

KNOFF YOGA

DEEPEN YOUR YOGA PRACTICE

FOUNDATION - LEVEL 3 PRACTICE SERIES



KNOFF
YOGA



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Pranayama Syllabus

In the Level 3 Foundation Pranayama Program, you will learn 9 Pranayama techniques:

Ujjayi Pranayama

Ujjayi means 'VICTORIOUS' and Pranayama means 'EXPANSION OF THE LIFE FORCE'.

The only difference between the Yogic Full Breath and *Ujjayi* is the addition of a contraction in the glottis (vocal chord area of the throat) and the application of Mula and Uddiyana minor bandhas, which allows us to gain more control over the breath and use it more efficiently and effectively.

This contraction is like putting a nozzle on a garden hose. The nozzle allows you to control the water flow – a fine spray all the way to a hard jet. *Ujjayi* is a partial contraction and should not dry out the throat or feel irritating.

Once the contraction is applied there is an audible sound and this sound should be soothing. We use the sound to further enhance our technique. The sound should be even and consistent from the beginning of the inhalation to the end. The same applies to the exhalation. The volume of the sound should not go up or down, but stay steady from beginning to end. Of course there is no sound during the two pauses.

The sound is actually an audible vibration of the increased air turbulence and ideally can be heard in a radius of 1 metre in a quiet room. If the sound is softer than this, it is not sufficiently vital. If it is louder than this, it is too forced and will end up exhausting the practitioner.

Ujjayi Pranayama helps increase internal body heat and hence flexibility because the turbulence increases the transfer of heat to the air from the blood-rich mucosal lining of the throat, raising the temperature of the air above normal.

If we compare *Ujjayi* Pranayama to the fire in a pot belly stove, the fire has to be hot enough to burn the wood cleanly and not leave a residue of soot and creosote to clog up the flue. On the other hand it cannot be so hot that we run the risk of overheating and damaging the flue.

The sound is slightly different on the two sides of the breath:

- Inhalation = "So"
- Exhalation = "Ham"



Pranayama Syllabus

Utilising the sound of the breath makes it easier to bring the breath into balance. Mindful listening of “So Ham” can in itself be the focus of meditation.

Once you have mastered the Yogic Full Breath you should proceed to learn *Ujjayi* Pranayama. Activate *Ujjayi* Pranayama at the beginning of your asana practice, apply Mula and Uddiyana minor bandhas and keep it constant until you lie down in relaxation. In relaxation we completely release the bandhas and the breath, allowing it to become a normal uncontrolled breath.

Viloma Pranayama

Viloma Pranayama is a deconstruction of *Ujjayi*. We pull the breath apart by separating it into three parts so we can ensure each part is felt, understood and working correctly.

- Viloma 1 is a staggered inhalation with a normal *Ujjayi* exhalation.
- Viloma 2 is a staggered exhalation with a normal *Ujjayi* inhalation.
- Viloma 3 puts 1 and 2 together, so we stagger on both inhalation and exhalation.

We divide the lungs into three equal parts: lower, middle and upper. Each part is roughly one hand width (little finger to thumb) and if you place a hand, with the little finger touching the lowest ribs, this is approximately the bottom one third of your lungs; the other hand is placed on top of this to show the middle third and then the bottom hand is brought up to place on top of the second hand to show the upper third of the lungs.

The breath is staggered over these three parts of the lungs. In yoga, inhalation is called *puraka* and exhalation is called *rechaka*.

This Viloma trio requires us to hold the breath and in yoga this is called a retention, or *kumbhaka*. There is an inhalation retention, *antara kumbhaka* and an exhalation retention, *bahya kumbhaka*.

Any time we hold the breath in yoga, it is essential to apply three bandhas: Mula Bandha (root lock), Uddiyana Bandha (abdominal lock) and Jalandhara Bandha (chin lock). These locks help to contain and direct the energy (*prana*). Do not do breath retentions (inhalation or exhalation) if you are not applying these bandhas!

If you suffer from any health issues that might be aggravated by these practices, e.g. high blood pressure or heart complaints, it is important for you to check with your health care professional first.



Pranayama Syllabus

Keep in mind that the Vilomas are only attempted once you have a clear understanding and are comfortable with both the Yogic Full Breath and *Ujjayi* Pranayama. When practicing the Vilomas, if you feel any discomfort, then simply stop! Have a competent yoga teacher look at your technique to see if you are doing it correctly.

Starting with Viloma 1, inhale into the lower lobes of the lungs (1/3) for two seconds and then hold the breath for two seconds. Then inhale into the middle lobes of the lungs (1/3) for two seconds and then hold the breath for two seconds. Lastly inhale into the upper lobes of the lungs (1/3) for two seconds and then hold the breath for two seconds.

In other words we stagger the breath in three equal parts: lower, middle and upper in two second ratios – the inhalations exactly matching the length of the retentions.

Since the inhalation is for two seconds and the retention is for two seconds and we have three parts (lower, middle and upper), then the full process should take twelve seconds in total. You can either work with a clock, watching the second hand, or simply count silently to yourself (one thousand one, one thousand two, etc.) to keep track of the breath.

Do three rounds of Viloma 1.

Viloma 2 is exactly the same but on the other side of the breath, i.e. a normal *Ujjayi* inhalation followed by staggered exhalations. Inhale fully and completely and then exhale from the lower lobes of the lungs (1/3) for two seconds and then hold the breath for two seconds.

Then exhale from the middle lobes of the lungs (1/3) for two seconds and then hold the breath for two seconds. Lastly exhale from the upper lobes of the lungs (1/3) for two seconds and then hold the breath for two seconds. In other words we stagger the breath in three equal parts: lower, middle and upper in two second ratios – the exhalations exactly matching the length of the retentions.

Do three rounds of Viloma 2.

Once you have completed three rounds or cycles of Viloma 1 and 2, then combine the two techniques together, i.e. stagger on both the inhalations and exhalations to make Viloma 3.

Do three rounds of Viloma 3.

Once you have completed three rounds of Viloma 1, 2 and 3, follow with two rounds of *Ujjayi* pranayama (reconstructing the breath) and pay careful attention to each section of the lungs, ensuring that they are working equally and correctly and that the breath is being balanced from the bottom to the top of the lungs.



Pranayama Syllabus

Surya Bhedana, Chandra Bhedana & Nadi Sodhana Pranayama

Like the Vilomas, the next three techniques consist of side one, side two and then the two sides are combined or put together. Surya means sun and Chandra means moon. Surya refers to the right nostril and Chandra refers to the left nostril. Bhedana means piercing or passing through, like passing a thread through the eye of a needle.

With these techniques we manipulate or control which nostril the breath flows through by placing the thumb, ring and little finger on the nose. We use *Ujjayi* pranayama as the underlying breath and simply control the breath with the tips of the thumb and fingers.

Starting with your right hand, turn the palm upwards, keeping it really relaxed, and place the ring finger on top of the little finger. This is called 'piggy backing'. Initially the thumb, ring and little fingers will be straight, like chop sticks, so if you were to place them on your nose, the pads of the thumb, ring and little fingers would be touching the nose. This is incorrect and your hand will tire quickly! Keep the hand very soft, bend the joints of the thumb, ring and little fingers and place the tips of the thumb, ring and little finger on the nose.

These are placed just below the nasal bone (hard part of the nose) with just enough pressure to control the flow of the breath. No need to distort your nose with too much pressure!

Note, mastering this technique requires you to keep the tips of the thumb, ring and little fingers in constant contact with the skin of the nose. In other words, we do not lift the tips away from the nose and break contact, but use the sensitive touch to feel the flow of the breath.

It is quite easy for the head to be turned away from the mid-line of the body with the hand on the nose, so from time-to-time slightly open the eyes and check to see that the end of your nose is kept in line with the middle of your body.

Starting with Surya Bhedana, take a full *Ujjayi* inhalation as you bring up your right hand and place it on the nose as discussed. Then close of the left nostril, exhale out the right nostril only. Now we are ready to start. Inhale in the right nostril, pause, exhale out the left nostril, and pause.



Pranayama Syllabus

Do three rounds of Surya Bhedana.

On the third round of Surya Bhedana, after the breath has been expelled out the left nostril, straight away start Chandra Bhedana, i.e. reverse the technique by inhaling in the left nostril and exhale out the right nostril.

Do three rounds of Chandra Bhedana.

On the third round of Chandra Bhedana, after the breath has been expelled out of the right nostril, straight away combine both Surya and Chandra Bhedana to make the third technique of Alternate Nostril Breathing or Nadi Sodhana Pranayama. Inhale in the right nostril, pause, exhale out the left nostril, pause, inhale in the left nostril, pause, exhale out the right nostril, pause for one round.

Do three rounds of Nadi Sodhana Pranayama.

Once you have completed three rounds follow with two rounds of *Ujjayi* pranayama, pay careful attention to each section of the lungs, and ensure that they are working equally and correctly and that the breath is balanced from the bottom to the top of the lungs.

Culturally in India you only use your right hand for eating, shaking hands and for pranayama because the left hand is used for wiping your bottom – so it is considered unclean. However, as long as you wash your hands after going to the toilet (and you should!) it is perfectly fine to use both hands equally, just as we work the rest of our body evenly in the asanas.



Pranayama Syllabus

Kapalabhati Pranayama

Kapalabhati is a long deep inhalation followed by strong short exhalations (puffs) out both nostrils, followed by a *Ujjayi* inhalation, i.e. the exhalation is more emphasized than the inhalation, giving the breath an uneven sound. We create a vacuum and the air rushes in, we do not need to breathe in during this expulsion of air in staccato rhythm. Note, the exhalation is strong enough to blow out candles on a birthday cake!

