

KNOFF YOGA

START YOUR YOGA PRACTICE

DISCOVERY - LEVEL 1 PRACTICE SERIES





Contents

Pranayama Syllabus

Pranayama Syllabus – Level 1 Discovery	4
Asana Syllabus – Level 1	9

Hub Positions

Tadasana	15
Trikonasana	16
Adho Mukha Svanasana	17
Dandasana	18
Supta Urdhva Hastasana	19
Adho Mukha Urdhva Hastasana	20

Level 1 Discovery

Symbols	22
Bhumi Namaskar	23
Surya Namaskar	25
Advadanta Sirsasana	28
Balasana	28
Tadasana	29
Parsva Tadasana	30
Parsva Trikonasana	30
Utthita Parsvakonasana	31
Parivrtta Parsvakonasana	32
Uttanasana	33
Ardha Chaturanga Dandasana	34
Adho Mukha Svanasana	34
Dandasana	34
Paschimottanasana	35
Purvottanasana 1	36
Sukhasana	36
Baddha Konasana & Virasana	36
Eka Pada Urdhva Prasarita Padasana	37
Supta Parivrtta Merudandasana	38
Marjariasana	38
Advadanta Bhujangasana	39
Ardha Bhujangasana	39
Salabhasana	40
Setu Bandhasana	40
Salamba Sarvangasana	41
Matsyasana	41
Savasana	42



Pranayama Syllabus

In the Level 1 Discovery Program, you will learn two Pranayama Techniques:

Yogic Full Breath

The Yogic Full Breath is a continuous breath and we use 2 lungs, one on each side, and 3 sections of the lungs:

- Lower
- Middle
- Upper

The lungs are contained in the ribcage and start at the lowest ribs and finish at the collar bones. Each of these sections is approximately one hand width (thumb to little finger wide).

These sections are also called:

- Diaphragmatic
- Thoracic
- Clavicular

The Yogic Full Breath implies the full use of both lungs. The average person has approximately 5 litres lung capacity. The average breath is half a litre. We barely breathe enough to stay alive much less be filled with vitality.

On the inhalation we draw the breath deliberately down into the lower lobes of the lungs, then into the middle lobes and then into the upper lobes. This is a continuous breath and is evenly spread throughout the lungs.

The Yogic Full Breath consists of 4 parts:

- Inhalation
- Pause
- Exhalation
- Pause



Pranayama Syllabus

After the inhalation there is a distinct pause. Treat this like pushing in the clutch of a car to change gears, that is, make a smooth transition. On the exhalation we again start from the lower lobes of the lungs and work our way upwards.

At the end of the exhalation there is another distinct pause.

Therefore the sequence goes:

- Inhalation (lower, middle and upper)
- Pause (transitional breath)
- Exhalation (lower, middle and upper)
- Pause (transitional breath)

Use these images to help you implement the correct breath sequencing:

Inhalation – imagine a bucket being filled with water, from the bottom to the top.

Exhalation – imagine a near empty toothpaste tube being emptied by squeezing from the bottom to the top.

The 4 parts of the Yogic Full Breath make up one breath cycle. The intention is to expand the breath so the inhalation and exhalation are lengthened to your comfortable maximum, that is, as much breath as you can take without straining. Stay in your comfort zone!

The pauses are kept to around 1 to 2 seconds in duration. At the start of learning this Pranayama the pause will be closer to 1 second and as you learn to expand the breath, the pause will expand with it.

When you start the Yogic Full Breath go slowly and take your time. Use 5 or 6 rounds of the breath to come up to your comfortable maximum. Once you are there then the next step is to bring the breath into balance.

Balance simply means that the length of the inhalation and exhalation match and the length of the two pauses match.



Pranayama Syllabus

For Example:

Inhalation = 5 seconds, Pause = 1 second, Exhalation = 5 seconds, Pause = 1 second each.

This example = a 12 second breath cycle (5 + 1 + 5 + 1 = 12). 5 of these breaths = 1 minute or 60 seconds (5 x 12 = 60).

A useful home practice is to sit in front of a clock with a second hand and see if you can exactly match 5 breaths to 1 minute, and then bring this rhythm into your practice.

When inhaling expand the lungs as if they are balloons, that is, breathe to the front, sides, back, top and bottom. Breathe circumferentially!

We actually have 3 sections on the right side of the chest and only 2 on the left because of the space taken up by the heart. For the purpose of these techniques we work as if we have 3 sections on both sides.

The purpose of the Yogic Full Breath is to increase the supply of oxygen, enhance the removal of carbon dioxide and other toxins, and to shift the autonomic nervous system over to the parasympathetic side of the spectrum. The parasympathetic side = the Relaxation Response. The Yogic Full Breath allows us to work strongly in our practice, but still remain calm and finish feeling relaxed.

The opposite side of the parasympathetic is called the sympathetic = the Flight or Fight Response. Because of constant stress in our lives and environment, most people are continuously in the Flight or Fight Response which is corrosive to the body and exhausting to the mind.



Pranayama Syllabus

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.



Pranayama Syllabus

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

Inhalation = "So"

Exhalation = "Ham"

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 bandha and keep it constant until you lie down in relaxation. In relaxation we completely release the bandhas and the breath, allow it to become a normal uncontrolled breath.



Pranayama Syllabus

LEVEL 1 DISCOVERY

PRANAYAMA	NUMBER OF BREATHS	TIMING
Yogic Full Breath	10	Expand breath on both sides (inhalation and exhalation to comfortable maximum)
4 Parts: ~Inhalation ~Pause ~Exhalation ~Pause		Ratio 1:1
Bring breath into balance, ie. the length of the inhalation and exhalation match, and the 2 pauses match		Lower Section 1/3rd (diaphragmatic) Middle Section 1/3rd (thoracic) Upper Section 1/3rd (clavicular)

PRANAYAMA	NUMBER OF BREATHS	TIMING
Ujjayi Pranayama	10	Expand breath on both sides (inhalation and exhalation to comfortable maximum)
Same as Yogic Full Breath with the addition of a slight constriction in the glottis (voicebox)		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!)		

Ujjayi Pranayama = Base Breath

Base Breath	Inhalation	5 Seconds
	Pause	1 Second
	Exhalation	5 Seconds
	Pause	1 Second

Total = 12 Seconds

5 Base Breaths = 60 seconds or 1 minute



LEVEL 1 DISCOVERY

Sanskrit		English
Earth Salutation		
1	Bhumi Namaskar	Earth Salutation
Sun Salutation		
1	Surya Namaskar 1	Sun Salutation 1
Inverted Poses (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Balasana	Child
Standing Poses		
1	Tadasana	Mountain
2	Parsva Tadasana	Side Mountain
3	Parsva Trikonasana	Side Triangle
4	Utthita Parsvakonasana	Extended Side Angle
5	Parivrtta Parsvakonasana	Revolved Side Angle
6	Uttanasana	Standing Forward Bend
Arm Balancings		
1	Ardha Chaturanga Dandasana	High Plank
Forward Bends		
1	Adho Mukha Svanasana	Downward Facing Dog
2	Dandasana	Staff
3	Paschimottanasana 1	Western Stretch 1
4	Purvottanasana 1	Eastern Stretch 1



LEVEL 1 DISCOVERY

Sanskrit		English
Sitting Poses		
1	Sukhasana	Easy
2	Baddha Konasana	Bound Angle
3	Virasana	Hero
Abdominals		
1	Eka Pada Urdhva Prasarita Padasana	Single leg Lifts
Twists		
1	Supta Parivrtta Merudandasana	Supine Spinal Twist
Backbends		
1	Gosasana/Marjariasana	Cow/Cat
2	Advadanta Bhujangasana	Sphinx
3	Ardha Bhujangasana	Half Cobra
4	Salabhasana	Locust
5	Setu Bandhasana 1	Bridge 1
Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulder Stand 1
2	Matsyasana	Fish
Relaxation		
1	Savasana	Corpse

level 1 • 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.

