

KNOFF YOGA

INTENSIFY YOUR YOGA PRACTICE

INTERMEDIATE - LEVEL 7 PRACTICE SERIES



**KNOFF
YOGA**



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Pranayama Syllabus

Ujjayi Pranayama

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

Ujjayi pranayama is the same breathing technique as the Yogic Full Breath, but with the addition of a contraction in the glottis (vocal chord area of the throat) and the application of **Mula** and **Uddiyana** (minor) *bandhas*.

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 produce a smooth sound and sensation in the throat – like pulling a long silk scarf through a closed fist.

Once the contraction is applied there is an audible sound and this sound should be comforting. 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 of the inhalation, when the lungs are completely full.

The same applies to the exhalation, when the lungs are emptied. The volume of the sound should not go up or down, but stay steady from the beginning to the end on both the inhalation and exhalation. 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 one meter 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 consists of 4 parts:

- Inhalation
- Pause
- Exhalation
- Pause



Pranayama Syllabus

With *Ujjayi* pranayama our goal is to expand the breath to our comfortable maximum and then to bring it into balance. Balance means that the inhalation and exhalation match in volume and length, and the two pauses match as well – one to two seconds in length.

For example, if the inhalation is ten seconds, then the exhalation should also be ten seconds. If the two pauses are two seconds long, then the entire breath cycle is:

Inhalation – 10 seconds

Pause – 2 seconds

Exhalation – 10 seconds

Pause – 2 seconds

TOTAL = 24 second cycle

Work to your comfortable maximum. If ten seconds is too long, do less to start with and gradually build up to this level.

Ujjayi pranayama helps increase internal body heat and hence flexibility because the turbulence in the frontal sinuses 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 wood 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"

Utilising the sound of the breath makes it easier to bring the breath into balance. Mindful listening of "So Ham" is an excellent focus for meditation.

Do ten rounds of ***Ujjayi* pranayama**.



Pranayama Syllabus

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, followed by a normal *Ujjayi* exhalation.

Viloma 2 is a staggered exhalation, followed by a normal *Ujjayi* inhalation.

Viloma 3 puts 1 and 2 together, so we stagger on both inhalation and exhalation.

We divide the two lungs into three equal sections: lower, middle and upper. Each section 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 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 sections 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)

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. 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.



Pranayama Syllabus

Starting with Viloma 1:

- Inhale into the lower lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Inhale into the middle lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Inhale into the upper lobes of the lungs for three seconds,
- hold the breath for three seconds.

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

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

Do three rounds of **Viloma 1**.

Viloma 2 is a *Ujjayi* inhalation followed by a staggered exhalation.

Inhale fully and completely and then:

- Exhale from the lower lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Exhale from the middle lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Exhale from the upper lobes of the lungs for three seconds,
- hold the breath for three seconds.

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

Do three rounds of **Viloma 2**.



Pranayama Syllabus

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**.

Exhale fully and completely and then:

- Inhale into the lower lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Inhale into the middle lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Inhale into the upper lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Exhale from the lower lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Exhale from the middle lobes of the lungs for three seconds,
- hold the breath for three seconds.
- Exhale from the upper lobes of the lungs for three seconds,
- hold the breath for three seconds.

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 and 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.

Start with your right hand, turn the palm upwards, keep it really relaxed, curl the index and middle fingers inwards towards the palm of the hand (simply getting them out of the way). Place the ring finger beside the little finger. The diameter of the ring and little finger tips, should match the diameter of the thumb tip.

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 by pushing it to the side with too much pressure. Keep the nose in the midline of the body.

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, once touching 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.



Pranayama Syllabus

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 your nose is kept in line with the middle of your body.

The Intermediate Level Surya Bhedana, Chandra Bhedana and Nadi Sodhana Pranayama is the same as the Foundation Level, except we now add an inhalation retention (*antara kumbhaka*). Slowly build up your practice to hold the inhalation retention for ten seconds.

Remember any time we hold the breath in yoga, we apply the chin lock (*Jalandhara Bandha*). Once this is applied, there is no need to bring the head back up until the three pranayamas are completed, unless your neck needs a rest. Note the other two bandhas, Mula and Uddiyana are already applied!

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 closing off the left nostril, exhale out the right nostril only.

Now we are ready to start:

- Inhale in the right nostril
- Hold the inhalation for ten seconds
- Exhale out the left nostril, pause.

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:

- Inhale in the left nostril
- Hold the inhalation for ten seconds
- Exhale out the right nostril, pause.

Do three rounds of **Chandra Bhedana**.



Pranayama Syllabus

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
- Hold the inhalation for ten seconds
- Exhale out the left nostril, pause
- Inhale in the left nostril, hold for ten seconds
- Exhale out the right nostril, pause.

This completes one round. Do three rounds of **Nadi Sodhana Pranayama**.

Once you have completed three rounds follow with two rounds of *Ujjayi* pranayama, paying 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.

Culturally in India you only use your right hand for eating, shaking hands and for pranayama because the left hand is used for wiping our bottoms – 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 (alternatively left day, right day), just as we work the rest of our body evenly in the asanas.



Pranayama Syllabus

Bhastrika Pranayama

Bhastrika is a strong forced inhalation and exhalation through both nostrils. The force of the breath is equal on both the inhalation and exhalation, giving it an even sound. Note, the breath is strong enough to blow out candles on a birthday cake!

The forced inhalation exactly matches the forced exhalation and the sound is much like that of wood being cut with a hand saw, i.e. strong, steady, rhythmic and even.

Bhastrika is an energising breath which isolates and strengthens the diaphragm and generates heat within the body. In English it is called 'Bellows' after the pumping action and sound of the Blacksmith's tool for increasing the heat in a forge.

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 then apply **Jalandhara Bandha** (chin lock) when holding the breath on the inhalation retention.

When exhaling forcefully it is easy to accidentally release the bandhas, particularly **Mula** and **Uddiyana** as we naturally relax on the out breath. Resist this temptation and maintain internal support.

When inhaling and exhaling forcefully, we are mainly 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!

To start the **Bhastrika** technique, take a full **Ujjayi** breath in as you apply **Mula** and **Uddiyana Bandhas**. At the top of the inhalation, apply **Jalandhara Bandha** and then:

- Do 25 short, sharp inhalations and exhalations.
- After the 25th exhalation, take a full **Ujjayi** breath in, making sure the chin lock is on, and hold the breath for twenty seconds.
- Exhale completely, take a full **Ujjayi** breath in and start the next round.

If 20 seconds is too long (you feel stressed, have an uncomfortable pressure), then do less and gradually build up your capacity. Yoga is not a competition, but a tool to energise the body, elevate our minds and evolve our spirit!

Do three rounds of **Bhastrika 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 balanced from the bottom to the top of the lungs.



Pranayama Syllabus

Sitali Pranayama

Sitali follows the heating breath of Bhastrika 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 (kechari 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 energised 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 7 INTERMEDIATE

PRANAYAMA	NUMBER OF BREATHS	TIMING
Ujjayi Breath	10	Expand breath on both sides (inhalation and exhalation to comfortable maximum)

Same as Yogic Full Breath with the addition of throat application – slight constriction in the glottis (voice box). 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!)

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

PRANAYAMA	NUMBER OF BREATHS	TIMING
Ujjayi Breath	2	Expand breath on both sides (inhalation and exhalation to comfortable maximum)
Same as Yogic Full Breath with the addition of throat application – slight constriction in the glottis (voice box). 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!)		Ratio 1:1

PRANAYAMA	NUMBER OF BREATHS	TIMING
Clearing Breath	1	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 – 10 seconds inhalation retention
Chandra Bhedana (Moon piercing breath)	3	In left nostril, out right nostril – 10 seconds inhalation retention
Nadi Sodhana (Alternate Nostril Breathing)	3	In right nostril, out left nostril, in left nostril, out right nostril – 10 seconds inhalation retention



Pranayama Syllabus

PRANAYAMA	NUMBER OF BREATHS	TIMING
Ujjayi Breath	2	Expand breath on both sides (inhalation & exhalation to comfortable maximum)
Bhastrika (Intentional Inhalation, Intentional Exhalation)	3	25 breaths with 20 seconds inhalation retention
Ujjayi Breath	2	

PRANAYAMA	NUMBER OF BREATHS	TIMING
Sitali (Cooling Breath)	3	10 seconds per part, Coiled tongue and kechari mudra
Ujjayi Breath	2	

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



Asana Syllabus – Full

LEVEL 7 INTERMEDIATE – FULL

Sanskrit	English
Earth Salutations	
1 Bhumi Namaskar	Squat Sequence

Sun Salutations	
1 Surya Namaskar 3	Sun Salutation 3

Inverted Poses (Heating)	
1 Adho Mukha Vrksasana	Handstand – Legs Together
2 Pincha Mayurasana	Peacock
3 Salamba Sirsasana 1	Headstand 1
4 Baddha Konasana in Sirsasana	Bound Angle
5 Sama Konasana in Sirsasana	Side Splits
6 Vajrasana in Sirsasana	Thunderbolt
7 Parsva Vajrasana in Sirsasana	Side Thunderbolt
8 Urdhva Dandasana	Upward Staff