Kapalabhati is an energising, heating breath which helps to clear out any debris in the nose and sinus passages, giving it the name of 'skull cleansing breath'. If you have a nose full of mucus, this forced exhalation will help with eliminating the offending material. It also strengthens the diaphragm, our main breathing muscle.

As with the other pranayamas, we need to apply the bandhas. Mula Bandha (root lock) is activated and switched on, Uddiyana Bandha (abdominal lock) likewise, and we apply Jalandhara Bandha (chin lock) when holding the breath.

When exhaling forcefully it is easy to accidentally release the bandhas, as we naturally relax on the out breath. Resist this temptation and maintain control.

When exhaling forcefully, we are only activating the diaphragm muscle and not moving the body (chest or shoulders).

In other words, keep the chest lifted and the shoulders broad, but otherwise relaxed and do not throw them around with the breath!

Apply Mula Bandha and Uddiyana Bandha as you take a full *Ujjayi* breath in. At the top of the inhalation, apply Jalandhara Bandha and then do ten short, sharp exhalations, with a *Ujjayi* breath in-between. After the tenth exhalation, take a full *Ujjayi* breath in, make sure the chin lock (jalandhara bandha) is on, and hold the breath for ten seconds.

If ten seconds is too long (you feel panicked), then do less; five, six, seven seconds, etc., until you can comfortably hold for ten. In Pranayama make sure to be in your comfort zone. Yoga is not a competition, but a tool to energize the body, elevate our minds and evolve our spirit!

Do three rounds of Kapalabhati Pranayama.

Once you have completed ten rounds follow with two rounds of *Ujjayi* pranayama, pay careful attention to each section of the lungs, and ensure that they are working equally and correctly and that the breath is balanced from the bottom to the top of the lungs.



Pranayama Syllabus

Sitali Pranayama

SITALI follows the heating breath of Kapalabhati as it has the opposite energetic effect, i.e. calming and cooling. Sitali is quite unusual in that we inhale through the mouth with a coiled tongue – like a small pipe, with the tip of the tongue protruding past the lips.

Note: Approximately thirty percent of the population cannot coil their tongues and we then simply poke the tongue out beyond the lips.

The value of Sitali comes from pulling in air over a wet tongue and it has a slightly slurry sound – quite fun to do! If you cannot coil your tongue it does not make a huge difference as you will still get the cooling benefit.

There are three equal parts to Sitali:

- Inhalation – over a wet tongue
- Retention – tip of the tongue pressed up against the soft palate (kechhari mudra)
- Exhalation – releasing the tongue and exhaling through the nose

If you inhale for ten seconds, then the retention is also for ten seconds, followed by the exhalation for ten seconds. Vary the length of the breath according to your current capacity, with ten seconds being the maximum.

On the inhalation, keep the chin level or you may lift the chin up towards the ceiling as you fill the lungs with the cooling breath. When the lungs are full, coil the tip of the tongue firmly back into the soft palate, pressing it firmly back against the roof of the mouth, as you bring your chin down towards the jugular notch.

Hold the breath, not moving externally, but keep internally energized by applying all three bandhas and deliberately drawing up energy from the base of the spine. Do three rounds of Sitali Pranayama.

Once you have completed three rounds follow with two rounds of *Ujjayi* pranayama, pay careful attention to each section of the lungs, ensure that they are working equally and correctly and that the breath is being balanced from the bottom to the top of the lungs.



Pranayama Syllabus

LEVEL 3 – FOUNDATION

PRANAYAMA	NUMBER OF BREATHS	TIMING
<i>Ujjayi</i> Breath	10	Expand breath on both sides (inhalation & exhalation to comfortable maximum)
Same as Yogic Full Breath with the addition of throat application – slight constriction in the glottis (voice box)		Ratio 1:1
The noise volume of the breath should be constant from the start of inhalation to the finish. Likewise from the start of the exhalation to the finish. The sound of a distant waterfall. No noise during pauses (no breath)		Lower Section 1/3rd (diaphragmatic) Middle Section 1/3rd (thoracic) Upper Section 1/3rd (clavicular)

PRANAYAMA	NUMBER OF BREATHS	TIMING
Viloma 1 (Staggered breath on inhalation)	3	2 seconds per section of the lung
Viloma 2 (Staggered breath on exhalation)	3	2 seconds per section of the lung
Viloma 3 (Staggered breath on Inhalation & Exhalation)	3	2 seconds per section of the lung



Pranayama Syllabus

PRANAYAMA	NUMBER OF BREATHS	TIMING
Ujjayi Breath	2	Expand breath on both sides (inhalation & exhalation to comfortable maximum)
Same as Yogic Full Breath with the addition of throat application – slight constriction in the glottis (voice box)		Ratio 1:1
The noise volume of the breath should be constant from the start of inhalation to the finish. Likewise from the start of the exhalation to the finish. No noise during pauses (no breath!)		

PRANAYAMA	NUMBER OF BREATHS	TIMING
Clearing Breath		Breathe in both nostrils, block off the left, breathe out through the right
Surya Bhedana (Sun piercing breath)	3	In right nostril, out left nostril
Chandra Bhedana (Moon piercing breath)	3	In left nostril, out right nostril
Nadi Sodhana (Alternate Nostril Breathing)	3	In right nostril, out left nostril, In left nostril, out right nostril



Pranayama Syllabus

PRANAYAMA	NUMBER OF BREATHS	TIMING
<i>Ujjayi</i> Breath	2	Expand breath on both sides (inhalation & exhalation to comfortable maximum)
Kapalabhati (Normal Inhalation/ Forced Exhalation)	3	10 breaths with 10 seconds inhalation retention
<i>Ujjayi</i> Breath	2	

PRANAYAMA	NUMBER OF BREATHS	TIMING
Sitali (Cooling Breath)	3	10 seconds per part; Coiled tongue and kechari mudra
<i>Ujjayi</i> Breath	2	2 seconds per section of the lung

***Ujjayi* Pranayama = Base Breath**

Base Breath	Inhalation	10 Seconds
	Pause	2 Seconds
	Exhalation	10 Seconds
	Pause	2 Seconds

Total = 24 Seconds

5 Base Breaths = 120 seconds or 2 minutes



LEVEL 3 FOUNDATION – FULL

Sanskrit		English
Earth Salutations		
1	Bhumi Namaskar	Squat Sequence

Sun Salutations		
1	Surya Namaskar 2	Sun Salutation 2

Inverted Poses (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Advadanta Sirsasana 2	Dolphin 2
3	Advadanta Sirsasana 3	Dolphin 3
4	Balasana	Child

Standing Poses		
1	Vrksasana	Tree
2	Utthita Trikonasana	Extended Triangle
3	Parivrtta Trikonasana	Revolved Triangle
4	Virabhadrasana 1	Warrior 1
5	Virabhadrasana 2	Warrior 2
6	Prasarita Padottanasana 1	Wide Leg 1
7	Prasarita Padottanasana 2	Wide Leg 2
8	Utkatasana	Fierce
9	Uttanasana	Standing Forward Bend



Asana Syllabus

Arm Balancings

1	Chaturanga Dandasana	Low Plank
2	Bakasana	Crane

Forward Bends

1	Adho Mukha Svanasana	Downward Facing Dog
2	Paschimottanasana 1	Western Stretch 1
3	Paschimottanasana 2	Western Stretch 2
4	Paschimottanasana 3	Western Stretch 3
5	Janu Sirsasana 1	Head of Knee 1
6	Janu Sirsasana 2	Head of Knee 2
7	Purvottanasana 2	Eastern Stretch 2

Sitting Poses

1	Adho Mukha Sukhasana	Downward Face Easy
2	Baddha Konasana	Bound Angle
3	Adho Mukha Baddha Konasana	Downward Face Bound Angle
4	Parvatasana in Virasana	Hands Over Head Hero
5	Adho Mukha Virasana	Downward Face Hero

Abdominals

1	Ardha Jathara Parivartanasana	Half Cross
2	Mudrasana	Crunches



Asana Syllabus

Twists

1	Ardha Matsyendrasana 1	Half Lord of the Fishes 1
2	Malasana 1	Garland 1
3	Malasana 2	Garland 2

Backbends

1	Bhujangasana	Cobra
2	Salamba Salabhasana	Supported Locust
3	Makarasana	Crocodile
4	Dhanurasana	Bow
5	Parsva Dhanurasana	Side Bow
6	Urdhva Mukha Svanasana	Upward Face Dog
7	Urdhva Dhanurasana	Upward Bow

Inverted Poses (Cooling)

1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Matsyasana in Sukhasana	Fish in Easy

Relaxation

1	Savasana	Corpse
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Total Asana 46



LEVEL 3 FOUNDATION – DAY 1

Sanskrit		English
Earth Salutations		
1	Bhumi Namaskar	Squat Sequence

Sun Salutations		
1	Surya Namaskar 2	Sun Salutation 2

Inverted Poses (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Advadanta Sirsasana 2	Dolphin 2
3	Advadanta Sirsasana 3	Dolphin 3
4	Balasana	Child

Standing Poses		
1	Vrksasana	Tree
2	Utthita Trikonasana	Extended Triangle
3	Parivrtta Trikonasana	Revolved Triangle
4	Virabhadrasana 1	Warrior 1
5	Virabhadrasana 2	Warrior 2