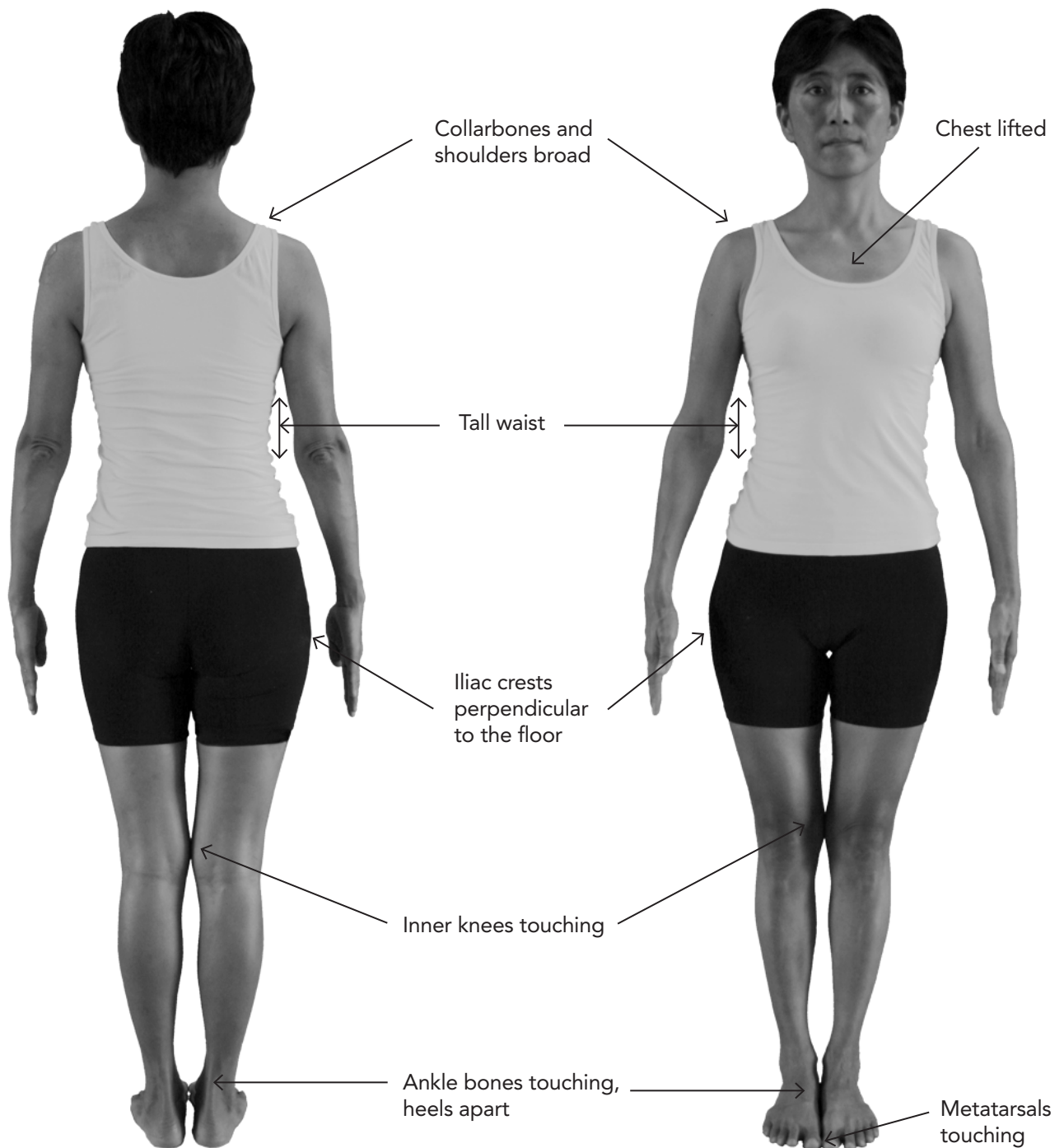


Tadasana

Mountain Pose

Extend up through the spine
and the crown of the head

Activated arms and hands
hanging from the collarbones

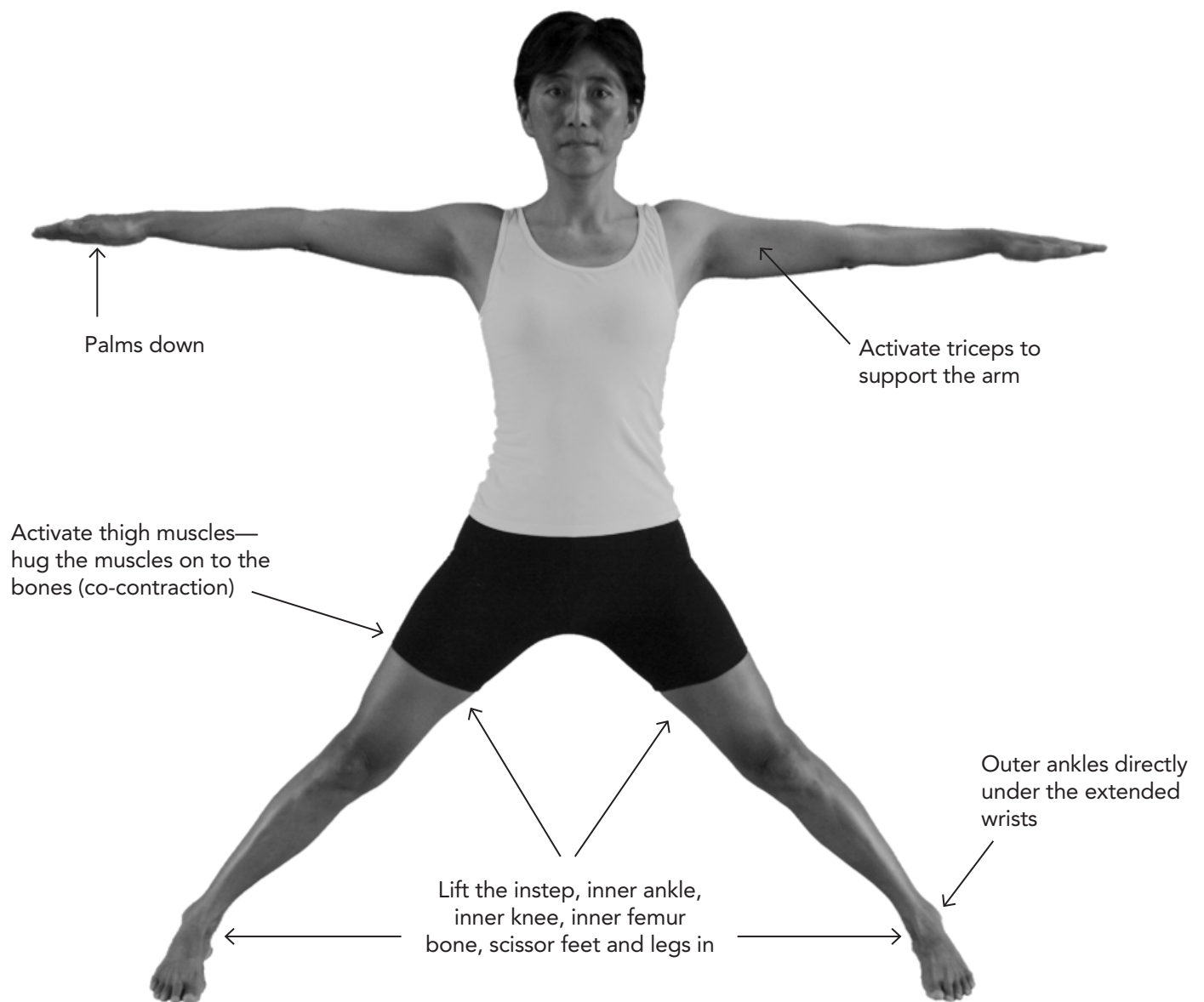


TADASANA IS THE HUB POSITION FOR ALL STANDING POSTURES



Trikonasana

Triangle Pose

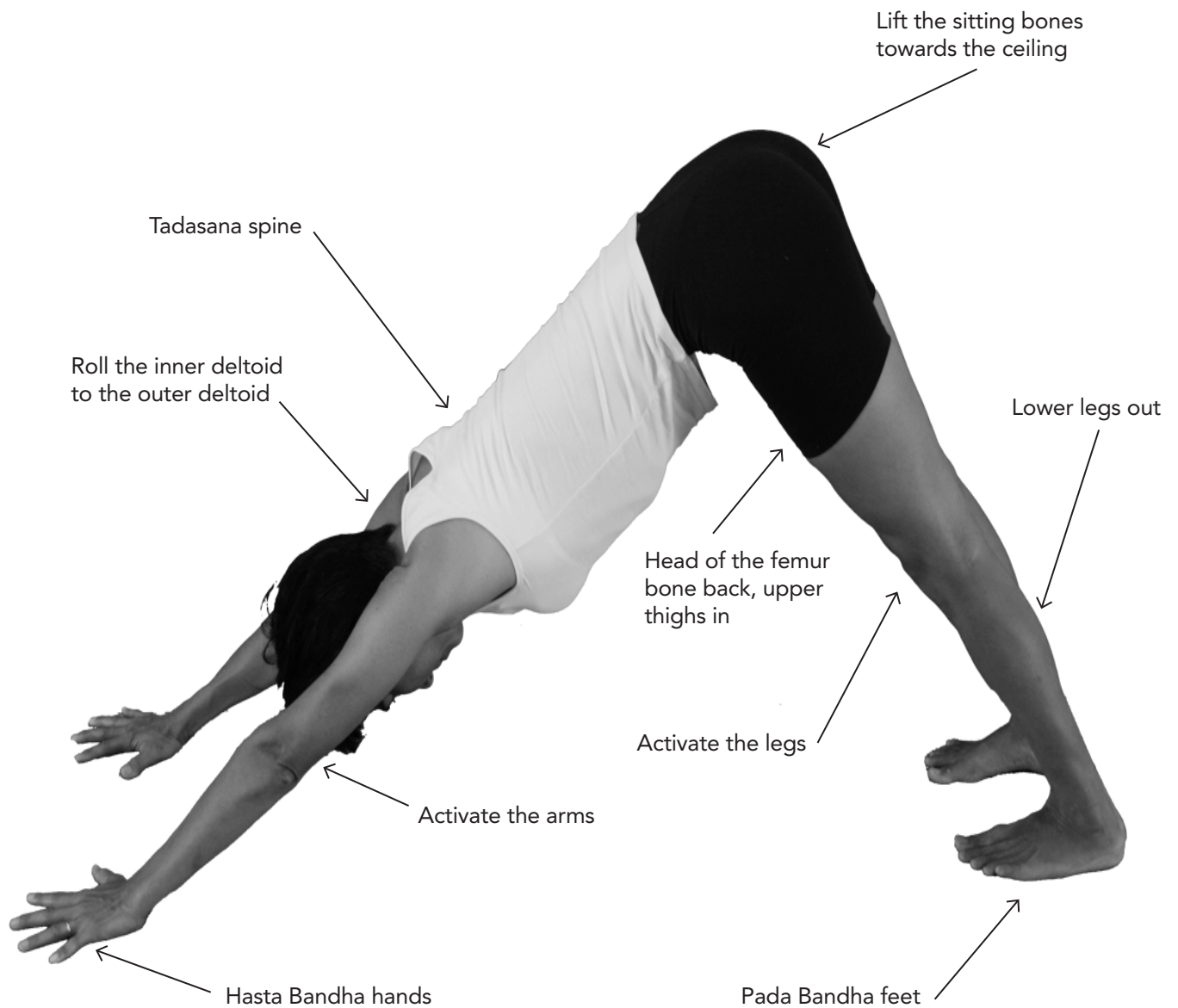


**TRIKONASANA IS THE SECONDARY HUB POSITION
FOR SOME STANDING POSTURES**



Adho Mukha Svanasana

Downward Facing Dog

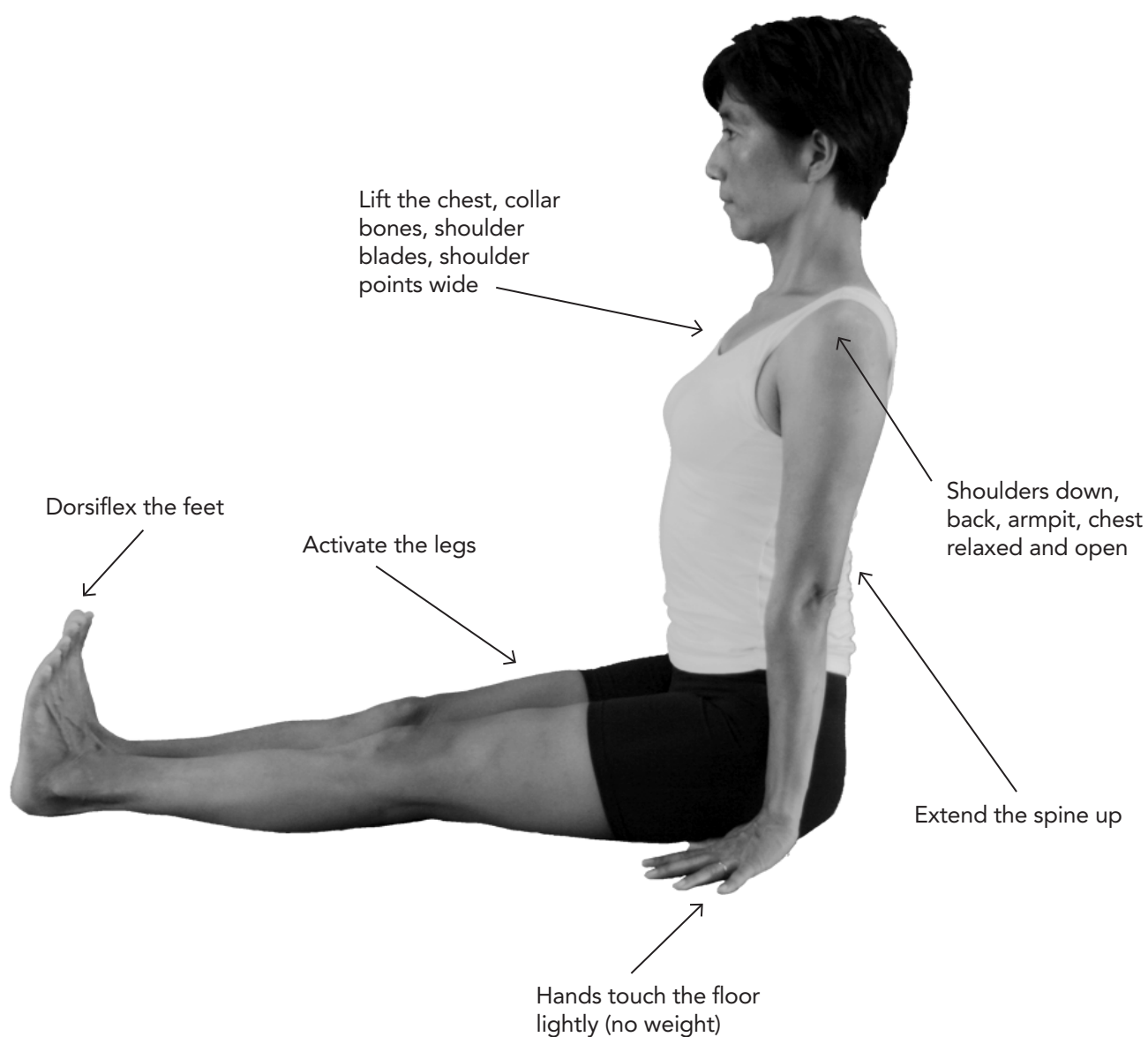


**ADHO MUKHA SVANASANA IS THE HUB POSITION
FOR SOME STANDING POSTURES AND ARM-BALANCING POSTURES**



Dandasana

Staff Pose

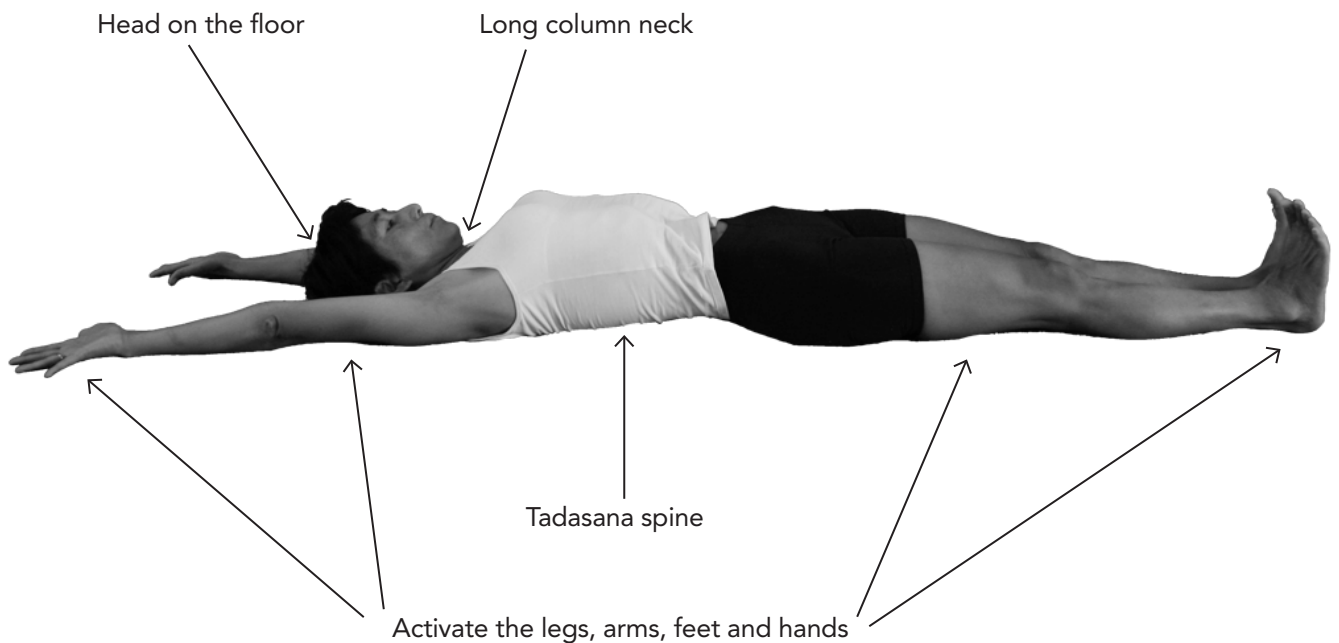


DANDASANA IS THE HUB POSITION FOR ALL SITTING POSTURES



Supta Urdhva Hastasana

Supine Upward Hands