Standing Poses	
1 Padangusthasana	Big Toe Forward Bend
2 Padahasthasana	Foot Hand Forward Bend
3 Urdhva Prasrita Ekapadasana	Upright Extended Foot
4 Ardha Chandrasana	Half Moon
5 Parivrtta Chandrasana	Revolved Half Moon
6 Utthita Parsvakonasana	Side Angle
7 Parivrtta Parsvakonasana	Revolved Side Angle
8 Virabhadrasana 3	Warrior 3
9 Parsvottanasana	Side Stretch
10 Utthita Hasta Padangusthasana 1	Standing Leg Balance 1
11 Utthita Hasta Padangusthasana 2	Standing Leg Balance 2
12 Utthita Hasta Padangusthasana 3	Standing Leg Balance 3
13 Utthita Hasta Padangusthasana 4	Standing Leg Balance 4
14 Garudasana	Eagle



Asana Syllabus – Full

Sanskrit		English
Arm Balancings		
1	Vasisthasana	Side Beam
2	Astavakrasana	Crooked
3	Lolasana	Earring
4	Eka Hasta Bhujasana	Elephant Trunk

Forward Bends		
1	Trianga Mukhaikapada Paschimottanasana	Three Limb Stretch
2	Marichyasana 1	Marichi 1
3	Munditasana	Delightful
4	Ardha Baddha Padma Paschimottanasana	Half Lotus
5	Marichyasana 2	Marichi 2
6	Janu Sirsasana 3	Head of the Knee 3
7	Upavista Konasana	Seated Angle
8	Parsva Upavista Konasana	Side Seated Angle
9	Parivrtta Janu Sirsasana	Revolved Head of Knee

Sitting Poses		
1	Krounchasana	Heron
2	Akarna Dhanurasana	Archer
3	Gomukhasana	Cow
4	Siddhasana	Sage
5	Padmasana	Lotus

Abdominals		
1	Navasana	Boat
2	Ardha Navasana	Half Boat

Twists		
1	Marichyasana 3	Marichi 3
2	Bharadvajasana 2	Bharadvaja 2



Asana Syllabus – Full

Sanskrit		English
Backbends		
1	Supta Virasana	Supine Hero
2	Ustrasana	Camel
3	Bhekasana	Frog
4	Urdhva Dhanurasana	Upward Bow
5	Eka Pada Urdhva Dhanurasana	One Leg Upward Bow
6	Eka Pada Rajakapotasana	One Leg Pigeon
7	Setu Bandhasana 2	Bridge 2
Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Supta Konasana in Sarvangasana	Supine Angle
5	Parsva Halasana in Sarvangasana	Side Plow
6	Eka Pada Sarvangasana	One Leg Shoulderstand
7	Parsvaikapada Sarvangasana	Side Leg Shoulderstand
8	Matsyasana in Virasana	Fish in Hero
Relaxation		
1	Savasana	Corpse

Total Asanas = 62



Asana Syllabus – Day 1

LEVEL 7 INTERMEDIATE - DAY 1

Sanskrit	English
Earth Salutations	
1 Bhumi Namaskar	Squat Sequence

Sun Salutations	
1 Surya Namaskar 3	Sun Salutation 3

Inverted Poses (Heating)	
1 Adho Mukha Vrksasana	Handstand – Legs Together
2 Pincha Mayurasana	Peacock
3 Salamba Sirsasana 1	Headstand 1
4 Baddha Konasana in Sirsasana	Bound Angle
5 Sama Konasana in Sirsasana	Side Splits
6 Vajrasana in Sirsasana	Thunderbolt
7 Parsva Vajrasana in Sirsasana	Side Thunderbolt
8 Urdhva Dandasana	Upward Staff

Standing Poses	
1 Padangusthasana	Big Toe Forward Bend
2 Padahasthasana	Foot Hand Forward Bend
3 Urdhva Prasrita Ekapadasana	Upright Extended Foot
4 Ardha Chandrasana	Half Moon
5 Parivrtta Chandrasana	Revolved Half Moon
6 Utthita Parsvakonasana	Side Angle
7 Parivrtta Parsvakonasana	Revolved Side Angle

Arm Balancings	
1 Vasisthasana	Side Beam
2 Astavakrasana	Crooked



Asana Syllabus – Day 1

Sanskrit		English
Forward Bends		
1	Trianga Mukhaikapada Paschimottanasana	Three Limb Stretch
2	Marichyasana 1	Marichi 1
3	Munditasana	Delightful
4	Ardha Baddha Padma Paschimottanasana	Half Lotus
5	Marichyasana 2	Marichi 2
Sitting Poses		
1	Krounchasana	Heron
2	Akarna Dhanurasana	Archer
Abdominals		
1	Navasana	Boat
2	Ardha Navasana	Half Boat
Twists		
1	Marichyasana 3	Marichi 3
Backbends		
1	Supta Virasana	Supine Hero
2	Ustrasana	Camel
3	Bhekasana	Frog
4	Urdhva Dhanurasana	Upward Bow
5	Eka Pada Urdhva Dhanurasana	One Leg Upward Bow
6	Eka Pada Rajakapotasana	One Leg Pigeon
7	Setu Bandhasana 2	Bridge 2



Asana Syllabus – Day 1

Sanskrit		English
Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Supta Konasana in Sarvangasana	Supine Angle
5	Parsva Halasana in Sarvangasana	Side Plow
6	Eka Pada Sarvangasana	One Leg Shoulderstand
7	Parsvaikapada Sarvangasana	Side Leg Shoulderstand
8	Matsyasana in Virasana	Fish in Hero
Relaxation		
1	Savasana	Corpse

Total Asanas = 45



Asana Syllabus – Day 2

LEVEL 7 INTERMEDIATE – DAY 2

Sanskrit		English
Earth Salutation		
1	Bhumi Namaskar	Squat Sequence

Sun Salutations		
1	Surya Namaskar 3	Sun Salutation 3

Inverted Poses (Heating)		
1	Adho Mukha Vrksasana	Handstand – Legs Together
2	Pincha Mayurasana	Peacock
3	Salamba Sirsasana 1	Headstand 1
4	Baddha Konasana in Sirsasana	Bound Angle
5	Sama Konasana in Sirsasana	Side Splits
6	Vajrasana in Sirsasana	Thunderbolt
7	Parsva Vajrasana in Sirsasana	Side Thunderbolt
8	Urdhva Dandasana	Upward Staff

Standing Poses		
1	Virabhadrasana 3	Warrior 3
2	Parsvottanasana	Side Stretch
3	Utthita Hasta Padangusthasana 1	Standing Leg Balance 1
4	Utthita Hasta Padangusthasana 2	Standing Leg Balance 2
5	Utthita Hasta Padangusthasana 3	Standing Leg Balance 3
6	Utthita Hasta Padangusthasana 4	Standing Leg Balance 4
7	Garudasana	Eagle

Arm Balancings		
1	Lolasana	Earring
2	Eka Hasta Bhujasana	Elephant Trunk



Asana Syllabus – Day 2

Sanskrit		English
Forward Bends		
1	Janu Sirsasana 3	Head of the Knee 3
2	Upavista Konasana	Seated Angle
3	Parsva Upavista Konasana	Side Seated Angle
4	Parivrtta Janu Sirsasana	Revolved Head of Knee
Sitting Poses		
1	Gomukhasana	Cow
2	Siddhasana	Sage
3	Padmasana	Lotus
Abdominals		
1	Navasana	Boat
2	Ardha Navasana	Half Boat
Twists		
1	Bharadvajasana 2	Bharadvaja 2
Backbends		
1	Supta Virasana	Supine Hero
2	Ustrasana	Camel
3	Bhekasana	Frog
4	Urdhva Dhanurasana	Upward Bow
5	Eka Pada Urdhva Dhanurasana	One Leg Upward Bow
6	Eka Pada Rajakapotasana	One Leg Pigeon
7	Setu Bandhasana 2	Bridge 2



Asana Syllabus – Day 2

Sanskrit		English
Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Supta Konasana in Sarvangasana	Supine Angle
5	Parsva Halasana in Sarvangasana	Side Plow
6	Eka Pada Sarvangasana	One Leg Shoulderstand
7	Parsvaikapada Sarvangasana	Side Leg Shoulderstand
8	Matsyasana in Virasana	Fish in Hero
Relaxation		
1	Savasana	Corpse

Total Asanas = 45

level 7 • 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.