Arm Balancings		
1	Chaturanga Dandasana	Low Plank



Asana Syllabus

Forward Bends

1	Adho Mukha Svanasana	Downward Face Dog
2	Paschimottanasana 1	Western Stretch 1
3	Paschimottanasana 2	Western Stretch 2
4	Paschimottanasana 3	Western Stretch 3

Sitting Poses

1	Adho Mukha Sukhasana	Downward Face Easy
2	Baddha Konasana	Bound Angle
3	Adho Mukha Baddha Konasana	Downward Face Bound Angle

Abdominals

1	Ardha Jathara Parivartanasana	Half Cross
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Twists

1	Ardha Matsyendrasana 1	Half Lord of the Fishes 1
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Backbends

1	Bhujangasana	Cobra
2	Salamba Salabhasana	Supported Locust
3	Makarasana	Crocodile
4	Dhanurasana	Bow
5	Parsva Dhanurasana	Side Bow
6	Urdhva Mukha Svanasana	Upward Face Dog
7	Urdhva Dhanurasana	Upward Bow



Asana Syllabus

Inverted Poses (Cooling)		
1	Ardha Jathara Parivartanasana	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Matsyasana in Sukhasana	Fish in Easy

Relaxation		
1	Savasana	Corpse

Total Asana 33



LEVEL 3 FOUNDATION – DAY 2

Sanskrit		English
Earth Salutations		
1	Bhumi Namaskar	Squat Sequence

Sun Salutations		
1	Surya Namaskar 2	Sun Salutation 2

Inverted Poses (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Advadanta Sirsasana 2	Dolphin 2
3	Advadanta Sirsasana 3	Dolphin 3
4	Balasana	Child

Standing Poses		
1	Prasarita Padottanasana 1	Wide Leg 1
2	Prasarita Padottanasana 2	Wide Leg 2
3	Utkatasana	Fierce
4	Uttanasana	Standing Forward Bend

Arm Balancings		
1	Bakasana	Crane



Asana Syllabus

Forward Bends

1	Adho Mukha Svanasana	Downward Face Dog
2	Janu Sirsasana 1	Head of Knee 1
3	Janu Sirsasana 2	Head of Knee 2
4	Purvottanasana 2	Eastern Stretch 2

Sitting Poses

1	Parvatasana in Virasana	Hands Over Head Hero
2	Adho Mukha Virasana	Downward Face Hero

Abdominals

1	Mudrasana	Crunches
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Twists

1	Malasana 1	Garland 1
2	Malasana 2	Garland 2

Backbends

1	Bhujangasana	Cobra
2	Salamba Salabhasana	Supported Locust
3	Makarasana	Crocodile
4	Dhanurasana	Bow
5	Parsva Dhanurasana	Side Bow
6	Urdhva Mukha Svanasana	Upward Face Dog
7	Urdhva Dhanurasana	Upward Bow



Asana Syllabus

Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Matsyasana in Sukhasana	Fish in Easy

Relaxation		
1	Savasana	Corpse

Total Asana 32

level 3 • practice series:

hub positions





One of the core principles behind the practice of yoga is centering.

Hub positions represent the centre or, '*hub*' on which the subsequent postures are built, so they are the start and the finish of the pose.