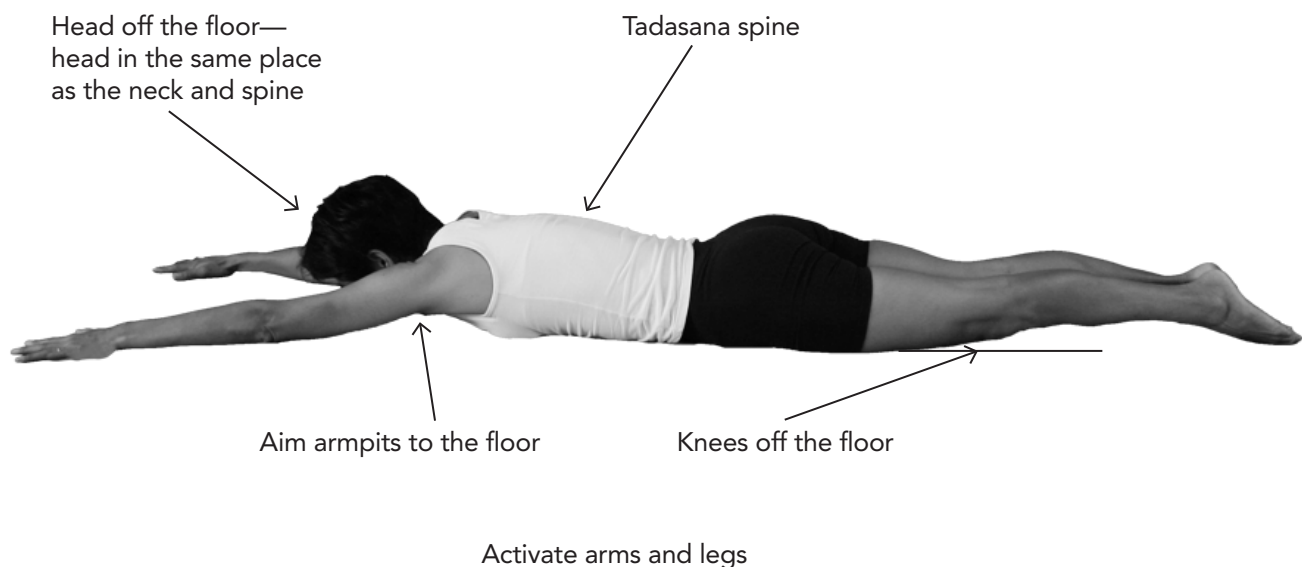
Note: Pay special attention to the inner arms so the base of each finger and thumb are in the same plane. The legs are activated so the balls and heels of the feet are in the same plane.

**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 1 • practice series:

level 1 discovery





Symbols:



Inhale (breathe in)



Exhale (breathe out)



Take 5 breaths in this pose



Level 1 Discovery

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 1 Discovery

Bhumi Namaskar

Earth Salutation continued...



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.



Surya Namaskar 1

Sun Salutation 1

A warm-up
Vinyasa-linking
sequence



0 Tadasana



1 Urdhva Hastasana



2 Uttanasana



3 Ardha Uttanasana



4 Adho Mukha
Svanasana



5 Gosasana



6 Marjariasana



7 Gosasana



8 Adho Mukha
Svanasana



9 Ardha Uttanasana



10 Uttanasana



11 Urdhva Hastasana



12 Tadasana





Level 1 Discovery

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	Nose
3	Ardha Uttanasana	Half Standing Forward Bend	Inhale	Forehead
4	Adho Mukha Svanasana	Downward Facing Dog	Exhale	Toes
5	Gosasana	Cow	Inhale	Forehead
6	Marjariasana	Cat	Exhale	Hips
7	Gosasana	Cow	Inhale	Forehead
8	Adho Mukha Svanasana	Downward Facing Dog	Exhale	Toes
9	Ardha Uttanasana	Half Standing Forward Bend	Inhale	Forehead
10	Uttanasana	Standing Forward Bend	Exhale	Nose
11	Urdhva Hastasana	Upward Hands	Inhale	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 1 Discovery

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.