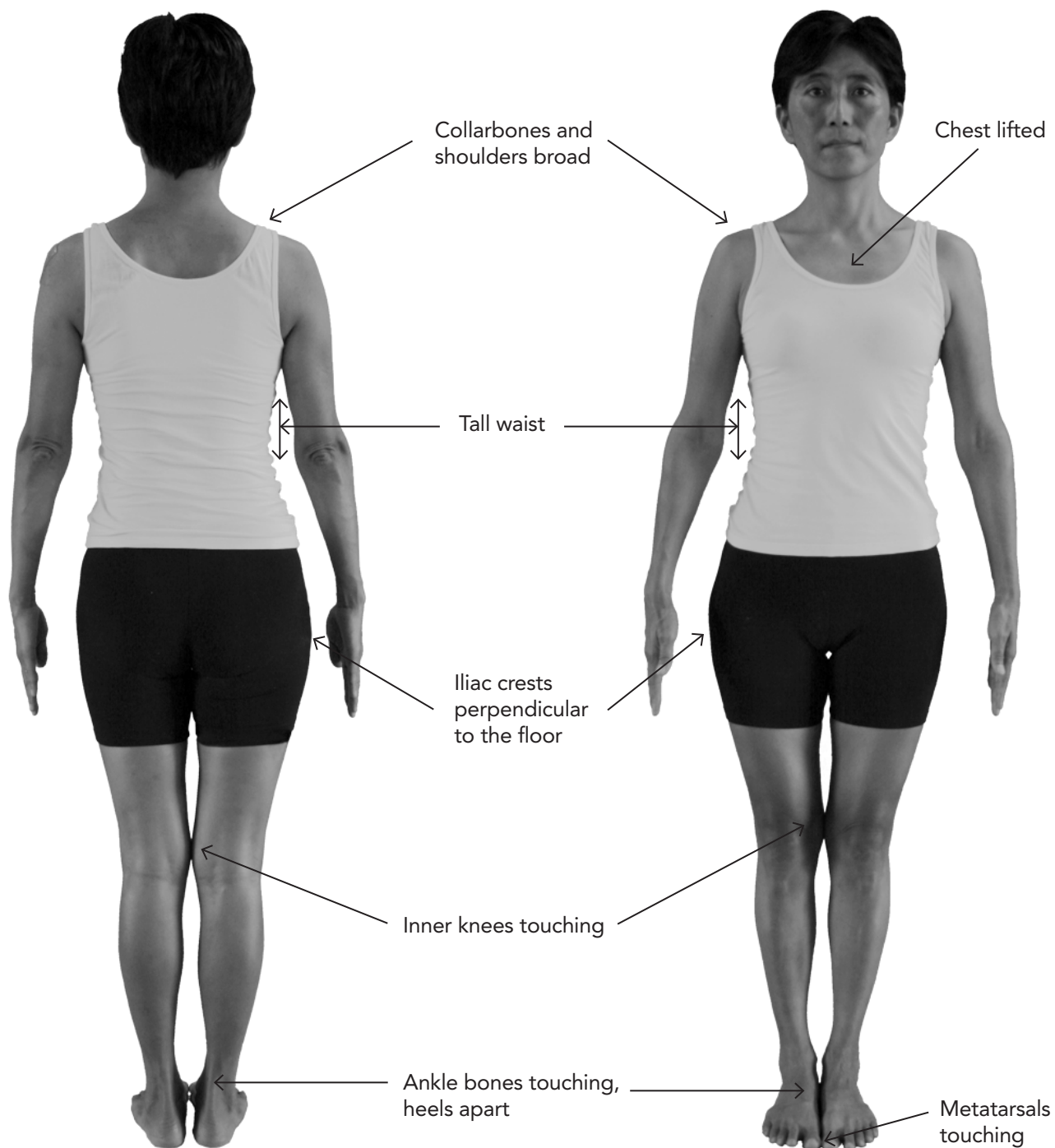


Tadasana

Mountain Pose

Extend up through the spine
and the crown of the head

Activated arms and hands
hanging from the collarbones

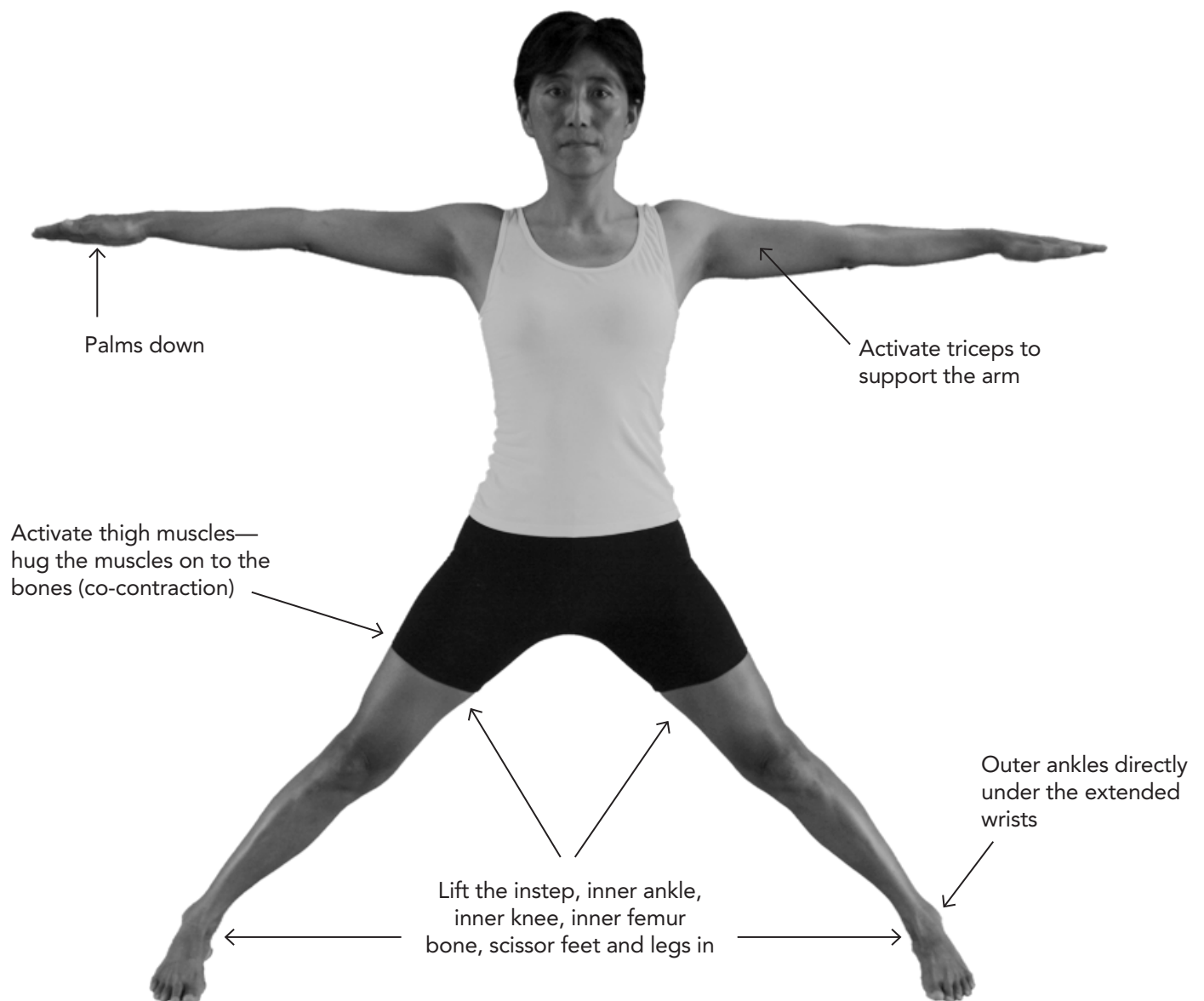


TADASANA IS THE HUB POSITION FOR ALL STANDING POSTURES



Trikonasana

Triangle Pose

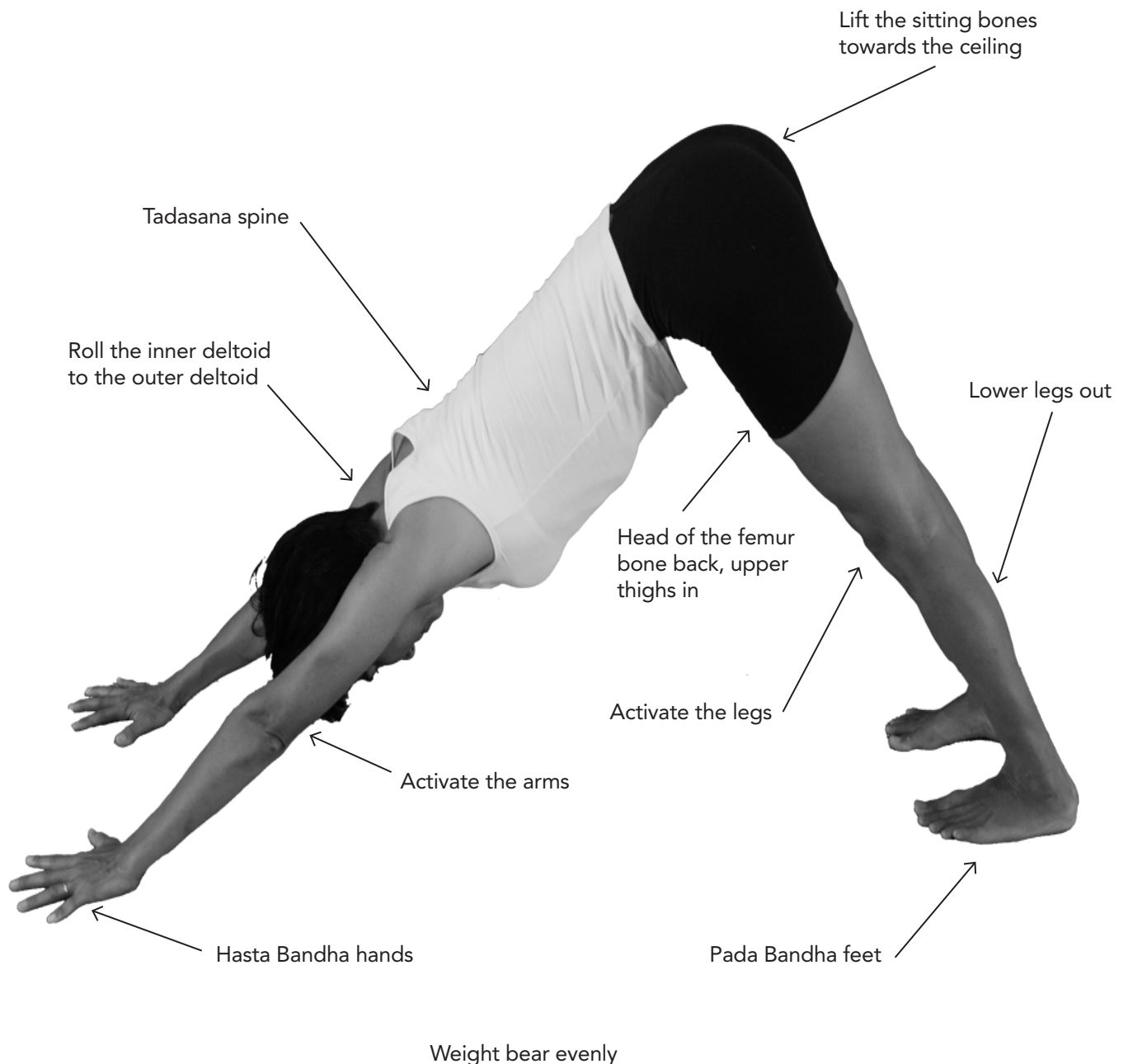


**TRIKONASANA IS THE SECONDARY HUB POSITION
FOR SOME STANDING POSTURES**



Adho Mukha Svanasana

Downward Facing Dog

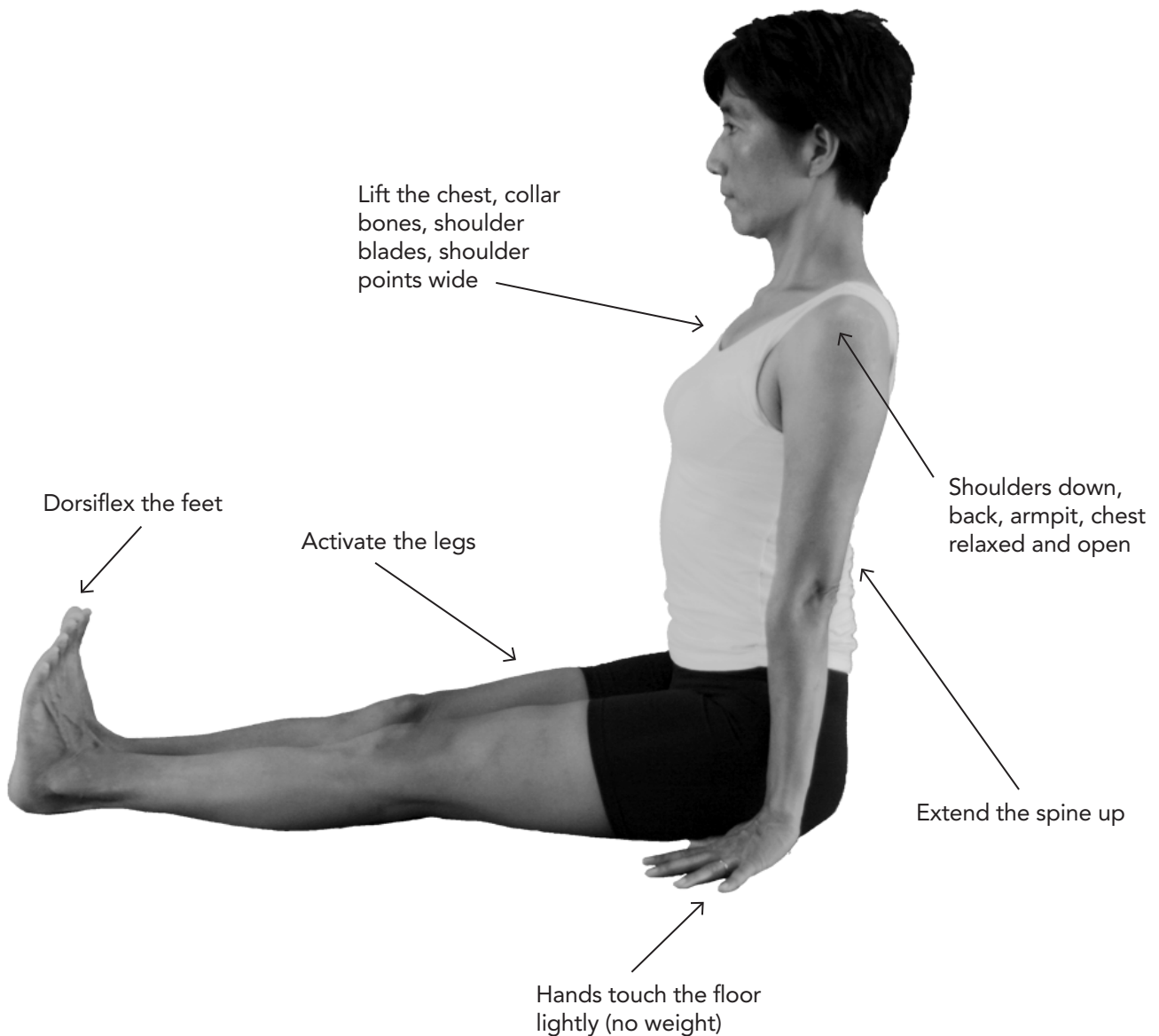