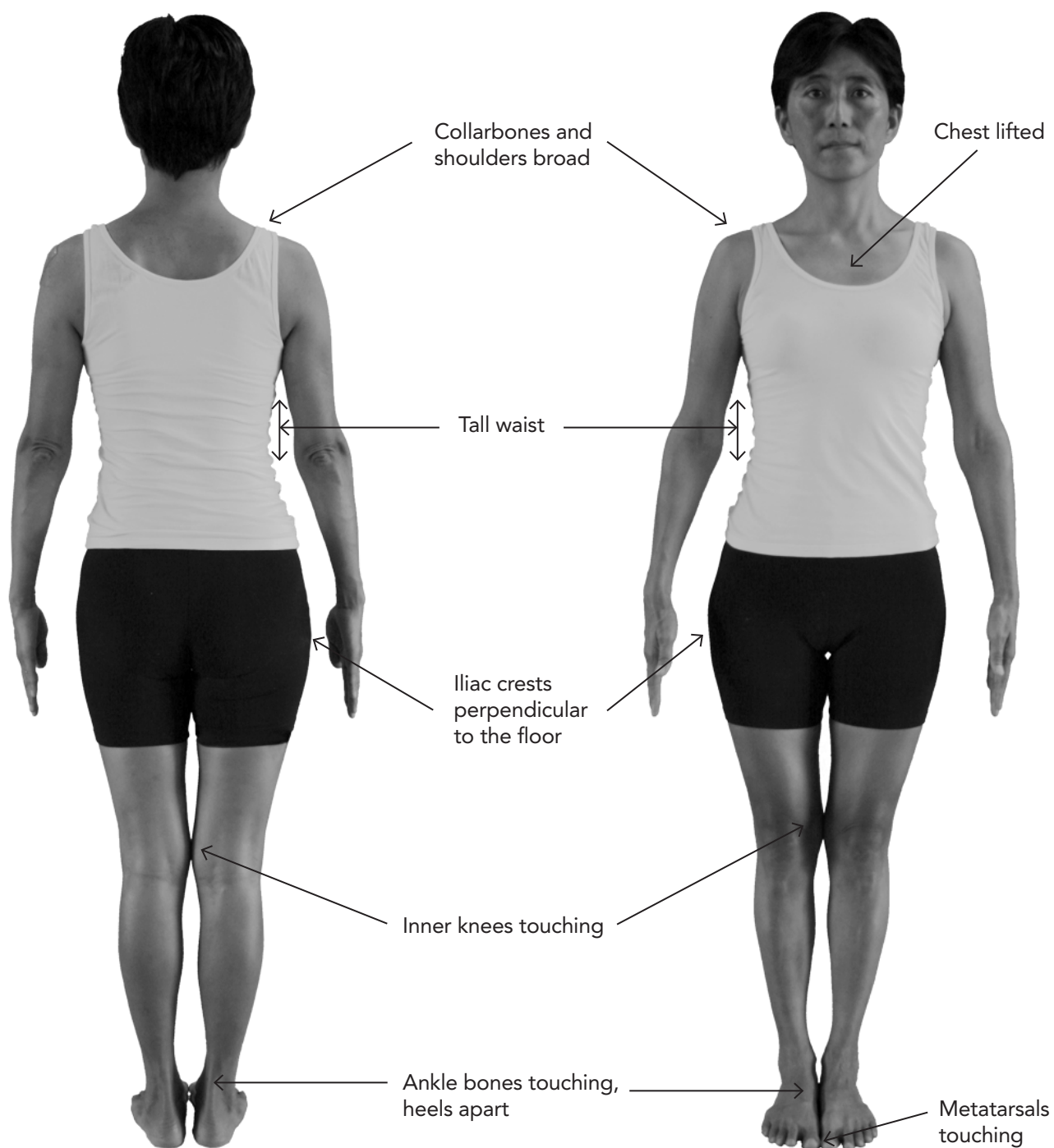


Tadasana

Mountain Pose

Extend up through the spine
and the crown of the head

Activated arms and hands
hanging from the collarbones

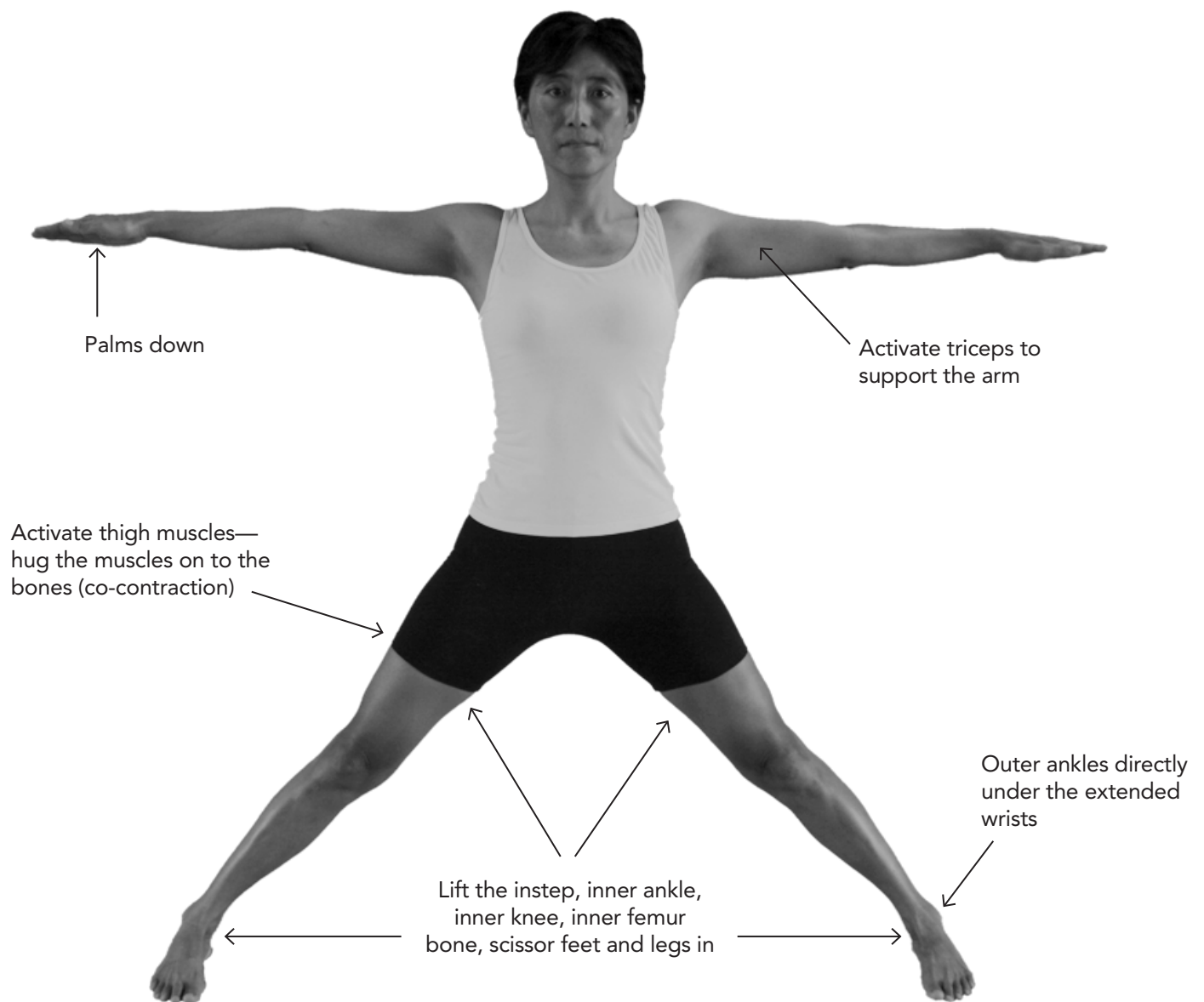


TADASANA IS THE HUB POSITION FOR ALL STANDING POSTURES



Trikonasana

Triangle Pose

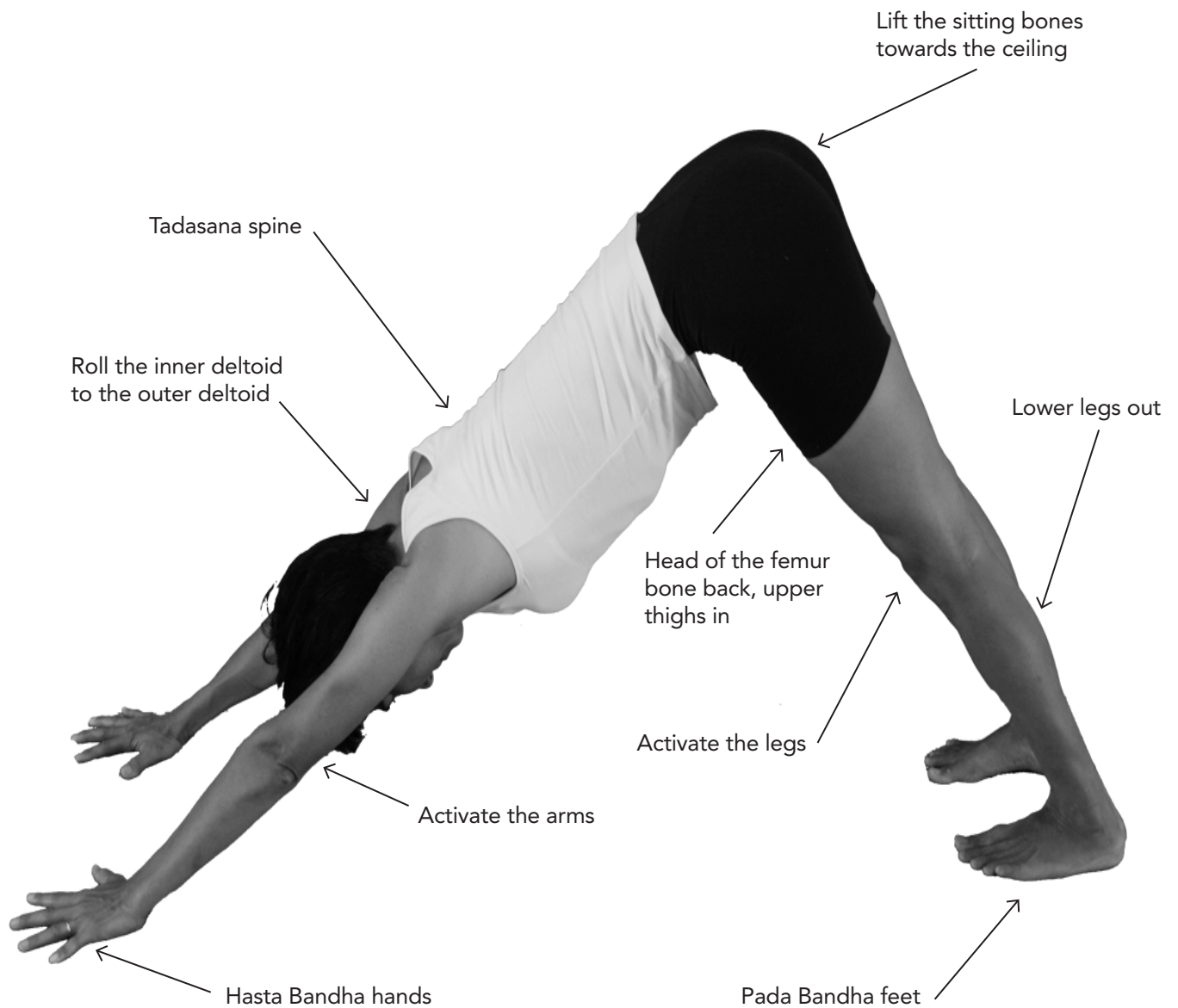


**TRIKONASANA IS THE SECONDARY HUB POSITION
FOR SOME STANDING POSTURES**



Adho Mukha Svanasana

Downward Facing Dog

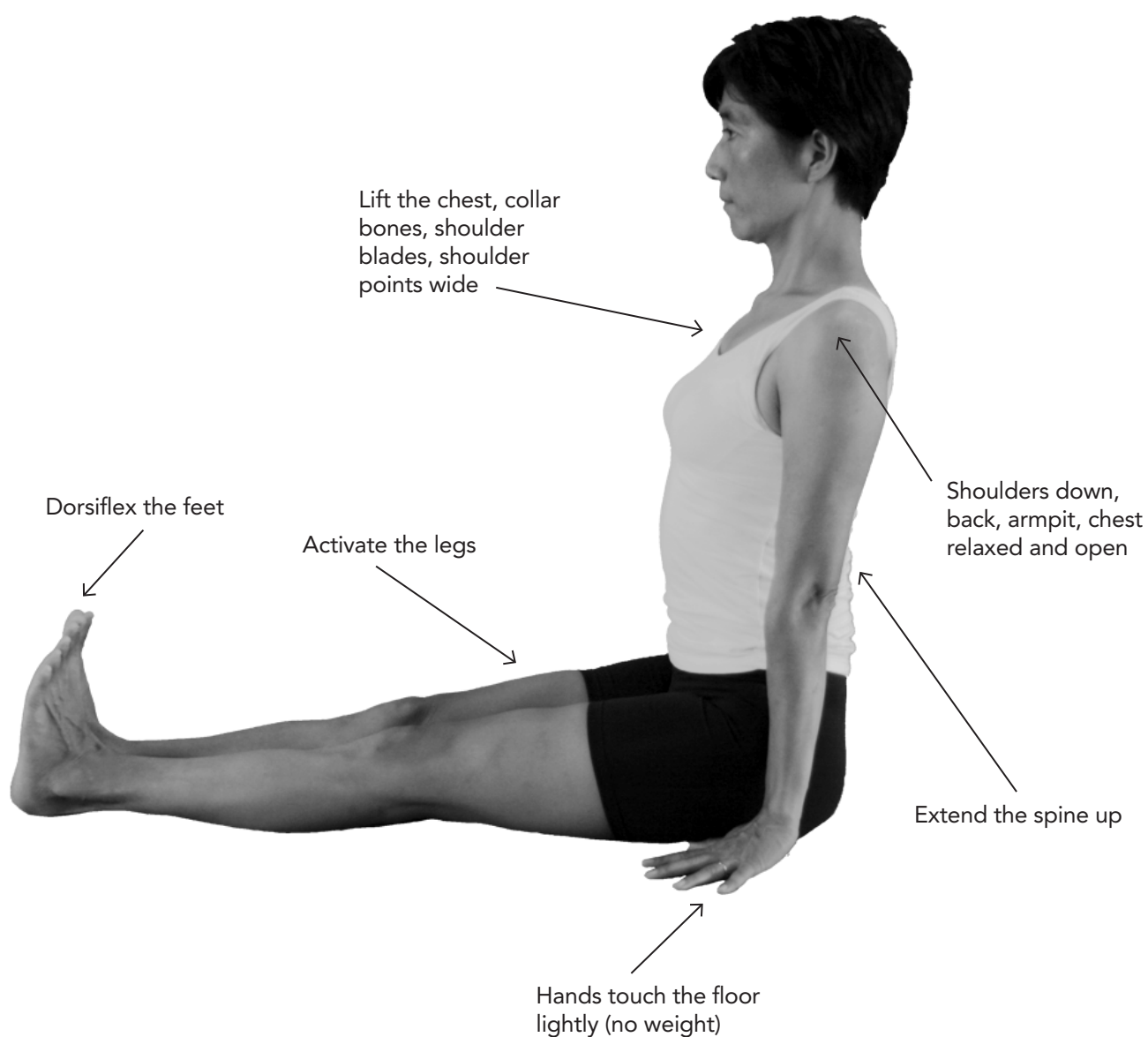


**ADHO MUKHA SVANASANA IS THE HUB POSITION
FOR SOME STANDING POSTURES AND ARM-BALANCING POSTURES**



Dandasana

Staff Pose

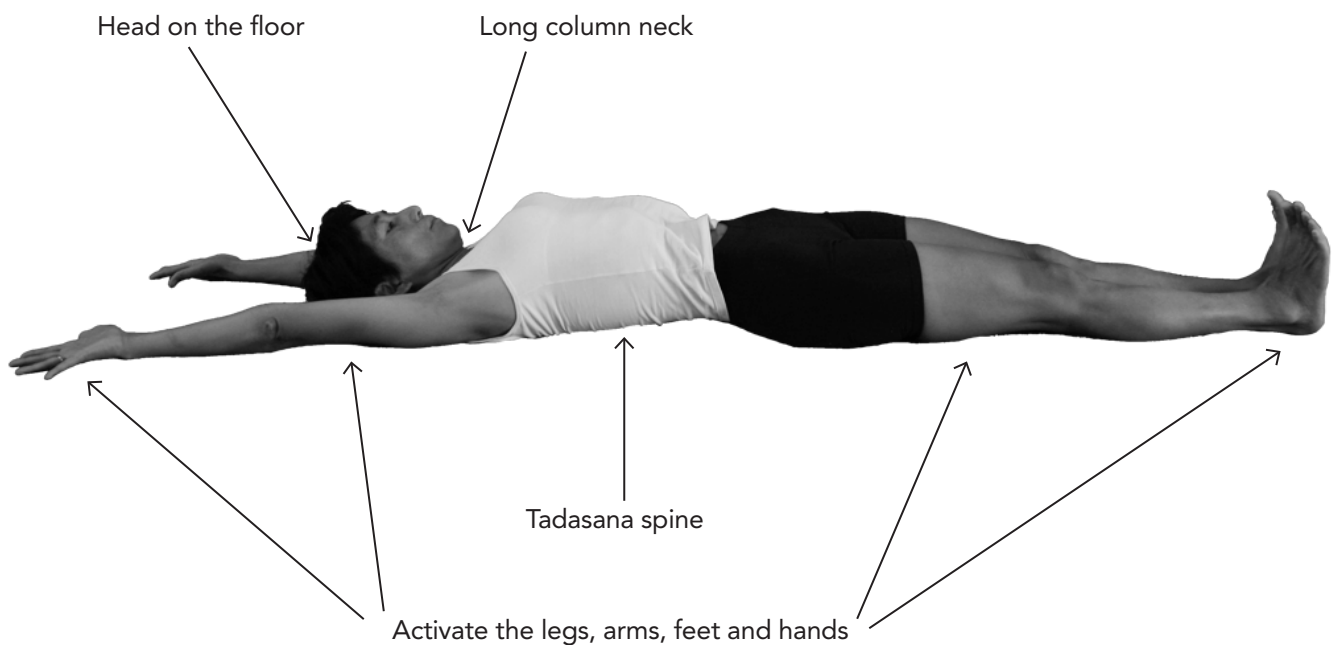


DANDASANA IS THE HUB POSITION FOR ALL SITTING POSTURES



Supta Urdhva Hastasana

Supine Upward Hands



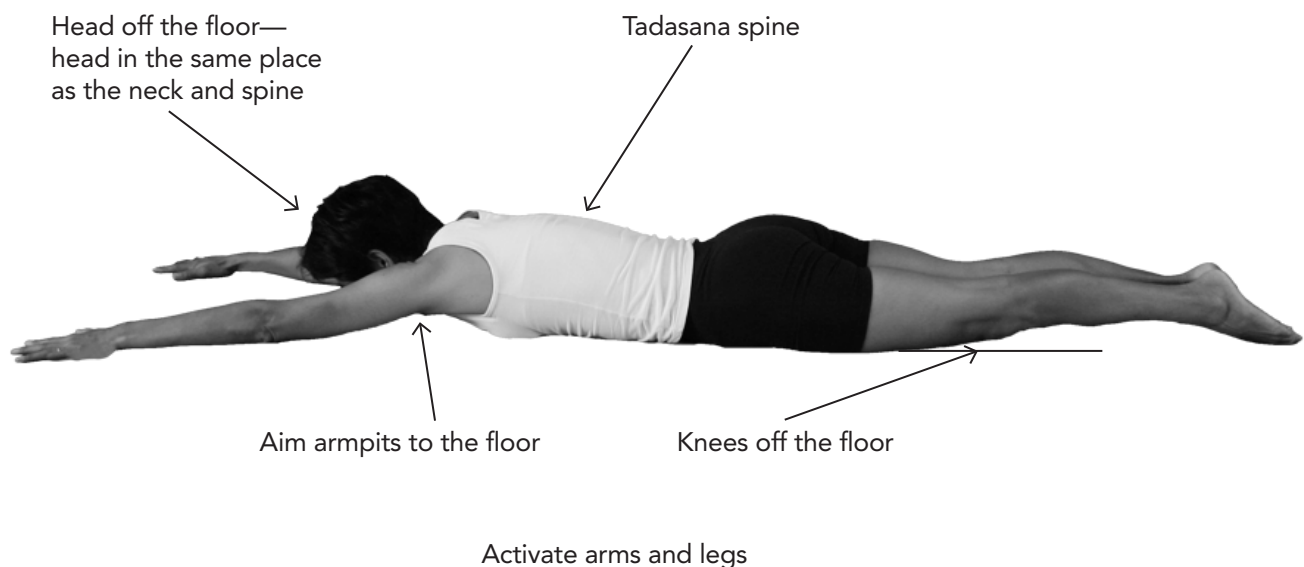
Note: Pay special attention to the inner arms so the base of each finger and thumb are in the same plane. The legs are activated so the balls and heels of the feet are in the same plane.

**SUPTA URDHVA HASTASANA IS THE HUB POSITION
FOR ALL SUPINE POSTURES**



Adho Mukha Urdhva Hastasana

Prone Hands Above the Head



**ADHO MUKHA URDHVA HASTASANA IS THE HUB POSITION
FOR ALL PRONE POSTURES**

level 3 • practice series:

level 3 foundation





Level 3 Foundation

Symbols:



Inhale (breathe in)



Exhale (breathe out)



Take 5 breaths in this pose



Level 3 Foundation

Bhumi Namaskar Earth Salutation



Each position
5x, 8x, 10x breaths



Virasana distance feet, earth heaven extension, shoulder width apart hands, the triceps muscles support the arms. Release the quadriceps, bend the knees, squat.



Hold the mat and push it away place the heels down as far away from the toe bases as possible.



Second toe in line with the centre of the heel, inner ankles in line with the outer hips, triceps against the inner calf muscles, isometric.



Shoulder width apart hands, activated arms. Heels high, knees facing up and back each side of the body. No weight on the hands, they are for balance.



Knees together at the same time on the floor, sit in between the feet towards the floor.



Virasana – front ankles down, second toe in line with the centre of the heel.





