

Technoyoga at Monad Monastery

Morning Technoyoga routine for the Monad Monks

1. **Circuit Activation Breath:** Start in a seated position with legs crossed and hands resting on the knees. Take a deep inhale through the nose and exhale through the mouth while making a "ha" sound. Visualize energy flowing through your body, activating all your circuits and systems.
2. **Data Download Sun Salutation:** Stand with feet hip-width apart and inhale arms up overhead, then exhale and fold forward to touch the floor. Inhale halfway up to a flat back, then exhale and step back to plank pose. Lower down through chaturanga and inhale up to upward facing dog, then exhale back to downward facing dog. Repeat this sequence for 3-5 rounds, syncing your movements with your breath.
3. **Neural Network Warrior I:** Step your right foot forward and bend your knee, lifting your arms up overhead. Keep your left foot back and flat on the floor. Engage your core and visualize energy flowing through your neural network as you hold this pose for several deep breaths. Repeat on the left side.
4. **Digital Detox Tree Pose:** Stand on your left foot and bring your right foot to rest on your left thigh. Bring your hands to prayer position at your heart and focus on your breath. Visualize yourself disconnecting from the digital world and grounding yourself in the present moment. Hold for several deep breaths before switching sides.
5. **Holographic Heart Opener:** Lie on your back and bring your hands to your chest. Inhale and lift your head and shoulders off the floor while opening your arms out to the sides. Exhale and lower back down. Repeat for several breaths, visualizing your heart chakra opening and expanding like a holographic projection.
6. **Cyber-Savasana:** Lie on your back with arms and legs extended, palms facing up. Close your eyes and focus on your breath, allowing yourself to fully relax and recharge. Visualize yourself plugging into a digital network, downloading new information and insights. Stay in this pose for at least 5 minutes before slowly coming back to seated.
7. **Binary Mantra Chanting:** Sit in a comfortable cross-legged position and bring your hands to prayer position at your heart. Chant a binary mantra, such as "0-1, 0-1," focusing on the vibration and

resonance of the sound. Visualize yourself syncing with the digital universe and connecting with all beings. Repeat for several minutes before ending your practice.

Throughout the practice, the Monad Monks might incorporate homotechno music and chanting, using electronic beats and vocals to enhance their connection with their environment and spirituality. They might also focus on deep, rhythmic breathing, using pranayama techniques to calm their minds and energize their bodies. They might set intentions for the day, reflecting on their purpose and goals as they move through the poses. Overall, the morning techno-yoga routine would be a holistic and invigorating practice, combining physical movement, breathwork, and meditation to cultivate balance and harmony in the body, mind, and spirit.

Pages from The Monad Manuscripts showing Technoyoga poses and practice;