**ADHO MUKHA SVANASANA IS THE HUB POSITION
FOR SOME STANDING POSTURES AND ARM-BALANCING POSTURES**



Dandasana

Staff Pose

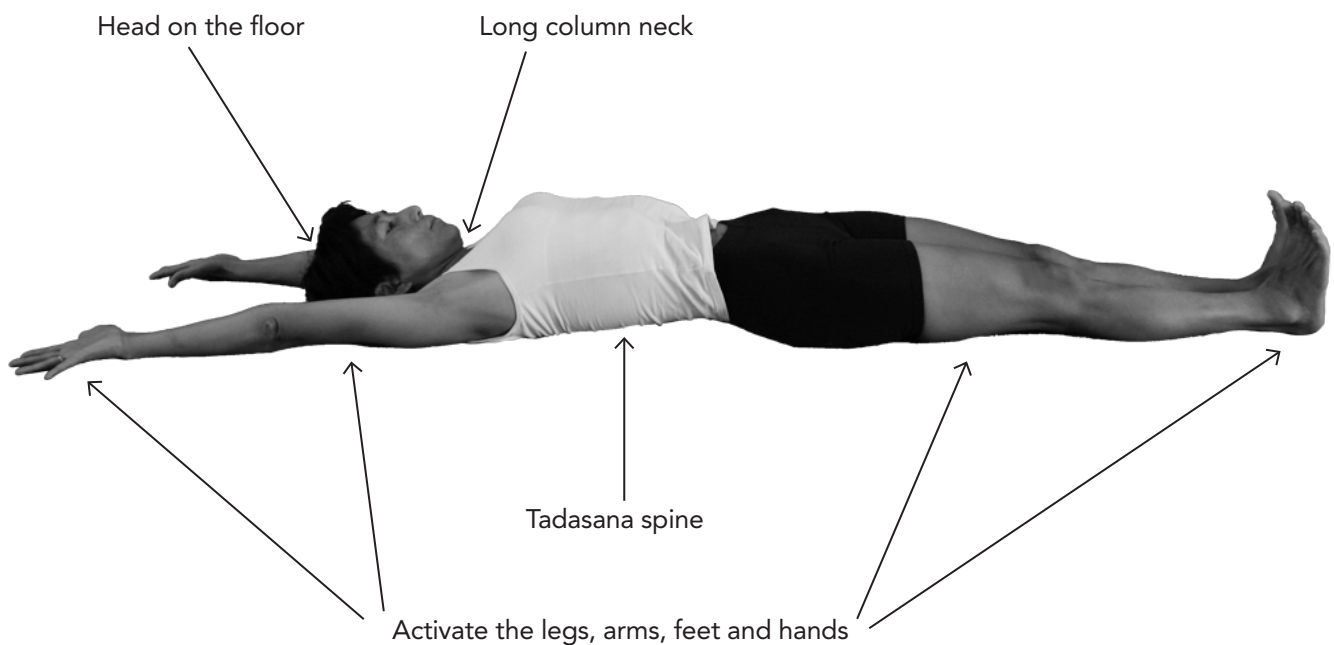


DANDASANA IS THE HUB POSITION FOR ALL SITTING POSTURES



Supta Urdhva Hastasana

Supine Upward Hands



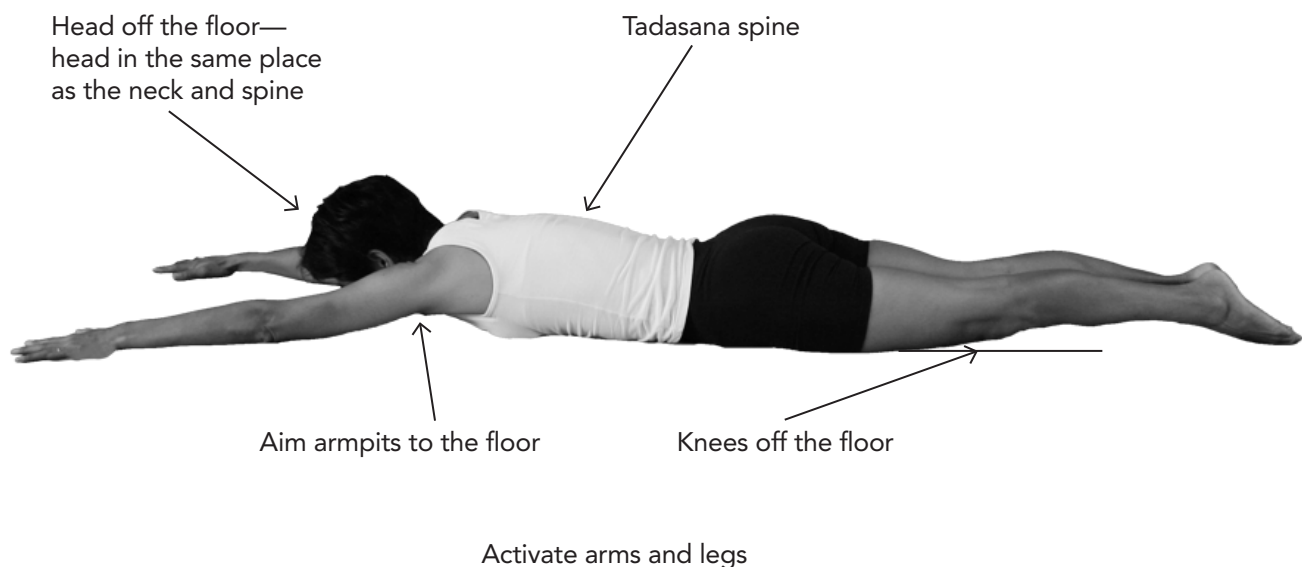
Note: Pay special attention to the inner arms so the base of each finger and thumb are in the same plane. The legs are activated so the balls and heels of the feet are in the same plane.