Level 3 Foundation



Each position
5x, 8x, 10x breaths



Weight evenly distributed between hands and feet, spine perpendicular to the floor. Tall waist, ribs in line with the pelvis.



Sitting bones on the mat. Weight evenly distributed on feet and sitting bones.



Activated legs, Dandasana spine fingertips reaching to the floor, or hasta bandha hands, depending on body proportions.



Place the finger tips on the outside of the feet (no weight). Some may have upper arms below and in front of the knees (body proportions). Spine and femur parallel to the ground.



Bring activated arms back shoulder width apart.



Swing the body up, arms behind the ears, keep the thighs down, parallel to the floor femur bones.



Stand up, finger tips reaching for the ceiling then bring arms down to the side and finish in Tadasana.



Level 3 Foundation

Surya Namaskar

Sun Salutations

A warm-up
Vinyasa-linking
sequence



0 Tadasana



1 Urdhva Hastasana



2 Uttanasana



3 Ardha Uttanasana



4 Adho Mukha
Svanasana



5 Urdhva Mukha
Svanasana



6 Chaturanga
Dandasana



7 Urdhva Mukha
Svanasana



8 Adho Mukha
Svanasana



9 Ardha Uttanasana



10 Uttanasana



11 Urdhva Hastasana



12 Tadasana





Surya Namaskar/Sun Salutations

	Sanskrit	English	Breath	Drishti
0	Tadasana	Mountain	Exhale	Straight
1	Urdhva Hastasana	Upward Hands	Inhale	Beyond Thumbs
2	Uttanasana	Standing Forward Bend	Exhale	Tose
3	Ardha Uttanasana	Half Standing Forward Bend	Inhale	Forehead
4	Adho Mukha Svanasana	Downward Facing Dog	Exhale	Nose
5	Urdhva Mukha Svanasana	Upward Facing Dog	Inhale	Forehead
6	Chaturanga Dandasana	Low Plank	Exhale	Floor
7	Urdhva Mukha Svanasana	Upward Facing Dog	Inhale	Forehead
8	Adho Mukha Svanasana	Downward Facing Dog	Exhale	Nose
9	Ardha Uttanasana	Half Standing Forward Bend	Inhale	Forehead
10	Uttanasana	Standing Forward Bend	Exhale	Nose
11	Urdhva Hastasana	Upward Hands	Inhale	Beyond Thumbs
12	Tadasana	Mountain	Exhale	Straight

The 12 movements represent the 12 signs of the zodiac or solar cycle.

There are 6 Inhalations and 6 Exhalations = 12 breaths.

General rule:

Inhale when moving away from the earth. Exhale when moving towards the earth.