Advadanta Sirsasana 1

Dolphin Pose 1



5x breaths
8–10 breaths if time permits

Balasana

Child Pose



5x breaths

Activated arms/hands 5x breaths

Relaxed arms/hands 5x breaths

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





Level 1 Discovery

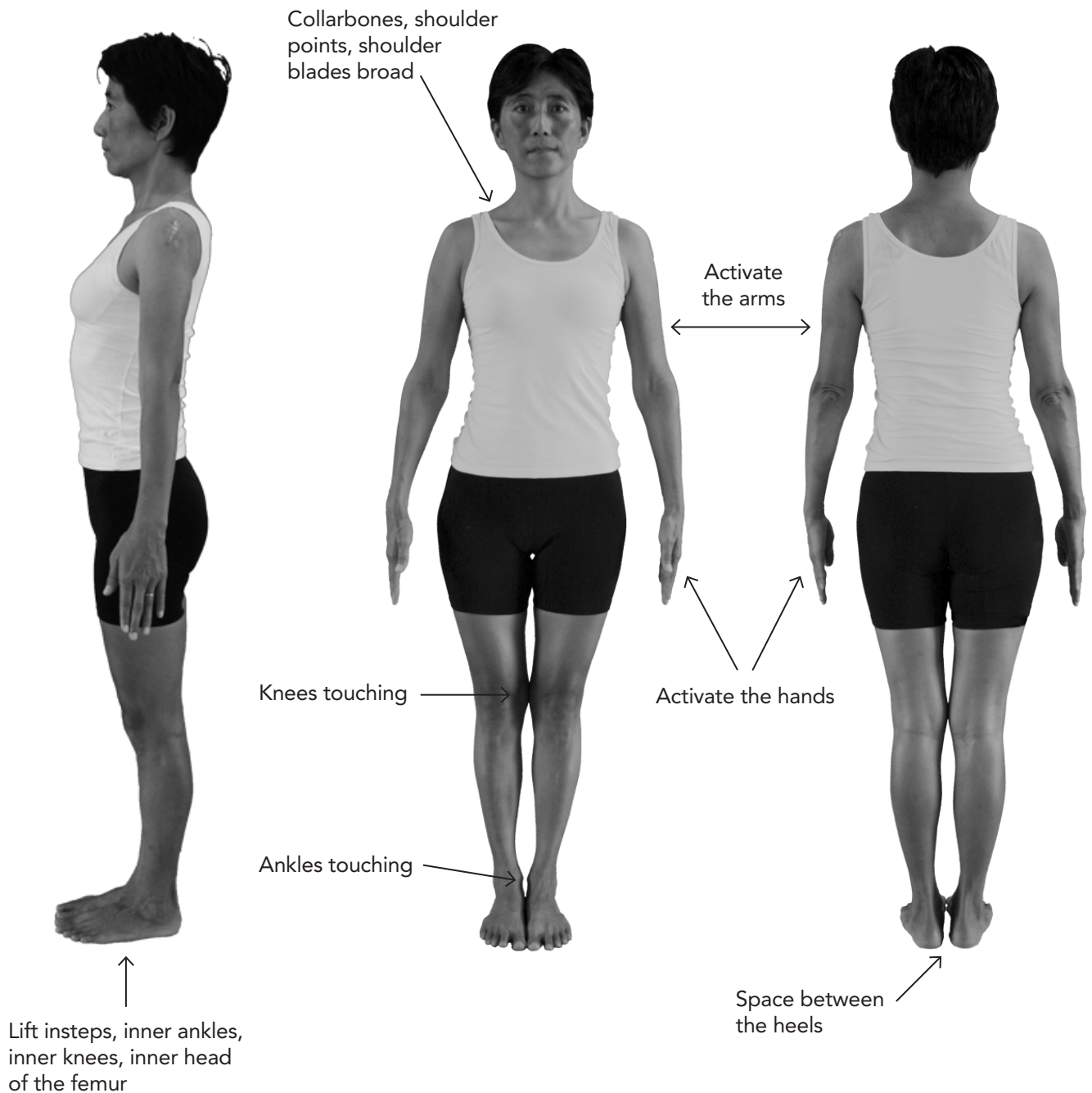
Tadasana

Mountain Pose

In all standing postures the weight is evenly distributed on both feet



5x breaths





Parsva Tadasana

Side Mountain Pose



5x breaths



Look straight ahead at eye level, keep the body all in the same plane, go to the left, delay with the right inner leg, repeat on the other side. Weight is even on both feet and legs.

Parsva Trikonasana

Side Triangle Pose



5x breaths



Weight on both feet and legs evenly. Push down into the floor, scissor the legs and feet, lift the instep, inner ankle, inner knee, inner head of the femur. Make sure when extending out to the side to delay with the inner opposite leg (push into the floor).



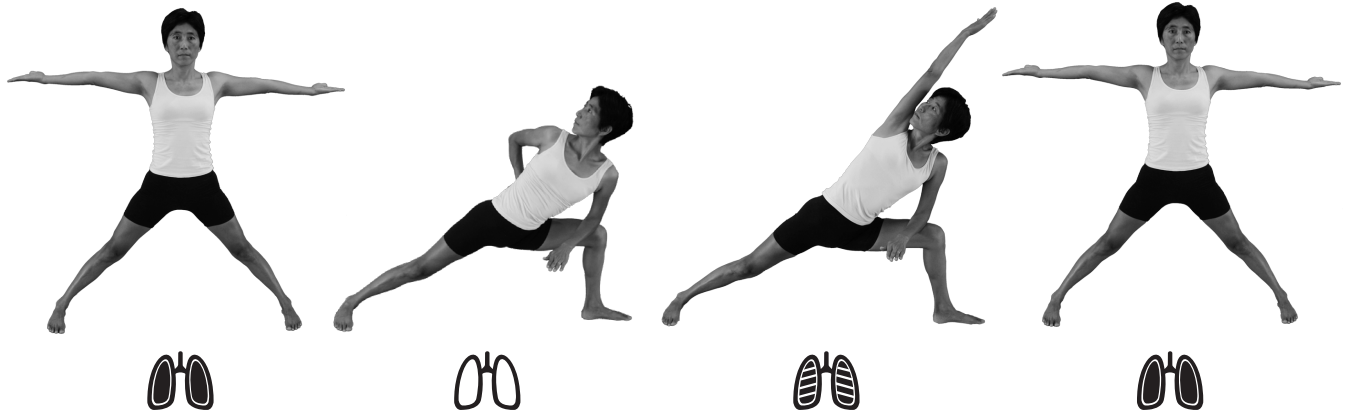
Level 1 Discovery

Utthita Parsvakonasana

Extended Side Angle Pose



5x breaths



Left-hand palm is on the sacrum plate, weight is on the feet and legs. Your arm is light on your leg.

