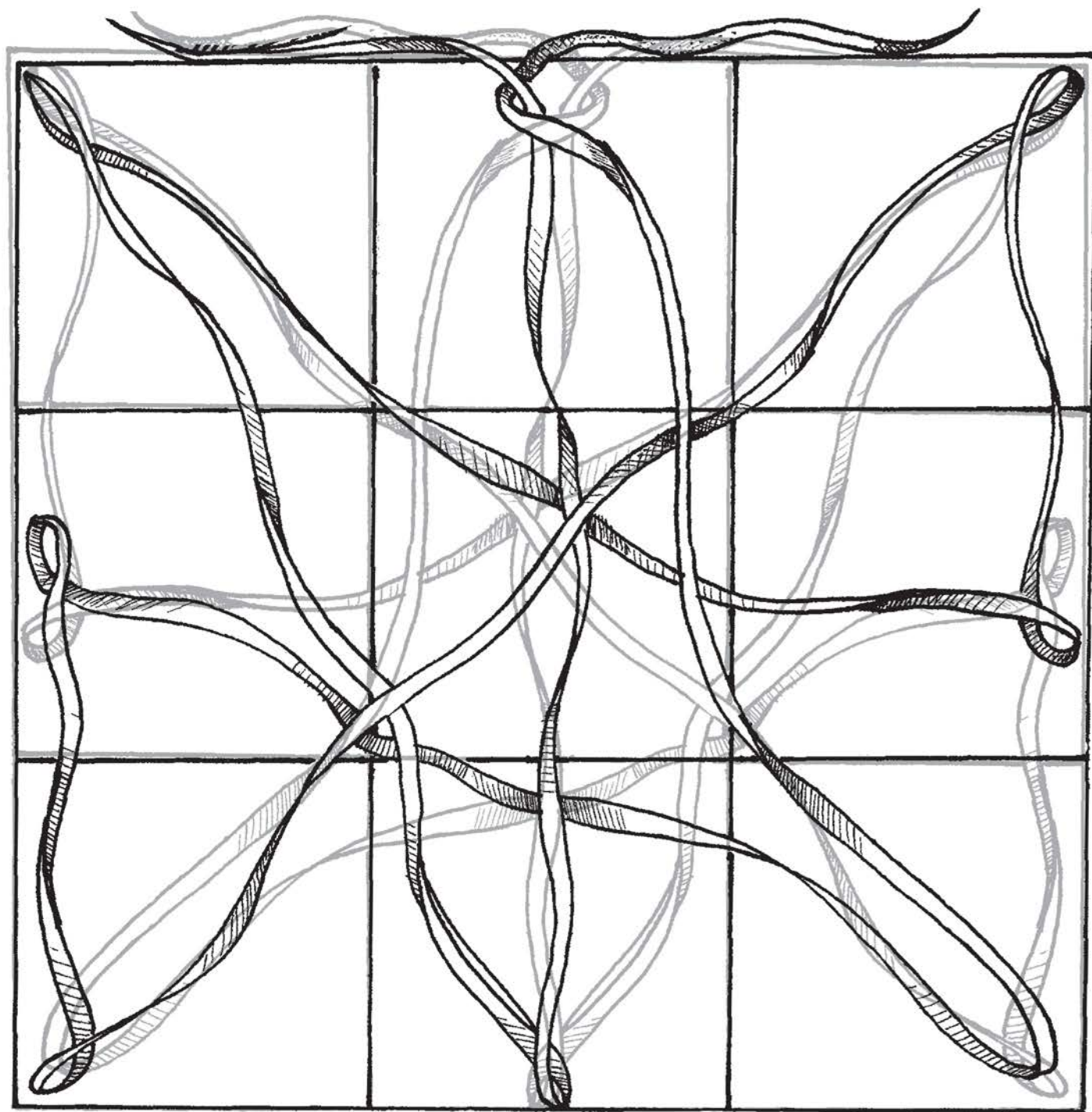


2. Clear the mind

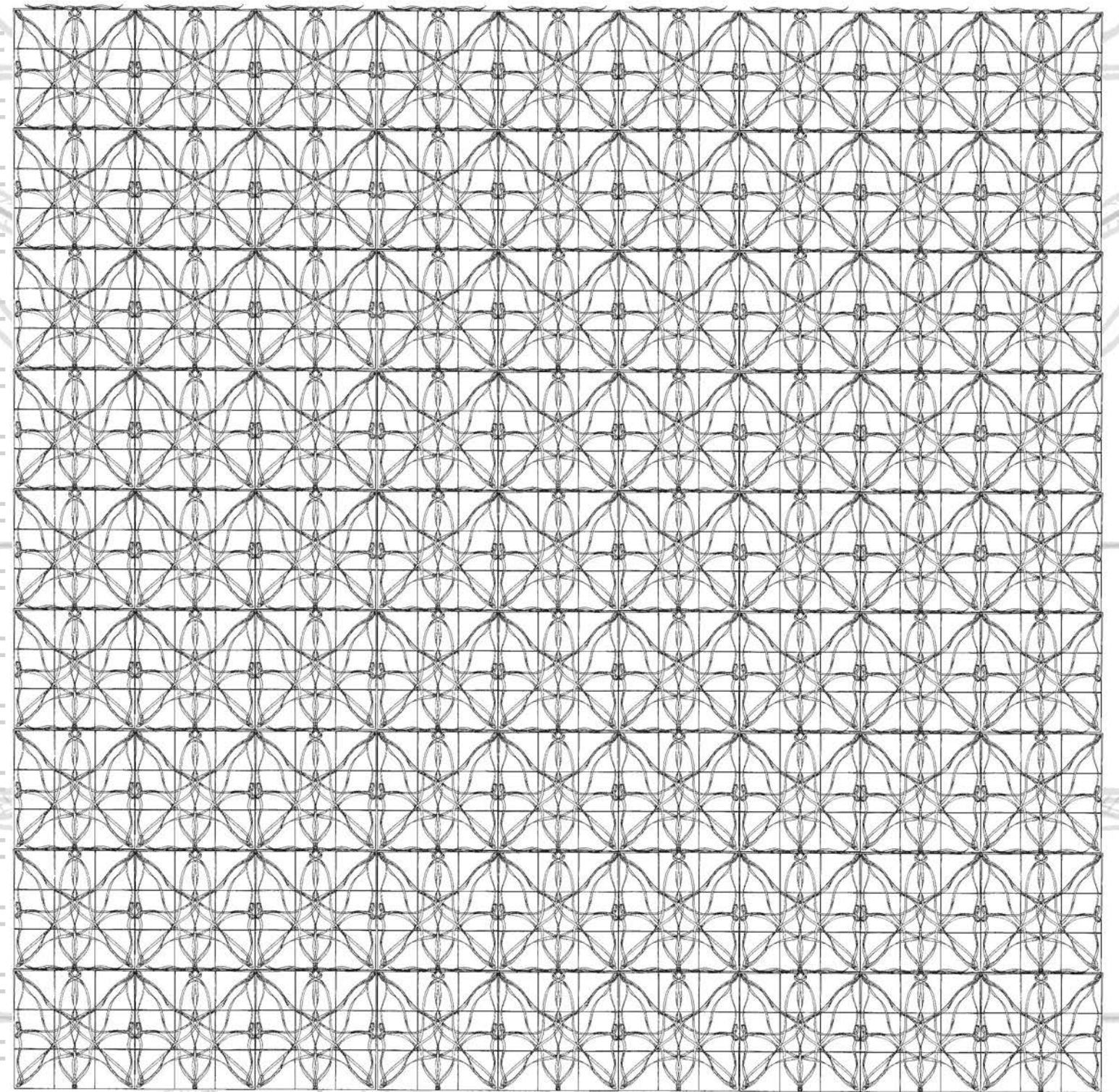
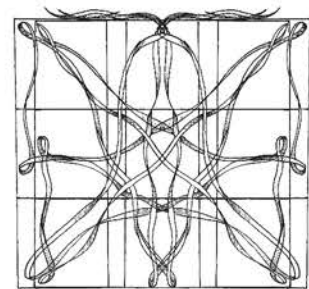
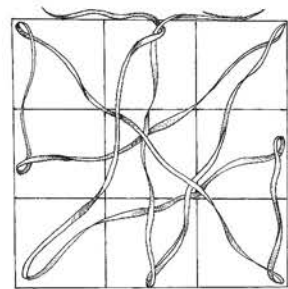
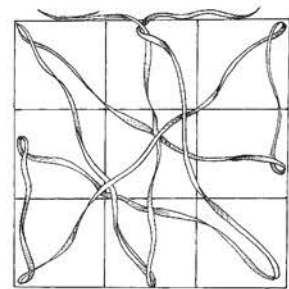


1. Frame the vision

Four postures to open yourself up to your surroundings.