Level 3 Foundation

Surya Namaskar/Sun Salutations

- Establish *Ujjayi Pranayama* with the first breath.
- The breath is kept even throughout the Sun Salutations (and practice).
- Inhalation, Pause, Exhalation, Pause (4 parts to each breath).
- The Inhalations and Exhalations are the same length and volume.
- The 2 Pauses are the same length.
- The breath sets the rhythm.
- The movements exactly match the breath.
- Move smoothly, fluidly, gracefully and quietly.
- Establish *Mula Bandha* and *Uddiyana Bandha* (minor).
- Establish *Hasta Bandha* and *Pada Bandha*.

Complete sufficient rounds of the Sun Salutation to:

- Warm up the body.
- Synchronise the movement with the breath.
- Establish the *Bandhas*.
- Internalise the mind.

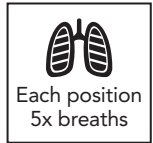
For home practice: a minimum of 5 rounds.



Level 3 Foundation

Advadanta Sirsasana 1, 2 & 3

Dolphin Pose 1, 2 & 3



Dolphin 1

Dolphin 2
Chin to Thumbs 5x

Dolphin 1

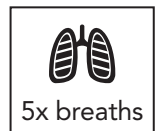
Dolphin 3
Chest to Thumbs 5x

Dolphin 1

Intertwine the fingers, powerpoint on the floor, inner wrist on the inside of the outer wrist, the wrists are like struts. Make sure the skin and the muscles of the lower arms are on the outside of the bones of the arm. The ulna is on the floor right to the point of the elbow and scissors in. Work from the waist to the soles of the feet. High heels over the toes. Activate the legs. Push back the head of the femur bone. Head off the floor.

Balasana

Child Pose



Check Mula and Uddiyana Bandhas are activated



Because of the pressure of the ribs on the thighs, we can be more aware of the lungs and the back body.



Level 3 Foundation

Vrksasana

Tree Pose

Repeat on the other side



5x breaths



Space between the heels.



Dorsiflex foot.



The heel slightly forward of the toes on the adductor muscles. Scissor the right leg inwards, so that the head of the femur, knee and ankle bone are all in alignment.



Bear the weight evenly through the whole foot.



Straight arms behind the ears, head in line with the spine.



Level 3 Foundation

Utthita Trikonasana

Extended Triangle Pose



5x breaths



Distribute weight evenly on both feet. Activate the legs and arms. Scissor the feet and legs.

Lift the left heel slightly, place the heel down. Turn the right leg to the right from the hip socket.

Keep your spine long and both sides of the body the same length. Work the quadriceps. Repeat on the other side.

Activate the legs and arms.

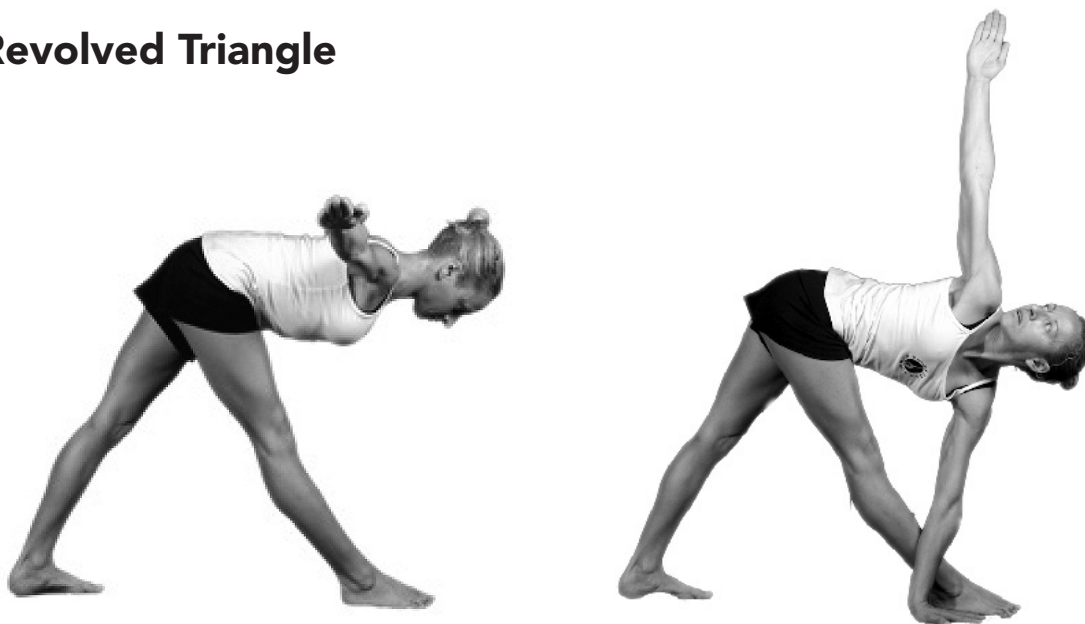
In all standing postures the weight is evenly distributed on both feet. Repeat the posture to both sides.

Parivrtta Trikonasana

Revolved Triangle



5x breaths



Scissor the feet, pull the right hip back, left hip forward. Weight is evenly balanced over both feet, pelvis stays square and level.

Twist in the waist. Bring the left chest forward right chest back. Keep the head on a long neck in line with the spine. The body is all in the same plane.



Level 3 Foundation

Virabhadrasana 1

Warrior 1



5x breaths



Weight on both feet and legs evenly. Right hip back, left hip forward, hips square to the front.



Activate your legs and arms. Heel of the back leg on the floor. Hips square to the front. Repeat on the other side.



Thigh parallel to the floor, 90 degree angle to the shin. Left leg straight, left knee up to the ceiling, heel on the floor. Repeat on the other side.

Virabhadrasana 2

Warrior 2



Weight evenly distributed on both feet and legs. Activate your arms – Inner deltoid to the outer deltoid & triceps support the arms from underneath. Activate your quadriceps.



Release the quadriceps, bend the knee, activate the quadriceps and track the knee out in line with the hip and ankle.



Repeat on the other side.



Prasarita Padottanasana 1

Wide Leg 1



5x breaths



Scissor the feet and legs, weight bear evenly, Tadasana body.



Stand in the legs, lift the chest towards the ceiling, chin towards the body, column neck, breathe in, lift the collarbones and the sternum, bring the head back on a long neck.



Activated legs, distribute the weight over the insteps, long spine, head on a long neck. Heels of the hands in the root of the legs.



Place the hands shoulder width apart in line with the insteps, straight arms, inner elbows forward, draw the spine in – look up.



Bring the head down on the line between your insteps. Bring the hands back in line with the edge of the mat, scissor the elbows, keep at right angles, lift the shoulders, place the head on the floor.



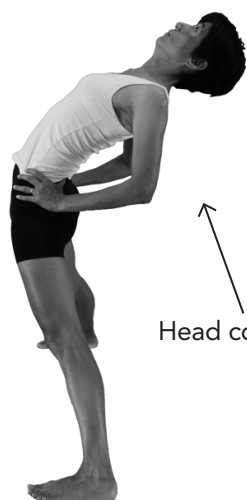
Place the hands shoulder width apart in line with the insteps, straight arms, inner elbows forward, draw the spine in – look up.



Activated legs, distribute the weight over the insteps, long spine, head on a long neck. Heels of the hands in the root of the legs.



Level 3 Foundation



Head comes back last.



Scissor the feet and legs.



Stand in the legs, lift the chest towards the ceiling, chin towards the body, breath in, lift the collarbones and the sternum, bring the head back on a long neck.



Hands – hasta bandha, the heels of the palms on the floor, shoulder width apart. Activate legs.



Aim the head towards the floor. Push sitting bones towards the ceiling.



Activated legs, distribute the weight over the insteps, long spine, head on a long neck.



Level 3 Foundation

Prasarita Padottanasana 2

Wide Leg 2



5x breaths



Scissor the feet and legs, Tadasana spine.



Roll the inner shoulder to the outer shoulder, extend the arms down, intertwine the fingers, keep the heels of the hands together.



Straight arms, bring the back ribs into the arms.



Place the head on the floor, bring the arms over the top so the hands are on the floor.



Straight arms, bring the back ribs into the arms.



Roll the inner shoulder to the outer shoulder, extend the arms down, intertwine the fingers, keep the heels of the hands together.



Scissor the feet and legs.

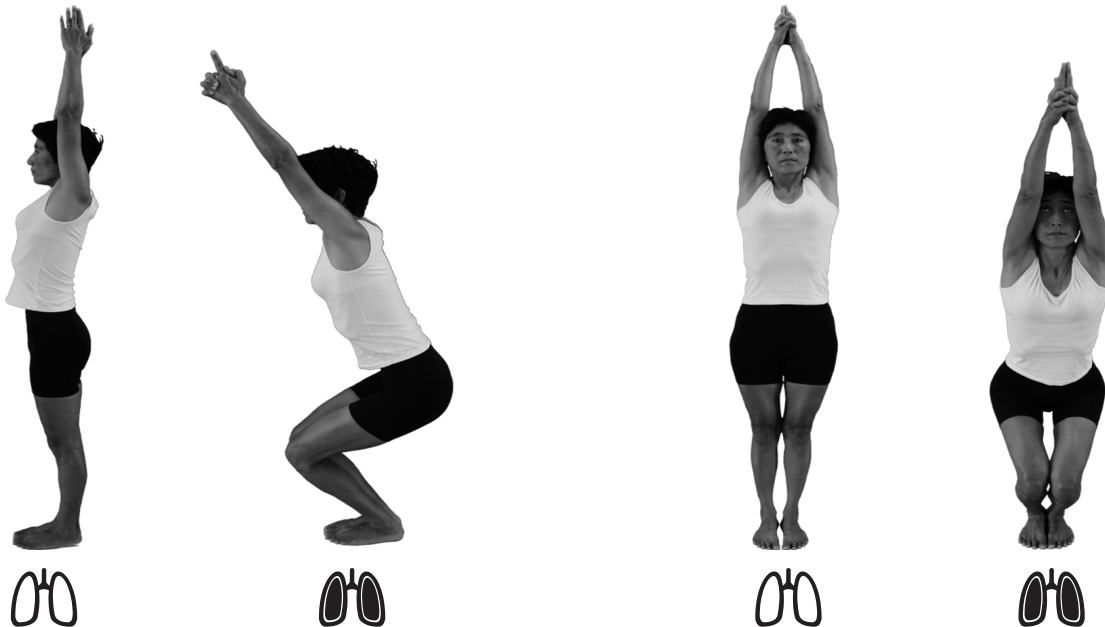




Level 3 Foundation

Utkatasana

Fierce Pose



Bring your straight arms behind your ears. Keep your head in line with the spine. Bend the ankles, knees and hips, scissor, work the inner legs, keep your Tadasana back. 5 breaths low squat, 5 breaths high squat.