**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 7 • practice series:

level 7 intermediate





Level 7 Intermediate

Symbols:



Inhale (breathe in)



Exhale (breathe out)



Take 5 breaths in this pose



Level 7 Intermediate

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 7 Intermediate

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.

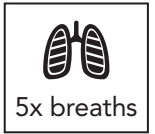
Stand up, finger tips reaching for the ceiling then bring arms down to the side and finish in Tadasana.



Level 7 Intermediate

Surya Namaskar

Sun Salutations



0 Tadasana



1 Urdhva Hastasana



Heels of the hands
down, thoracic spine in



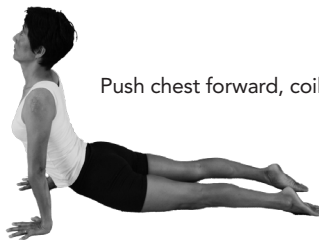
2 Uttanasana



3 Ardha Uttanasana



4 Chaturanga Dandasana



Push chest forward, coil the spine

5 Urdhva Mukha
Svanasana



6 Adho Mukha
Svanasana



7 Ardha Uttanasana



8 Uttanasana



9 Urdhva Hastasana



10 Tadasana

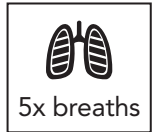




Level 7 Intermediate

Adho Mukha Vrksasana

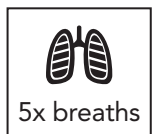
Handstand – Legs Together



Place your hasta bandha hands shoulder width apart on the mat, grounding and rebounding, scissoring and pushing the hands back towards the pada bandha feet, drishti forward to make a tripod, activate mula and uddiyana bandha (minor), transfer the weight to just your hands, elephant lift legs to half way using bandhas and quadriceps (Option: bend knees and bunny-hop both legs as if one at the same time), continue slowly up to fully extended Adho Mukha Vrksasana.

Pincha Mayurasana

Peacock Pose



Place the forearms on the floor, bent elbows shoulder width apart, hasta bandha hands, parallel forearms, ground down, scissor in, kick up:

1. One leg at a time
2. Step up when flexible enough
3. Bunny-hop, both legs at the same time and together.

Make minor adjustments with the fingers, head and feet to maintain balance.



Level 7 Intermediate

Salamba Sirsasana

Headstand



Power points on the floor, elbows under shoulder.



Both knees up.



Head on the column neck off the floor, sitting bones up to the ceiling, straight, activated legs.



Walk in until back of the head touches the thumbs. Consciously place the top of the head down on the floor.



Stomach and thigh muscles lift feet and legs off the floor. Urdhva Dandasana, dorsiflex feet.



Plantar flex the feet.



Lift shoulders, dorsiflex feet.



Plantar flex the feet.



Lift shoulders, dorsiflex feet.



Legs together, dorsiflex feet.



Hold Salamba Sirsasana for 40 breaths (8 minutes). Bring the straight legs a little apart, tone the buttocks, lift the pelvis, maintain the action and bring the legs together. Dorsiflex feet = 5 breaths, plantar flex feet = 5 breaths.



40x breaths



Salamba Sirsasana

Headstand (lateral view)

Thumb side of hand towards the head, little finger away, lift the shoulders.



Bend the knees, keep namaste feet in line with the spine – Baddha Konasana – Head bearing down to the floor and back to the hands, column neck.

Sama Konasana – outer ankles to the floor, dorsiflex feet, plantar flex feet.



Vajrasana – Keep knees behind the thighs, tone the buttocks, open up the hip flexors and lift the iliac crest, dorsiflex feet, plantar flex feet, lift the shoulders.

Dorsiflex feet when you move to the left. Keep column neck, lift the shoulders.



When you are at the limit, plantar flex the feet and go further, dorsiflex the feet before moving.

Move with dorsiflexed feet and repeat on the right side.



Level 7 Intermediate

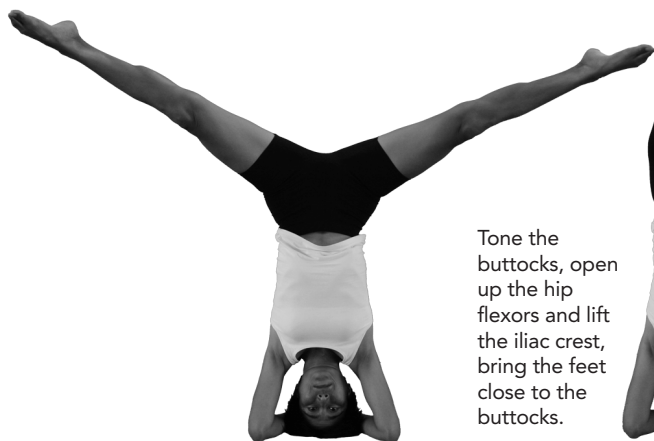
Salamba Sirsasana

Headstand (anterior view)

Lift the shoulders, feet in line with the spine.



Dorsiflexed feet face the front, straight activated legs.



Plantar flex feet.

Tone the buttocks, open up the hip flexors and lift the iliac crest, bring the feet close to the buttocks.



Move with the dorsiflexed feet. When you reach the limit plantar flex the feet and move further. Lift the shoulders, push the head into the floor, column neck.



Repeat on the other side.





Level 7 Intermediate

Salamba Sirsasana

Headstand



Sirsasana,
5 breaths.



Come down to
Urdhva Dandasana
slowly. Dorsiflexed
feet, straight legs.



Plantar flexed feet.



Dorsiflexed feet.



Back view



Head off the
floor, heels to the
floor. Straight
legs, activated
quadriceps,
sitting bones
up towards
the ceiling.



Front view



Elbows together in front of the shoulders, push the chest forward.




Level 7 Intermediate

Padangusthasana

Big Toe Forward Bend

Tadasana feet, hip width apart, grounding and rebounding, scissoring, keep ankles, knees, hips in the same plane by keeping the weight consciously over the insteps, just as much weight on each toe base as the whole circumference of the heel, left and right. Bring the arms up over head, lead with the little finger open hands, fold down, take hold pistol grip of the big toes, ground the toes to the mat, straight arms, pull up strongly so that we can open the upper thoracic spine, drishti is over the eyebrows and up. Reciprocal inhibition in the legs – activated quadriceps and released hamstrings. Maintain this balance, weight bearing evenly. Then bend the elbows back, roll the inner deltoid towards the outer and pull the body down sequentially along the legs, first your pubis faces back, then bring your diaphragm down beyond your knees, keep your head on a long neck and aim your armpits and collar bones to your straight legs. Take 5 breaths.





Each position
5x breaths

Padahasthasana

Foot Hand Forward Bend

From Padangusthasana, place the backs of the hands on the floor under the toes, so the fingers reach your insteps and your toes are curled up on your wrist, look up and lengthen the front of the body from the pubis to the chin, straight arms, drop your shoulders down and back towards the hips, draw the spine deep into the body. Then bend the elbows back, roll the inner deltoid towards the outer and pull the body down sequentially along the legs, first your pubis faces back, then bring your diaphragm down beyond your knees, keep your head on a long neck and aim your armpits and collar bones to your straight legs. Take 5 breaths.





Each position
5x breaths

Urdhva Prasarita Ekapadasana

Upright Extended Foot

Start the same as above and push the left foot on a straight leg into the ground and up as far away from the body as possible (we are always extending to our outer circle). Keep the leg extended, straight going up and coming down.




Each leg
5x breaths



Level 7 Intermediate

Ardha Chandrasana Half Moon Pose



5x breaths



Short distance between the feet, activated legs and arms.

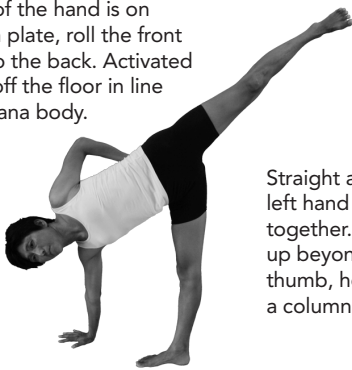
Bend right knee, place hand on the floor – spine distance, finger tips on the floor, maintain open chest.



Activate the left leg, hug the muscles on to the bone, straighten the right leg so that dorsiflexed left foot and left leg lifts off the floor.



Left palm of the hand is on the sacrum plate, roll the front shoulder to the back. Activated leg come off the floor in line with Tadasana body.



Straight arm, left hand fingers together. Look up beyond the thumb, head on a column neck.