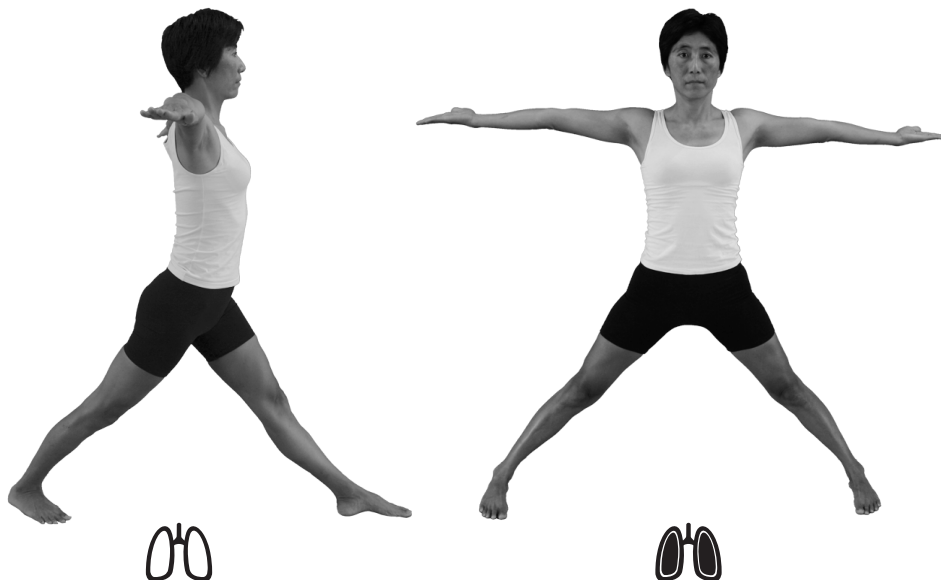
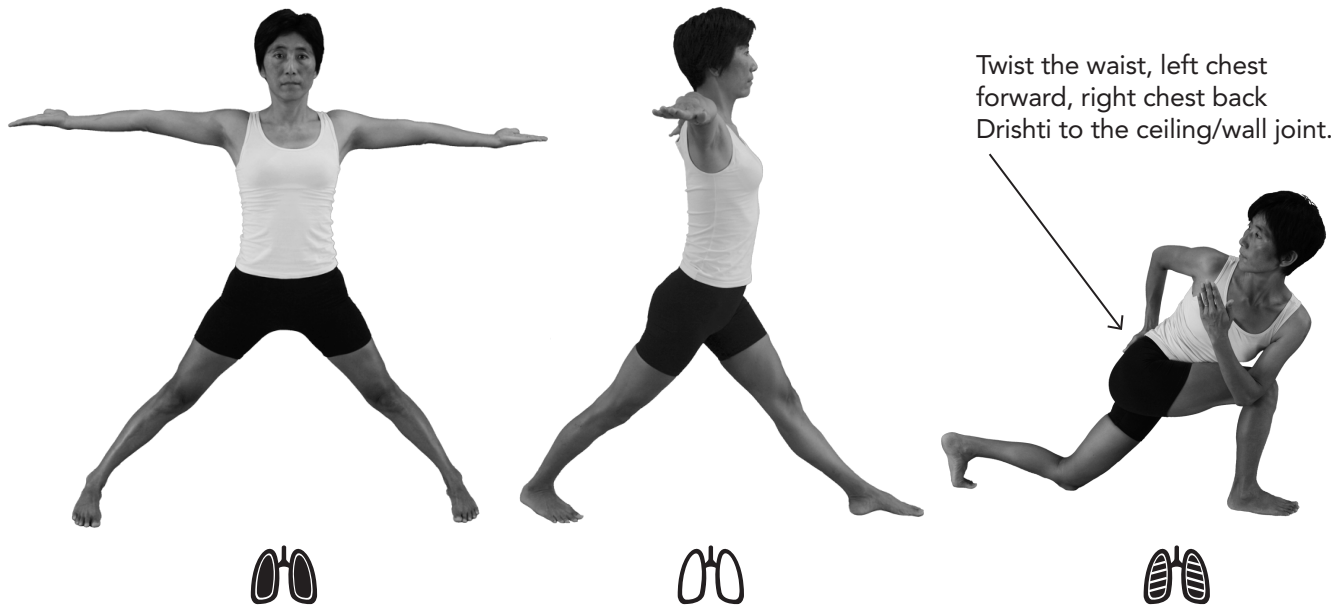
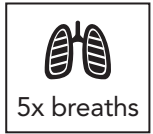


Even though the body is to one side, keep your weight evenly distributed on both feet. Belay with the inner straight leg.



Parivrtta Parsvakonasana

Revolved Side Angle Pose



Repeat on the other side.



Level 1 Discovery

Uttanasana

Standing Forward Bend



5x breaths

Hands, elbows in line with side body. Shoulder—inner deltoid to the outer deltoid.

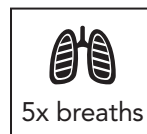


Inhale to Urdhva Hastasana. Exhale and fold down slowly. Push back the head of the femur bones. Keep the ankles, knees, hips in alignment and perpendicular to the floor. Activate the quadriceps. Fold the body and touch it to the legs sequentially. Pubis faces back, stomach along the legs. Press floating ribs and armpits towards the legs.



Ardha Chaturanga Dandasana

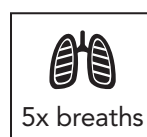
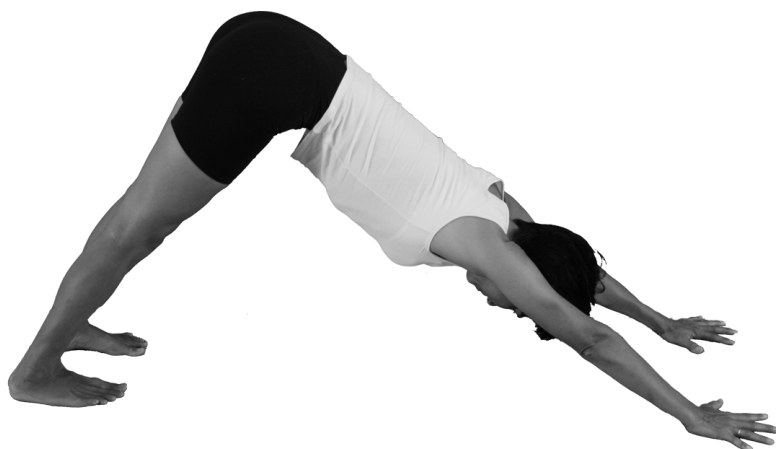
High Plank



Distribute the weight evenly, hasta and pada bandha. Tone the buttocks, lift the iliac crests Tadasana body, co-contraction, hug the muscles on to the bones.

Adho Mukha Svanasana

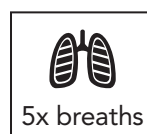
Downward Face Dog



Bear weight evenly. 25% on each hand and foot, arm and leg. Activate your hands and feet, arms and legs in order to lengthen and lift the spine.

Dandasana

Staff Pose



Sit on the front of sitting bones. Straight spine. No weight on the hands.



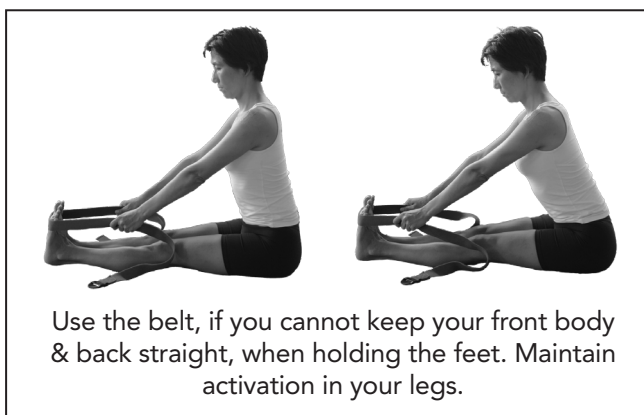
Paschimottanasana 1

Western Stretch 1

Move the spine forward from the sitting bones, rotate the pelvis over the head of the femur bones, touch the body sequentially along the legs.