Uttanasana

Standing Forward Bend



Exhale. Fold down slowly. Push back the head of the femur bones. Activate the quadriceps.



Touch your body sequentially along your legs. Head down towards the feet. Weight bear over your insteps.





Level 3 Foundation

Chaturanga Dandasana

Low Plank Pose



25% of the weight on each foot and hand.



Roll your front shoulder to the back, head on a long neck, drishti down to the floor. Tone the buttocks, push back the heels, so they are over the toes. Distribute your weight evenly between feet and hands.



Activate muscles in legs and arms. Keep your elbows close to the body, triceps and body all in the same plane.

Bakasana

Crane



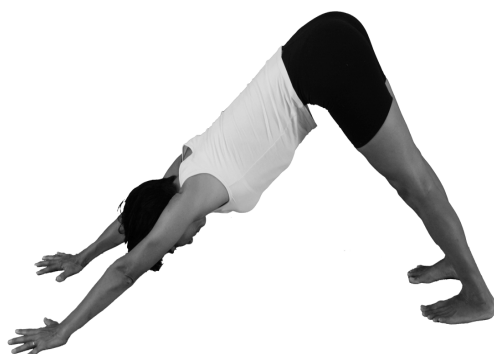
Place the knees in between the triceps muscles on the humerus, feet together, transfer the weight from the hands and feet to the hands by tilting the hips up above the shoulders. Drishti is up.



5x breaths

Adho Mukha Svanasana

Downward Face Dog



Bear weight evenly. Activate the hands and feet, arms and legs in order to lengthen and lift the spine. Sitting bones towards the ceiling/wall join.



5x breaths



Level 3 Foundation

Paschimottanasana

Western Stretch 1, 2 & 3

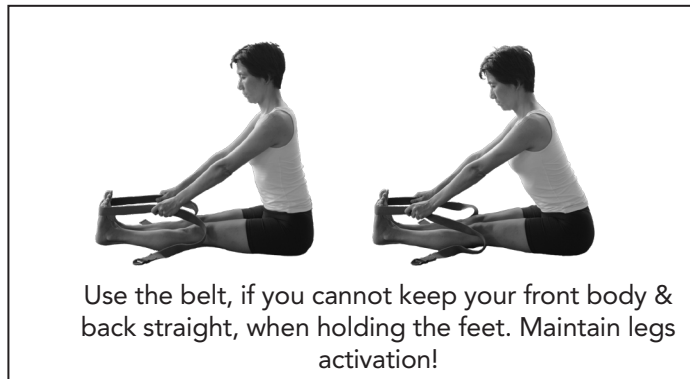


Hinge forward
from the sitting
bones, hands each
side of the knee.



Sit on the front of sitting bones, forward movement from sitting bones, hasta bandha hands, push down and back, one breath at the knees, one breath at the ankles

Hold big toes, 5X
breaths pistol grip.
Keep front body long.



Use the belt, if you cannot keep your front body & back straight, when holding the feet. Maintain legs activation!



Hold right wrist across
the ball of the foot.



Hold right wrist across
the heel on floor.



Hold left wrist across
the ball of the foot.



Hands each side of the ankle.



Hands each side of the knee.



Balls of the feet in line with the heels.



Level 3 Foundation

Janu Sirsasana 1

Head of Knee Pose 1

Push the knee back behind the hip, nose, navel in line with the inside of the right leg, hinge out from sitting bones, hands each side of the knee, hands each side of the ankle, take hold with both hands at the same time, every finger involved.



Hands each side of the knee, hands each side of the ankle.



Both hands at the same time. Hold the foot across the ball of the foot. Head is on a long neck in line with the spine.



Hold the left wrist with the right hand across the ball of the foot. Bring the hands down to the heel on the floor, keep the leg straight.



Hold left wrist across the heel on floor.



Hold left wrist across the ball of the foot.



Hands each side of the ankle.



Hands each side of the knee.



Dandasana – Hub Pose



Janu Sirsasana 2

Head of Knee Pose 2

Bring the left leg in – plantar flex the foot, left sitting bone on the heel, anus on the instep, right sitting bone on the ball of the foot.



Dandasana – Hub Pose



Hands each side of the knee, hands each side of the ankle.



Both hands at the same time. Hold the foot across the ball of the foot. Head is on a long neck in line with the spine.



Hold the left wrist with the right hand across the ball of the foot. Bring the hands down to the heel on the floor, keep the leg straight.



Hold left wrist across the heel on floor.



Hold left wrist across the ball of the foot.



Hands each side of the ankle.



Hands each side of the knee.



Dandasana – Hub Pose



Purvottanasana 2

Eastern Stretch



Bring the hands hasta bandha shoulder width apart, hand distance away from the sitting bones, activate the back body, lift the hips, place the together feet on the floor. Breathe in, lift the chest, broaden the collarbones, bring the head back last on a long column neck. Come back to Dandasana, head last.

Adho Mukha Sukhasana

Downward Face Easy Pose



Bear weight evenly. Hasta bandha hands, shoulder width apart, extend out, aim the armpits to the floor, head on a long column neck, upper arms extend away, palms and what is facing the floor is pulling back to increase pelvic rotation.

Baddha Konasana

Bound Angle Pose



Bring both feet back at the same time and sit above the feet. Push the feet towards each other and side of the feet into the floor. As you sit onto the floor in control, gently place the sitting bones on the floor, lift the iliac crests. Intertwine the fingers underneath the insteps. Push the feet back to the floor. Breathe in – knees out to the side, breathe out – knees down to the floor, ratchet movement. Make a hollow in the small of your back.



Level 3 Foundation

Adho Mukha Baddha Konasana



5x breaths

Downward Face Bound Angle Pose



Bring the feet your hand distance away from the pubis, open the feet like a book, thumbs on top, fingers underneath and hinge forward, extend out from the sitting bones. Pubis, stomach, ribs, chest, forehead on the ground. Breathe in, lift up slightly, stretch your front body, place the chin on the ground. Draw the spine in.

Parvatasana in Virasana

Hands Over Head Hero Pose



Bring the legs into Virasana through Bhumi or Surya Namaskar. Intertwine the fingers, thumbs touching each other, extend the arms, hands towards the knees, inner elbows forward. Hands and arms at sternum height.

Hands and arms straight up behind the ears. Head on a column neck. Fold neck forward from C7, lift the chest, extend arms up and back.

Adho Mukha Virasana

Downward Face Hero Pose



Bring the knees ribcage width apart. Fold forward. Shoulder width apart hasta bandha hands. Extend upper arm away and pulling what is facing the floor back towards the pelvis to get more rotation. Pubis on the floor, head off the floor.



Level 3 Foundation

Ardha Jathara Parivartanasana

Half Cross



5x breaths



Extend the arms up behind the head, palms facing forwards, stomach and thigh muscles, bring the spine to the ground vertebrae by vertebrae, the hands are each side of the hips, palms down, turn the palms up, bring the arms up to 90 degrees, bring the arms up to the side, wrist, elbow, shoulder all in the same plane, bend the knees, bring the knees to your chest, Tadasana feet, heels to your sitting bones.



Keep the legs and feet together, breathe in, breathe out – bring the knees just above and towards the right elbow, from the beginning bring the right leg in, extend the left leg, so that the knees and feet will be even. Breathe in, come up and repeat to the other side. Hold each side for 5 breaths. Keep opposite shoulder blade and ear on the floor.



One breath/One Movement.

Exhale – bring legs to the right, inhale – bring legs to the centre. Exhale – bring legs to the left, inhale – bring legs to the centre. 5 times to each side. One breath = one movement.



Level 3 Foundation

Mudrasana

Crunches



5x breaths



Bend the knees up, bring the thumbs behind the occipital protuberance (the bumpiest part of the head), elbows wide to the sides, move on 7 exhalations – breathe in, hold still, breathe out move. Nose to the knees, knees to the nose. Hold 5 breaths. Breathe in, breathe out – bring the right temple to left knee 5 breaths, head to the centre 5 breaths, head to the other side 5 breaths, head to the centre 5 breaths, take 7 exhalations to come down.



Level 3 Foundation

Ardha Matsyendrasana 1

Half Lord of the Fishes 1



5x breaths



Bring the right leg in, the knee in line with the centerline on the mat, bend the left knee, Tadasana foot, toes in line with the right knee. Push the left sitting bone forward and down.



Soften in the waist, twist towards the left, navel, chest facing the left, then bring the arms into play.