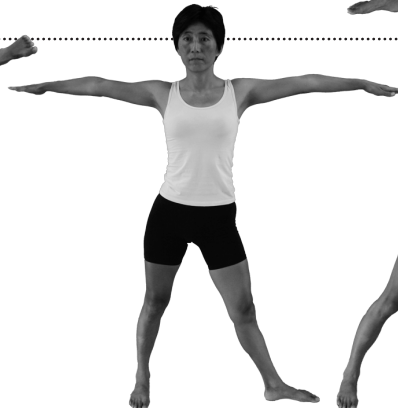
Dorsiflex foot, 5 breaths.



Plantar flex foot, 5 breaths.



Come down with dorsiflex foot.



Come down through the stages, hand back on the sacrum, bend the right knee and bring the left leg down slowly, left foot is placed on the floor lightly. Repeat on the other side.





Level 7 Intermediate

Parivrtta Ardha Chandrasana

Revolved Half Moon



5x breaths



Always the same entrance from Tadasana, feet-hands-straddle the line, turn both feet at the same time, or the right (back one here) first for the safety of the cartilage in the right knee. Shorten the stride to work with give and take, tall waist, twist the right floating ribs to the left and left floating ribs to the right, place the right hand to the right of the line, tall spine and straighten the left leg, the straightening of the left leg brings the activated straight right leg up, ankle, knee and hip all in the same plane.

Utthita Parsvakonasana

Side Angle Pose



5x breaths



Virabhadrasana 2 – weight is even on both feet, support arms from triceps muscles, co-contraction – arms and legs.

Left palm of the hand on sacrum plate, roll inner deltoid to the outer deltoid. Bend the right knee, use adductor muscle to keep the knee in line with the ankle and hip. Tone the right buttock to open the right groin. Place hasta-bandha hand on the floor, thumb in front of the heel, push the knee back against the resisting arm.

Bring the arm up straight over the head. Drishti to the wall/ceiling joint through the armpit. Chest, head and column neck in line with Tadasana body.



Parivrtta Parsvakonasana

Revolved Side Angle



5x breaths



Face both feet to the front, bend your right knee and allow it to overlap your toe, it will not be there long enough to damage your cartilage in your knee, fold your right hip well down, stretch your left leg back and straighten the left knee up to the ceiling by working your left adductors, bring the heel in and down to the floor, place your left hand on the floor, behind your foot, armpit and top side ribs are on the right (far) side of your leg. Right arm, roll the inner deltoid to the outer, inner elbow and wrist up and stretch the arm at an angle in line with your left leg so there is a 45° angled line from your back left heel to your left middle finger, drishti is through armpit/chest back at the wall ceiling join.

Virabhadrasana 3

Warrior 3



5x breaths



Virabhadrasana 1 – Shorter distance between feet. Reach up – hands towards the ceiling, interlace fingers, square the hips to the front.



Bend the knee, maintain Tadasana body, left leg straight, back of the knee up to the ceiling. Push the heel down towards the floor.



Bring the straight body along the right leg. Left foot – toe base on the floor, straight left leg, heel in line with the toes, perpendicular to the floor foot.



Straighten right leg, keep right foot in alignment on the floor, inner heel in line with the inner metatarsal of the big toe so we can strongly work the inner right leg. Activated left leg lifts off the floor. Do not push off! Working quadriceps. Straight activated arms, head in line with the spine. Hips are level. Dorsiflexed foot, 5 breaths.



Plantar flex foot, 5 breaths. Come down through the stages, bend the right knee, bring the left leg down slowly, straight body touches the right leg. Left foot – toe base on the floor, heel up towards the ceiling. Place the heel down, lift the chest off the right leg – come into Virabhadrasana 1.



Level 7 Intermediate

Parsvottanasana

Side Stretch



5x breaths



Roll the inner deltoid to the outer deltoid, palms face the ceiling.



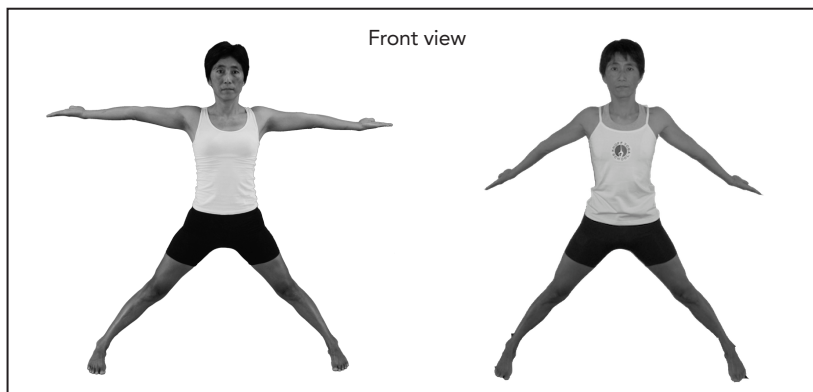
Bring the arms behind the back, humerus low.



Bring the palms of the hands together, fingers face the floor.



Face the fingers to the spine, bring the hands up the back.



Front view



Scissor the feet, keep the pelvis, hips, chest and collar bones facing the front. Inhale – lift the navel, lift the chest, collar bones broad, head back on a column neck.



Exhale, fold forward, keeping hips even. Aim head on a column neck to the floor.



5 breaths.



Level 7 Intermediate

Utthita Hasta Padangusthasana

Standing Leg Balance – side view



5x breaths



From Tadasana, place hands on the hips. Tadasana foot off the floor. Activate the right leg, distribute the weight evenly over the instep, ball of the foot and whole circumference of the heel.



Take hold of a big toe, pistol grip. Arm on the inside of the leg.



Keep spine in Tadasana, straighten the left leg, 5 breaths. The hand and arm are for balance, the leg muscles hold the leg up.



Tone the buttocks to lift iliac crest, bring the leg out to the side, head of the femur bone in the bottom of the hip socket. drop the shoulders, open the chest.



Look over the right shoulder, 5 breaths.



Keep the dorsiflexed foot high, hold heel with the right hand, ball of the foot with the left hand. Open the chest, Tadasana body, 5 breaths.



Extend the leg high, dorsiflexed foot, 5 breaths.



Plantar flexed foot, 5 breaths.



Dorsiflex foot to come down, place the foot on the ground slowly



Level 7 Intermediate

Utthita Hasta Padangusthasana



5x breaths

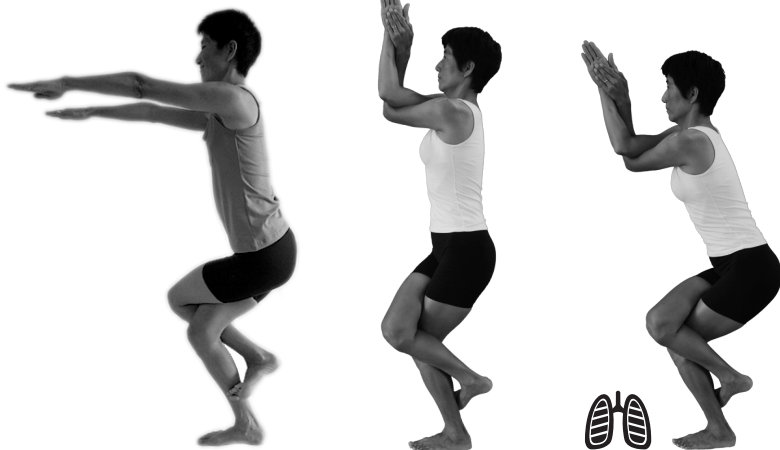
Standing Leg Balance – front view



Garudasana

Eagle Pose

Bring left arm under, elbows level with shoulders, hands away from face.



Bring your arms straight in front, left arm under, right arm over.

Bring right leg over the left, clip the toes on calf muscle, just about the ankle.



Front view



High squat, 5 breaths.



Low squat, 5 breaths.

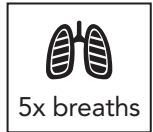




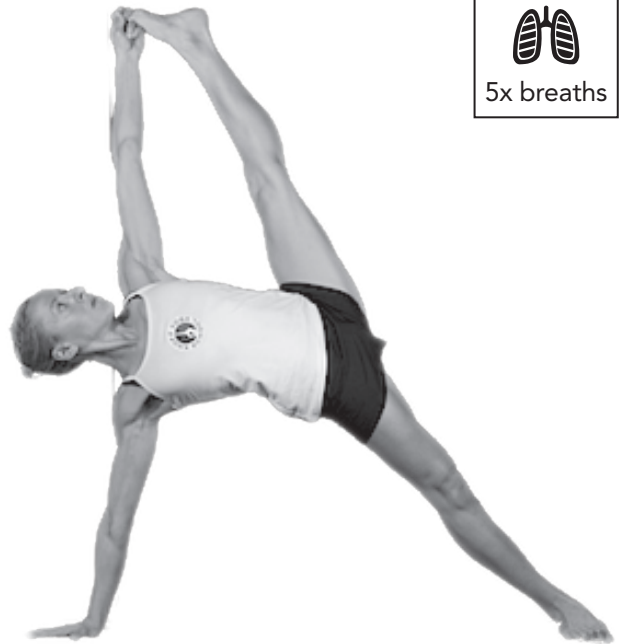
Level 7 Intermediate

Vasisthasana

Side Beam



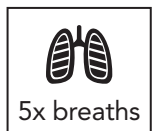
Turn the left leg in the hip socket, place heel into the right foot instep, raise the straight leg.



Take hold pistol grip, elongate the spine, drishti up beyond thumb. Distribute weight evenly on hand and foot.

Astavakrasana

Crooked



Squeeze straight legs on activated arm, hug the muscles on to the bone, sit upright.