Hold big toes with pistol grip
Keep front body long



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

Pull back to extend spine
Drop the shoulders



Hold right wrist on
the ball of the foot



Hold right wrist on
the heel on floor



Hold left wrist on
the heel on floor



Hold left wrist on
the ball of the foot





Purvottanasana 1

Eastern Stretch



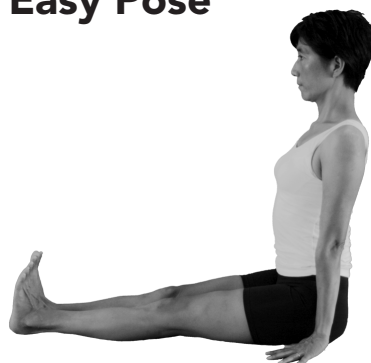
5x breaths



Breathe in, open and lift the chest. Keep chin towards the body. Hyoid bone in. Bring head back last.

Sukhasana

Easy Pose



Insteps directly under the knees, dorsiflex the feet



Front View: Activate the muscles in the arms and legs. Inner elbows face forward.



5x breaths



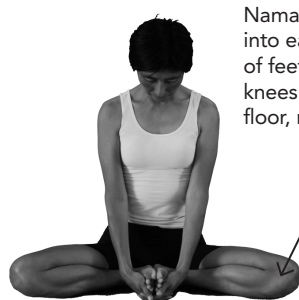
Right and left leg in first according to the day. Each side 5x breaths or 8-10 if time allows.

Baddha Konasana & Virasana

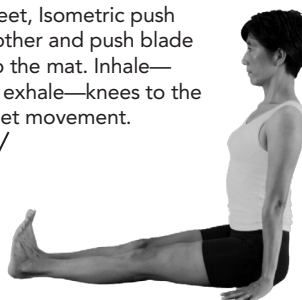
Bound Angle Pose & Hero Pose



5x breaths



Namaste feet, Isometric push into each other and push blade of feet into the mat. Inhale—knees out, exhale—knees to the floor, ratchet movement.



Activate muscles in legs and arms. Turn inner elbows forward.





Level 1 Discovery

Eka Pada Urdhva Prasarita Padasana

Single Leg Lifts



5x breaths
at each
position



Lift leg 30°



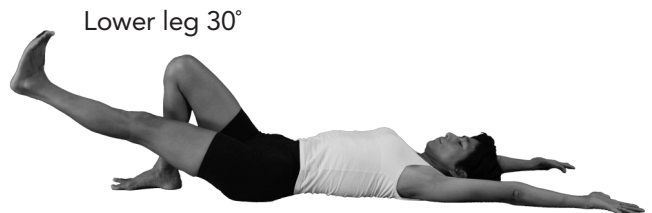
Lift leg 60°



Lift leg 90°



Lower leg 60°



Lower leg 30°



Repeat the whole sequence for each leg.
Hold for 5x breaths, or 8-10 breaths if time permits.

Leg raises

10x up, 10x down

Breathe in—leg up
Breathe out—leg down



Leg just off the floor



Leg up to 90°

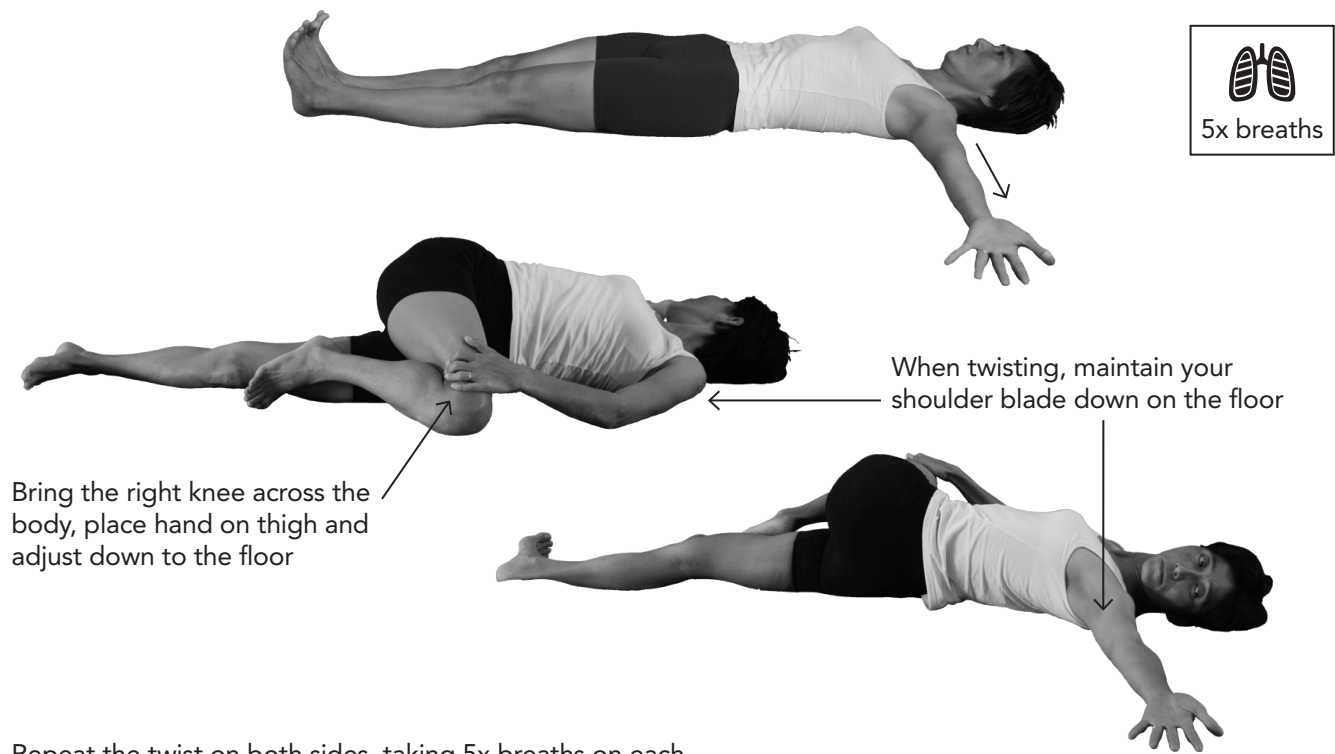


Repeat the whole sequence for each leg.