Push the right arm against the outside of the left thigh, extend the hand, close the gap, roll the inner shoulder to the outer shoulder, bring the right arm through the gap by the left knee, bring the left arm behind you, roll the inner shoulder to the outer shoulder, bring the humerus low, turn only the elbow, hold the left wrist with the right hand, roll the thumbs down to the floor.



5 breaths looking over to the left, 5 breaths looking over to the right & 5 breaths looking to the left again.

Come out through the stages and repeat on the other side. Keep the right leg activated and grounded.



Push the left arm against the outside of the right thigh, extend the left hand, close the gap between the body and the leg, roll the inner shoulder to the outer shoulder, bring the left arm through the gap under the right knee, bring the right arm behind you, roll the inner shoulder to the outer shoulder, bring the humerus low, turn only the elbow, hold the right wrist with the left hand, roll the thumbs down to the floor, push the arms away.



Come out through the stages.



Level 3 Foundation

Malasana 1

Garland 1



5x breaths

Side View



Tadasana together feet, separate the knees, fold forward, squeeze the legs onto the side body. Sitting bones off the floor. Bring the forearms to the ground.

Front View



Head off the floor, keep arms low.



Tadasana together feet, separate the knees, fold forward, squeeze the legs onto the side body. Sitting bones off the floor. Bring the forearms to the ground.



Bring the arms as low towards the ankles as possible over the thighs and back waist, hold a wrist, or interlock the fingers.



Use belt, if you cannot reach.



Bring the arms as low towards the ankles as possible over the thighs and back waist, hold a wrist, or interlock the fingers.

Malasana 2

Garland 2

Side View



Front View



Lift the hips, so you can curl the back of the head onto the feet. Keep Ujjayi breathing, elbows off the floor, place the head on the feet as you bring the hips down. Squeeze the body with the legs.



Bhujangasana

Cobra Pose



Lift the knees, place them down, long shins, come up on all fours, bring the ankle bones together and maintain the work in your lower inner legs so they stay together.



Long femur bones, bring pubis on the floor, bend your elbows, work your spinus erectus, drop the shoulders away from the ears (no weight on the shoulders), hasta bandha hands push back towards the feet, coil the chest forward.

Extend your arms above your head, place the armpit-chest area onto the floor. Head off the floor. Look straight down. Extend the head on a long neck. Tone the buttocks, lift the iliac crests. Knees off the floor.



Engage your spinus erectus muscles to bring your hands back, thumbs level with the nipples. Legs engaged, feet and front ankles on the floor, knees off the floor. Drishti back over the eyebrows. Low pose, skin above the navel touches the floor.



Hasta bandha hands to the floor, push down and pull back, push the chest forward and up, drop the shoulders down, wide apart collarbones, points of the shoulders and shoulder blades. High position pubis still on the floor, coil the spine.





Level 3 Foundation

Salamba Salabhasana

Supported Locust Pose



Bring the hasta bandha hands on long straight arms under the body onto the floor. Palms down, little fingers touching, or intertwine the fingers, thumbs on the floor, straight arms. Extend the neck, place the chin on the floor, open the chest and bring the legs up high. Separate the legs, come higher, keep them high – bring them together. Slowly straight legs place the feet on the ground.

Dhanurasana & Parsva Dhanurasana

Bow Pose & Side Bow



Tone the buttocks, lift the iliac crests, bring your legs up, big toes touching, spinus erectus muscles lift the chest, bring the straight arms back, hold on to the legs above the ankle bones, both hands at the same time. Push the calf muscles away from the thighs, lift the feet, toes together. Be on your ribs and your hips. Head in the centre, look up over the eyebrows. Look down to the right, the more your body is in Dhanurasana – creating a wheel, the easier it is to roll onto the right. Head in the centre, look up over the eyebrows. Breathe in, come up and repeat on the other side.

Urdhva Mukha Svanasana

Upward Face Dog Pose



From Chaturanga Dandasana drishti back over the eyebrows, hasta bandha hands on the floor – straight arms, push the chest forward between the pillars of the arms, coil the spine. Head back on a long neck.



Level 3 Foundation

Makarasana

Crocodile



Stretch out incrementally the usual way from vajrasana.



Drishti is up, come up (spinus erectus muscles) hands, arms, head, chest, roll the inner deltoid to the outer.



Bring the hands back close to the body and place them shoulder width apart on the mat.




Lift the legs up straight, together at the same time.



Bend the knees, dorsiflex the feet and bring the thighs off the floor.



 Bring the hands up thumbs on the occipital protuberance, head on the hands, hands on the head, isometric and bring the elbows, shoulder width apart up in a big circle, dorsiflex the feet, 5 breaths. Drishti is up over the eyebrows.



 Plantar flex the feet, 5 breaths Drishti is up over the eyebrows.



Another version, straight legs, in plantar flexion make sure the backs of the knees are extended. Be on your hips and ribs. Keep lifting up. Drishti is up over the eyebrows.



To show body position, armpits to the floor, head in line with the spine off the floor, hands are above the head because the elbows are shoulder width apart.



Level 3 Foundation

Urdhva Dhanurasana

Upward Bow



Lie down, bring the heels close to the buttocks, hip width apart. Extend the straight arms, palms up, above the head and onto the floor. Bend the elbows, hands shoulder width apart, index finger knuckle under the outer point of the shoulder, lengthen the spine. Co-contract the arms and legs, breathe in, breathe out, straighten the arms and legs.



Spiralic action in navel. Push the chest forwards, wrists, elbows, shoulders and sternum in the same plane, 5 breaths. 5 breaths looking back towards the feet, 5 breaths looking at the end of the mat. 5 breaths looking up to the ceiling, 5 breaths looking back to the heels. Come down slowly, place the bridge of the nose on the floor, scissor hands and elbows, lift the shoulders, push the chest forward, 5 breaths.



Repeat the sequence 2 times. Come out of the pose, maintain the heels on the floor bend the elbows, long spine, lengthen top of the spine, place the back of the head on the floor. Lengthen the spine, sacrum away from the head towards the feet, long spine, place sacrum plate as far away from the shoulders as possible.



Salamba Sarvangasana 1

Shoulder-stand 1



Stomach and thigh muscles, come down to the floor, hands each side of the hips, open the thoracic spine, column neck.



Bring the hips high over the shoulders, straight legs at a 45 degree angle to the floor, dorsiflex feet. Push the head of the femur bones up as you bring the feet down to Halasana. Face the palms to the ceiling, bring the straight arms up at the same time beside your body, walk the shoulders back away from the ears, bring the hands down – intertwine the little fingers, extend the arms back, keep the triceps on the floor to the points of your elbows. Support your back, fingers meet on the spine. The fingers are across the intercostal muscles between the ribs.



Support your back, fingers meet on the spine. The fingers are across the intercostal muscles between the ribs.



Level 3 Foundation

Halasana

Shoulder-stand 1 & Plow Pose



25x breaths



Distribute the weight evenly on the head, shoulder, feet, triceps muscles, right to the points of the elbows and the feet. Quadriceps push back the head of the femur bone. Straight legs. Heels over the toes perpendicular to the floor feet.



Push the head of the femur bone back, bring both legs up, ankles, knees, hips, shoulders all on the same plane, dorsiflex feet, hang down the front, extend up the back, diaphragm soft, toned buttocks. Lift the iliac crests. Hold for 25 breaths. Dorsiflex 5 breaths, Plantar flex 5 breaths – keep the extension at the back of the knees.



Level 3 Foundation

Karnapidasana

Deaf Ear Pose



5x breaths



Keep the feet together to access the inner legs, bend the knees each side of your ears and the shoulders, onto the floor, squeeze the head, pull the head away from the body. Dorsiflex 5 breaths, plantar flex 5 breaths.



Bring the thenar-mound into the hollow between the ankle and the heel, bend your fingers onto your heels, keep your toes in line with your heels, bring your feet as far of the ground as your sacrum plate, straight legs, draw the legs into your body – extend the body out over the legs.



Bring the hands up shoulder with apart above the head, column neck, stomach and thigh muscles, bring the sacrum plate to the floor, ankles, knees, hips all in the same plane, bring the outer ankles towards the floor – 5 breaths, bring the feet together – stomach and thigh muscles, bring the feet to the ground. Stomach and thigh muscles, smoothly come up into Paschimottanasana.



Level 3 Foundation

Matsyasana in Sukhasana

Fish in Easy Pose



5x breaths



Through the Bhumi or Surya Namaskar come into Sukhasana. Bring the hands shoulder width apart behind you. Come onto both elbows at the same time, stomach muscles, lift your chest, bring your elbows out of the way, place your head on the floor.

Savasana

15 Minutes Relaxation

Corpse Pose



We allow the body/mind, on a cellular level, to absorb the information of the practice, process it and benefit from it to the maximum. Let go of the breath, bandhas and body. Let each point of contact with the mat feel heavy and yet you are light inside.

Feel that you are on level ground. If one side feels "uphill", that side is more tense than the "downhill" feeling side. Subtly, let go internally. Savasana is a posture of complete surrender.

Relax, particularly the face, throat and stomach. When these three key areas are relaxed, it is easy to follow with any other point of tension you may have in the body/mind. If you have thoughts running through your mind, let them go. Neither push them away, nor hang on to them. Bring your mind back to the breath and travel with the conscious awareness holographically through the body.

Observe the sensations and remain equanimous. If you have tension or discomfort, or any healing to take place, we can use this time to breathe in to that knot of tension, unravel the knot, let it spread, become weaker and weaker, until it disappears; let it go on the exhalation.

Allow five minutes for every half-hour practice.



Notes



Notes

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