Place spine parallel to the mat for 5 or more breaths, transfer weight from side-to-side, 5x or more and then swap sides.



Level 7 Intermediate

Lolasana

Earring

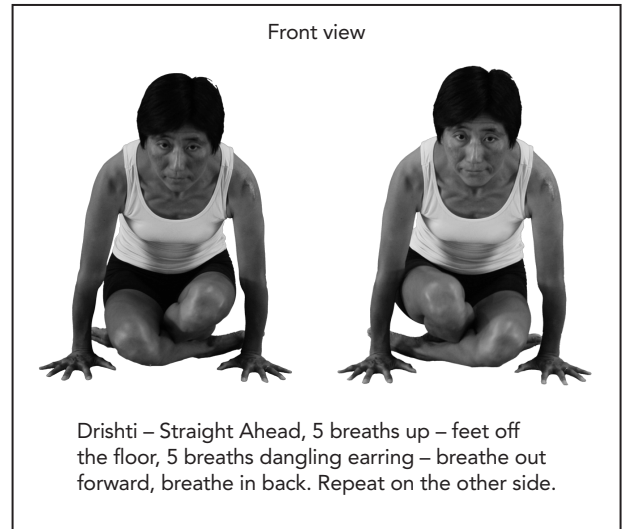


5x breaths



Jump from Adho Mukha Svanasana into the pose, left leg closest to the body, keep the feet off the floor.

Lift up, squeeze the knees together, close to the chest, feet close to the sitting bones, maintain Mula and Uddiyana bandha. Engage arm muscles before straightening the arms to avoid hyperextension.



Eka Hasta Bhujasana

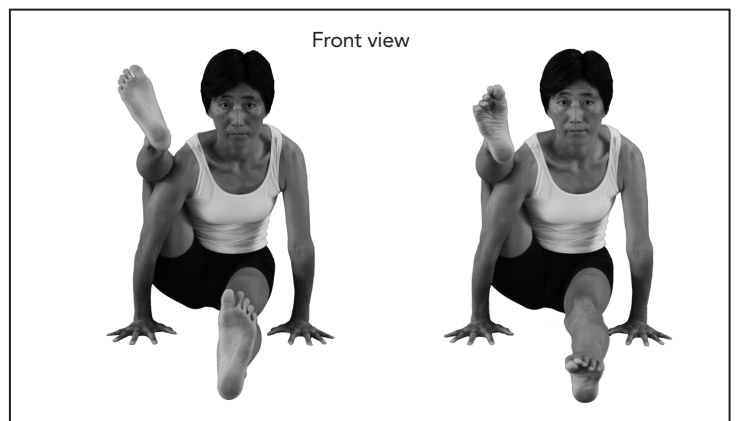
Elephant Trunk



5x breaths



From Dandasana bring left leg up on the left arm. Work the inner leg, push against the arm. Lift your buttocks and right leg off the floor. Maintain Mula and Uddiyana bandha. Drishti – straight ahead. 5 breaths dorsiflexed foot, 5 breaths plantar flexed foot.





Level 7 Intermediate

Trianga Mukhaikapada Paschimottanasana



Three Limb Stretch



From Dandasana – Left leg in Virasana, right leg straight, dorsiflexed foot. Fold forward from the sitting bones, keep front body long, hands each side of the knees, each side of the ankles, then both hands at the same time – holding the right foot, every finger engaged. Activate the right leg, sit evenly on both sitting bones. Pull on the hands, open the chest, head and neck in line with the spine. Top of the head leads forward. Active arms, roll the shoulders back.



Bring the right hand across the ball of the foot, right hand holds the left wrist. Bring the long front body forward, touch the body sequentially along the legs. Head in line with the spine, column neck. Activate right quadriceps. 5 breaths on the ball of the foot, bring the hands down on the heel, on the floor 5 breaths, back on the ball of the foot 5 breaths. Come out through the stages, hold the ball of the foot with both hands, then hands each side of the ankle, each side of the knee, come back to sit in Dandasana. Repeat on the other side.

Marichyasana 1

Marichi 1



From Dandasana, bring the left leg back, inner ankle in line with the outside of the hip. Right leg activated, dorsiflexed foot. Bring the hands each side of the knee, each side of the ankle. Fold forward, keep the arms low, turn the left arm out, wrap around the left leg.

From Dandasana, bring the left leg back, inner ankle in line with the outside of the hip. Right leg activated, dorsiflexed foot. Bring the hands each side of the knee, each side of the ankle. Fold forward, keep the arms low, turn the left arm out, wrap around the left leg.



Level 7 Intermediate

Munditasana

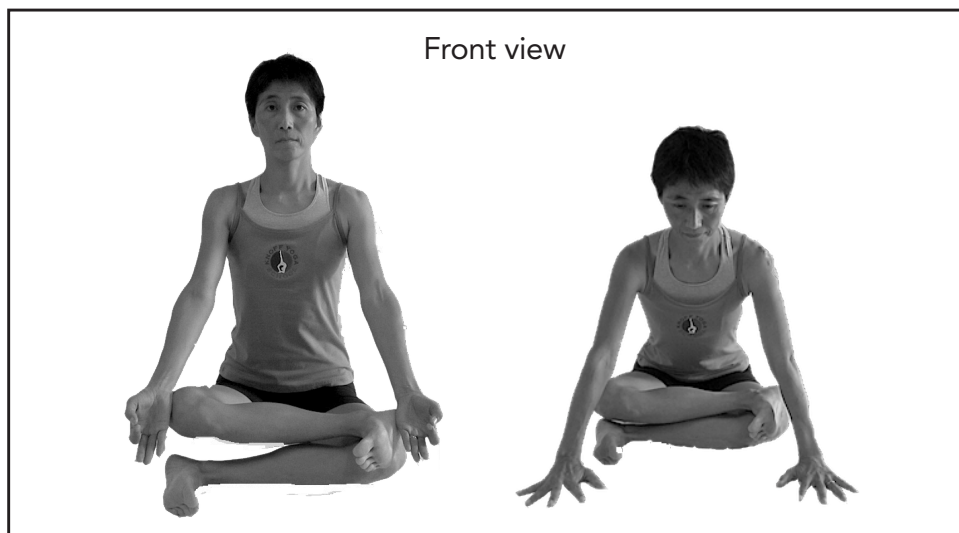
Delightful Pose



5x breaths



From Dandasana, bend the left knee, shin parallel to the front body. Dorsiflex the foot. Bring the right leg on top of the leg, right leg ankle bone into the hollow of the left inner knee. Hinge forward from the hips, hands shoulder width apart, hasta bandha hand on the mat. Keep front body long, head on a column neck, Dandasana spine. Aim the armpits over the legs down to the floor. Pull back towards body with the hands to open the thoracic spine, bring the sitting bones closer to the floor. 5 breaths on each side, if time allows 8 to 10 breaths. Head off the floor, push legs into the floor.

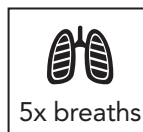


If this is easy, stack arms – left down, right on the top, rest the forehead on the top of the radius.



Level 7 Intermediate

Ardha Baddha Padma Paschimottasana



Half Lotus Pose



From Dandasana – Bend the right knee and bring it into the lotus position. Right arm – roll inner deltoid to the outer deltoid, biceps out, triceps in, extend arm behind the back. Bring humerus low, bend the elbow, take hold of the foot, thumb in between the big toe and the next toe, all the fingers on top of the foot Hip, chest, collarbones face the front. Left hand holds left big toe, pistol grip. Pull on the hand to open your chest and thoracic spine. Head on a column neck in line with your spine, 5 breaths. Fold forward, bring left hand across the ball of the left foot, hold the right wrist. Long front body, left leg activated quadriceps, 5 breaths. Bring hands to the floor, elbows forward, shoulders back, 5 breaths.



Bring the hands back on the ball of the foot. Undo the hold, hold the left big toe with pistol grip – left hand, bring the right hand back to hold the foot, pull back on your left hand, open your chest. Hands each side of the ankle, hands each side of the knee, come back to sit in Dandasana. Repeat on the other side.



Level 7 Intermediate

Marichyasana 2

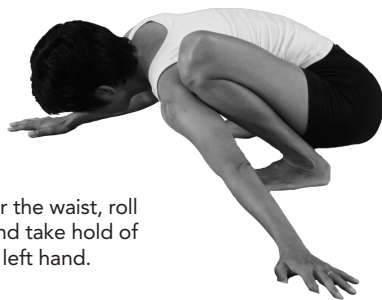
Marichi 2



5x breaths



From Dandasana – bring the right leg into half lotus, bring the left leg into squat, inner ankle on the outer hip. Fold forward, push your left sitting bone forward and down, bring both elbows to the floor.



Bring the left hand over the waist, roll the right arm behind and take hold of the right wrist with the left hand.

Extend the arms back, spine forward. Head is on a column neck in line with spine.

Janu Sirsasana 3

Head of Knee Pose 3 – front view



5x breaths

Bring the left foot toward the pubis, ball of the foot on the floor, heel above and toes. Bring the knee forward and down to the floor. Hands each side of the knee, hands each side of the ankle.



Take hold of the ball of the foot with both hands, pull back, extend the spine.

Bring the right hand across the ball of the foot.

Hold the left wrist. 5 breaths on the ball of the foot 5 breaths on the heel and 5 breaths on the ball of the foot.