INTEGRATED STITCH DOUBLED (RIGHT-HANDED, GHOST LEFT)



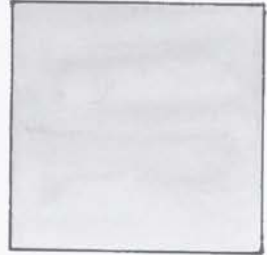
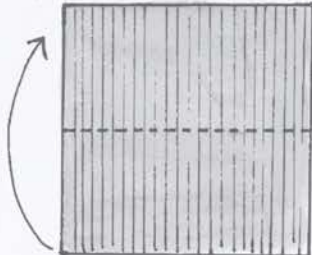
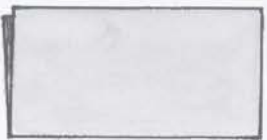
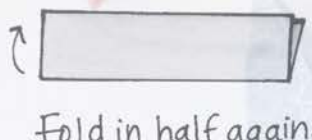
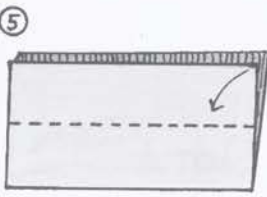
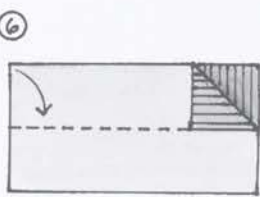
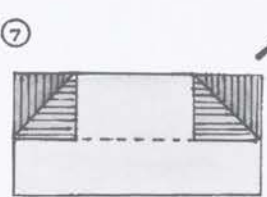
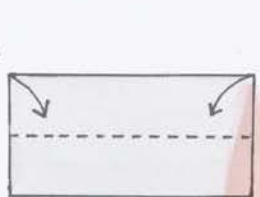
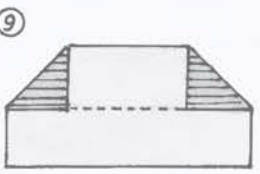
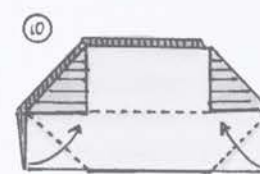
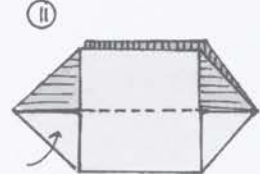
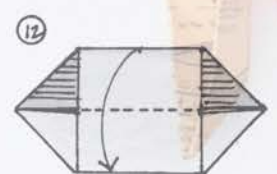


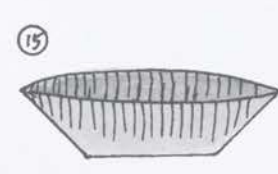
TESSELLATED DOUBLED INTEGRATED STITCH

Asana is origami for bodies.
Origami is asana for paper.



Make boats that float. Make cups that hold water.
Manipulate form for function.

DIRECTIONS to make ORIGAMI BOAT

- ①  Start with a square sheet of paper.
- ②  Fold in half along the midline.
- ③  Fold in half again.
- ④  Fold in half again.
- ⑤  Then unfold halfway.
- ⑥  FOLD CORNER down to the midline.
- ⑦  FOLD OTHER CORNER to the midline.
- ⑧  TURN PAPER OVER.
- ⑨  FOLD EACH CORNER DOWN TO THE MIDLINE.
- ⑩  FOLD BOTTOM CORNER UP TO THE MIDLINE.
- ⑪  TURN OTHER CORNER UP TO THE MIDLINE.
- ⑫  TAKE TOP HALF FRONT AND FOLD TO BOTTOM.
- ⑬  FOLD THE BACK HALF BACK BEHIND.
- ⑭  CREASE AND THEN OPEN CENTER.
- ⑮  FORM BOAT.



BACKMATTER

Our maps are designed to give you the lay of the land.
 Katonah Yoga meditations use maps for guidance, for orientation.
 One reads maps, but one travels territory.
 Our maps are flat, our bodies are multidimensional.
 Traveling routes guide the mind and the breath.
 Revelations come through experience—moving through time and space.
 Each map is specific, yet all the maps explore the same territory—
 the mind, body, and breath of the individual; personal mediating
 time and space... Great Nature.