Supta Parivrtta Merudandasana

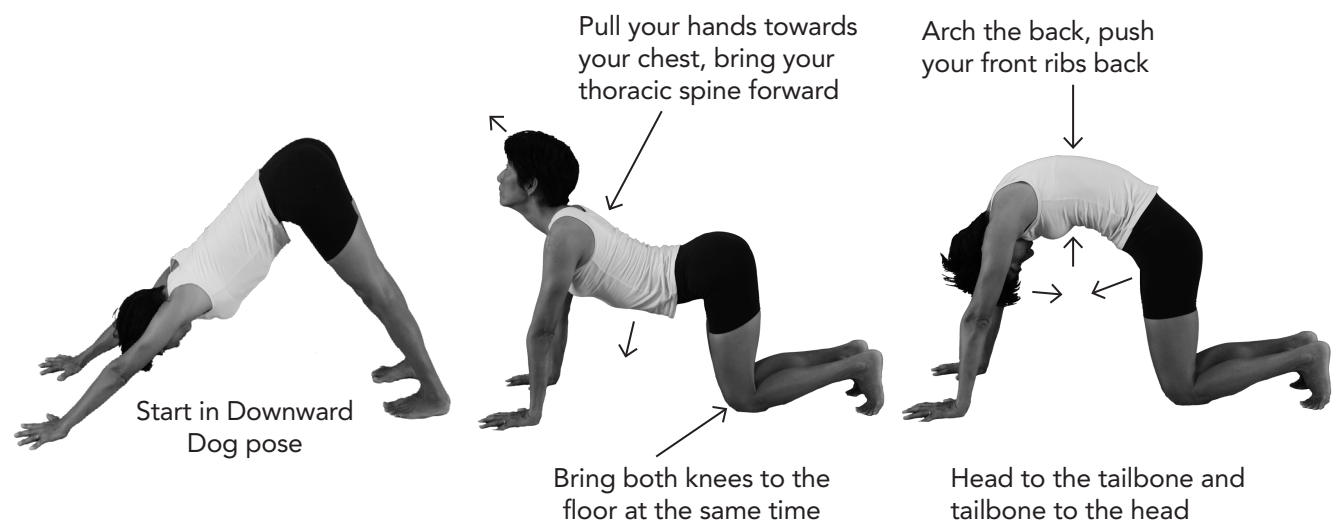
Supine Spinal Twist



Repeat the twist on both sides, taking 5x breaths on each.

Gosasana/Marjariasana

Cow/Cat Pose



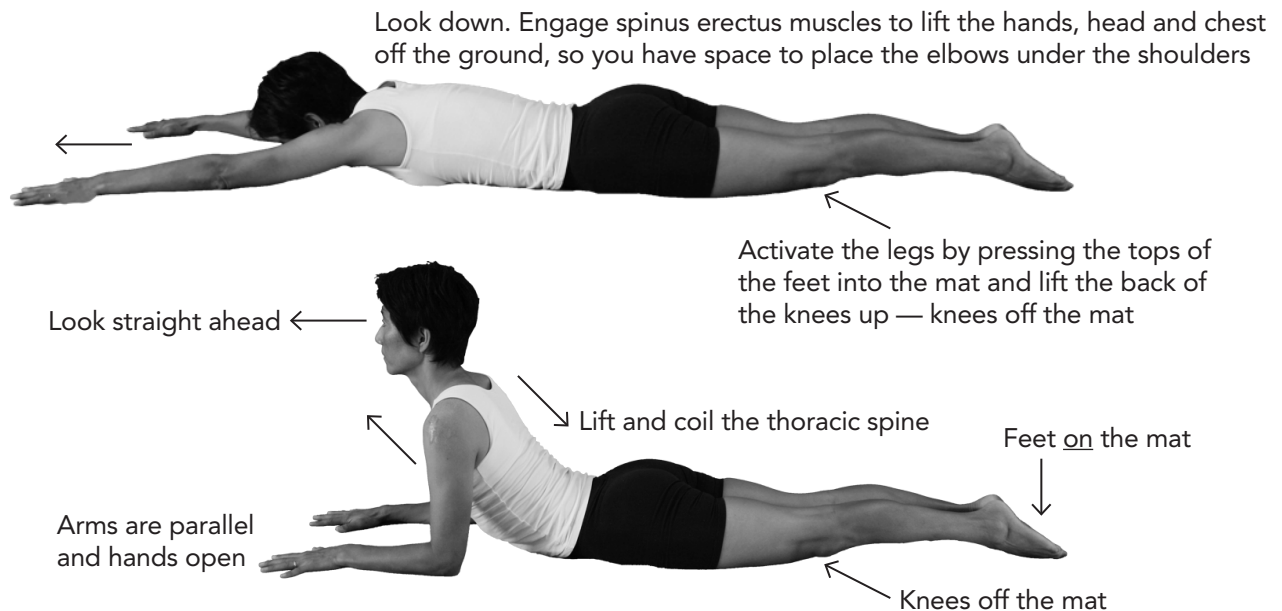


Advadanta Bhujangasana

Sphinx Pose



5x breaths



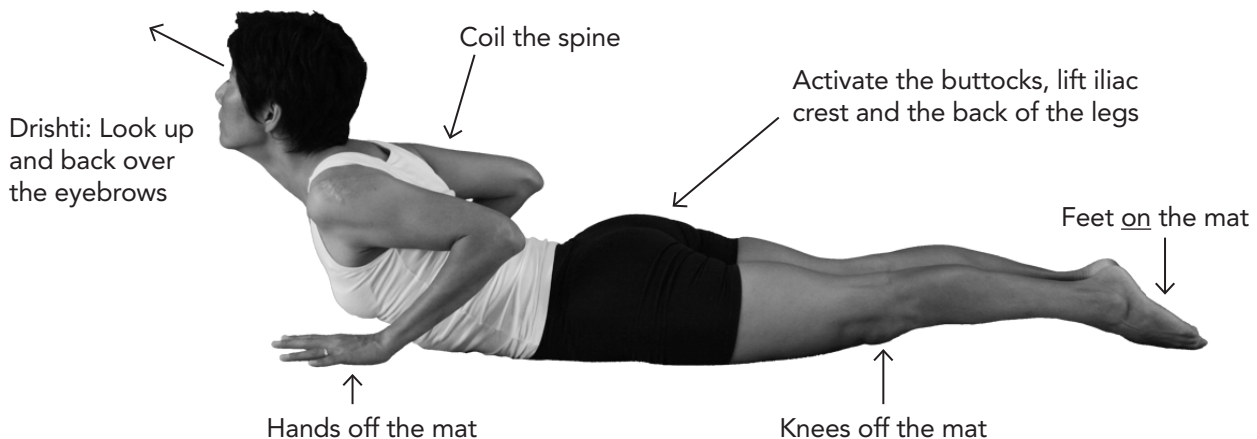
Activate the buttocks and anchor the pubic bone into the mat, scissor the legs together. Use this anchor point to lengthen the spine and draw up to the sternum. Lengthen the lumbar spine by toning the buttocks and lifting the iliac crests. The arms are parallel and hands are hasta bandha. Pull the shoulder blades down and keep them apart, press down through the arms and scissor them towards each other so that you can lift up through the chest. Lift and coil the thoracic spine. Look straight ahead.

Ardha Bhujangasana

Half Cobra Pose



5x breaths

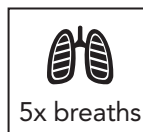




Level 1 Discovery

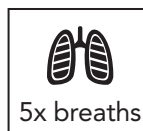
Salabhasana

Locust Pose



Setu Bandhasana 1

Bridge Pose 1



Hold the sides of the mat. Weight bear evenly on feet, arms, shoulders and head. Push the back of your skull, shoulder feet and upper arms into the mat to maintain natural curvature of the neck. 7C is off the ground. Jaw is relaxed and perpendicular to the floor.



Salamba Sarvangasana 1

Shoulder Stand 1



25x breaths



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 5x breaths, Plantar-flex 5x breaths – keep the extension at the back of the knees.

Matsyasana

Fish Pose



5x breaths



Lie down on the floor, bend your elbows, place your forearms and hands on the floor, lift the chest, keep the sitting bones on the floor, bring the head back on a long neck and place the top of the head on the floor. Hold the hips or push the hands and arms onto the mat.



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 of asana practice.



Notes



Notes



Notes

contact information

email.

james@knoffyoga.com

mobile.

0415 362 534

knoffyoga.com

© Knoff Yoga 2020
ABN 18 109 428 864
KNOF10820_122020



**KNOFF
YOGA**

teacher training. workshops. retreats.