Level 7 Intermediate

Janu Sirsasana 3

Head of Knee Pose 3 – side view



5x breaths



Bring the left foot toward the pubis, ball of the foot on the floor, heel above the toes. Bring the knee forward and down to the floor. Hands each side of the knee, hands each side of the ankle.



Take hold of the ball of the foot with both hands, pull back, extend the spine.



Bring the right hand across the ball of the foot.



Hold the left wrist. 5 breaths on the ball of the foot 5 breaths on the heel and 5 breaths on the ball of the foot.



Repeat on the other side.

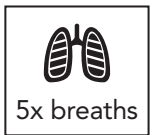


Foot position



Level 7 Intermediate

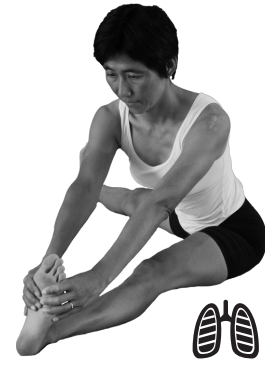
Upavista Konasana & Parsva Upavista Konasana



Seated Angle Pose & Side Seated Angle Pose



Dandasana – bring the legs apart, dorsiflexed feet. Sit on the front of the sitting bones. Long front body, Tadasana spine, head on a column neck. Hinge forward, take hold of both toes at the same time, pistol grip. Activate legs, lengthen the spine. Touch the pubis, stomach, chest, forehead to the ground. Breathe in, lift the chest, place the chin on the ground and take hold of the foot from the outside.



Twist in waist to turn over to the left side. Nose, navel in line with the inside of the left leg. Hands each side of the knee, hands each side of the ankle.

Hold ball of the foot with both hands at the same time. Pull back to lengthen the spine and draw it deeper in the body. Open chest and thoracic spine. Activate the legs, dorsiflex feet. Keep both sitting bones on the floor.



Bring the left hand across the ball of the foot and hold the right wrist, 5 breaths. Then bring the hands down on the heel (5 breaths) and back on the ball of the foot, 5 breaths. Come out from the pose through the stages and repeat on the other side.



Level 7 Intermediate

Parivrtta Janu Sirsasana

Revolved Head of Knee



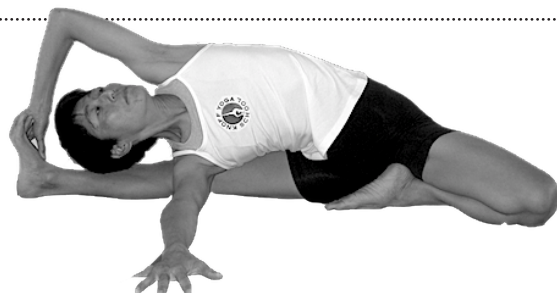
5x breaths



Dandasana – bring the left knee behind the hip, twist in waist without using your hands.



Bring the right hand on outside of the left leg hasta bandha hand on the floor. Left hand behind the right hip to twist more. Release hands, hold right foot thumb towards the floor with right elbow moving forward and down to the floor. Left hand on the sacrum plate. Roll inner deltoid to the outer deltoid.



Bring the left hand over head and hold across the ball of the foot from outside. Continue to twist, navel, chest, collar bones to the ceiling. Maintain the left elbow to face towards the ceiling, 5 breaths. Release the right arm, bend left elbow back, walk the right hand and arm away – follow with the shoulder and the chest.



Keep the chest and shoulder forward as you bring the right hand back on the foot, maintain the deeper twist in the spine, maintain the position of the chest and shoulder, 5 breaths. Repeat on the other side.



Level 7 Intermediate

Krounchasana

Heron



5x breaths



From Adho Mukha Svanasana jump into Virasana right leg, left leg straight out in front. Bend left hip, knee and ankle and place dorsiflexed foot on the right thigh, hold the right wrist with the left hand and stretch the left leg up, dorsiflex the left foot, bring the body to the leg and the leg to the body so we are upright, spine perpendicular to the floor. Drishti is up.

Akarna Dhanurasana

Archer



5x breaths



Take hold of both feet at the same time, pistol grip big toes, work your inner leg so the ankle, knee and hip stay in alignment, bring your left ankle up to your ear, keep the foot dorsiflexed, drop your left shoulder and straighten the leg, make sure you work your inner leg so that your joints are supported and in alignment. Bend the left knee again, dorsiflexed ankle to your ear and then shoot the leg straight back next to the other one on the mat.

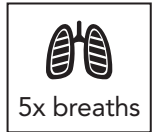


Level 7 Intermediate

Gomukhasana

Cow Pose

Bend the right knee and bring the right leg under, dorsiflexed foot on the outside of the left hip, left leg is stacked on top of the right leg. Work the inner legs to push the legs to the floor. Both sitting bones down on the floor, hips level. Extend the left arm to the side and bring it back up on the spine, fingers facing towards ceiling, back of the hand on the spine.



Extend the right arm up, palm facing to the left. Take hold of all fingers, left elbow to the floor, right elbow to the ceiling, make sure the arm is away from the head, 5 breaths.

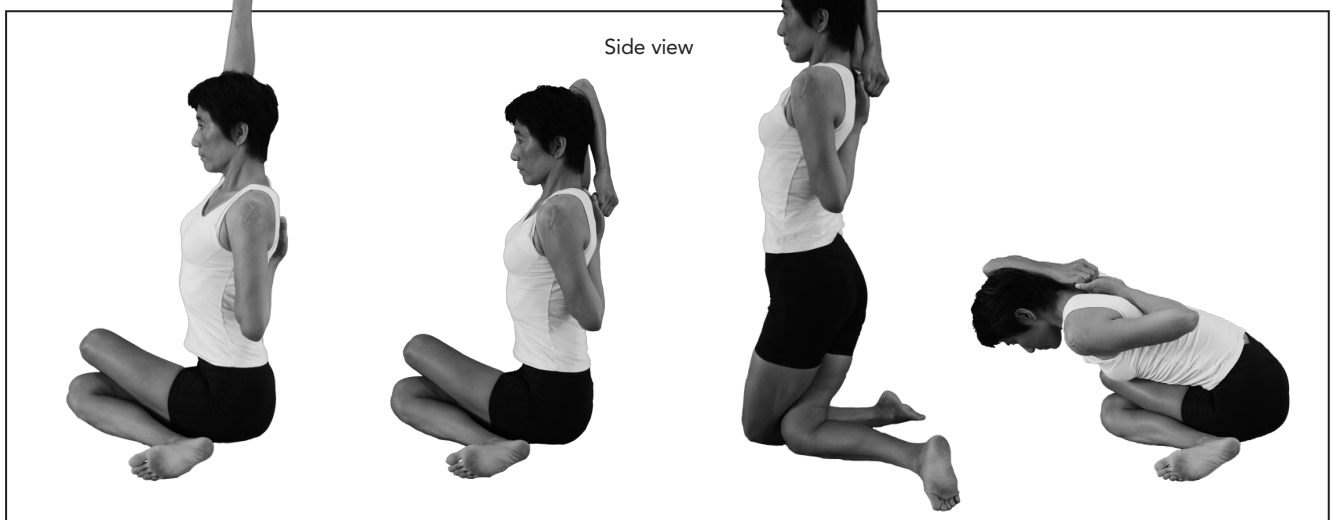


Stand on the knees, shins and front ankles. Plantar flex the feet. Tone the buttocks, squeeze the legs together, lift iliac crest, Tadasana spine, 5 breaths.



Fold forward, bring the V of diaphragm over the edge of the knees, head on a column neck, 5 breaths. There is space to get a deeper grip.

Repeat all variations on the other side.



Side view



Level 7 Intermediate

Siddhasana

Sage Pose



5x breaths

Bring right foot into the midline, place left outer ankle into the inner ankle hollow of right foot. Activated straight arms, jnana mudra hands. 3 bandhas – Mula, Uddiyana and Jalandhara bandha. 5 breaths on each side. Tadasana spine, lifted open chest, shoulders back.

Padmasana

Lotus Pose



5x breaths

Sit in Dandasana, lift up on hasta bandha hands, dorsi-flexed feet, activated legs, drop femur bones in the bottom of the hip sockets, sit gently on the front of the sitting bones, iliac crests perpendicular to the floor.

Bring the right leg up, dorsi-flexed foot, femur close to the body, shin is parallel to the floor. Pistol grip the big toe.

From the knee take the shin and foot out to the right 5 degrees, the leg is holding itself up, the hand and arm are for balance and holding position.

Bring the shin parallel to the collarbones, ankle at the same height as the knee, elbow of the right arm hooked under the fold of the knee and pulling gently upward.

Hook the right elbow over the right knee and the left elbow over the dorsi-flexed instep of the right foot. It is the leg that comes to the body, rather than the arms pulling the leg to the body.



Bring the calf up to the ceiling with the right hand, left hand holds the instep of the dorsi-flexed foot, drop the shoulders.

Keep the calf muscle going up to the ceiling with the right hand, left hand brings the heel of the right foot into the navel, the knee goes from high to low from out to in, a rotational movement in the hip socket. Hold the shin with the right hand.

Slide the left dorsi-flexed foot over the right leg, over the grooves of the muscles, so that both feet are in the groins comfortably, bring the hands in jnana mudra.

Apply jalandhara bandha. Take 5 breaths. Release the legs and repeat on the other side.

Side view

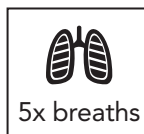




Level 7 Intermediate

Navasana & Ardha Navasana

Boat Pose & Half Boat Pose



Lean back as little as possible, lift straight legs, chest level with the knees, knees level with the chest. Shoulder width apart arms, extended hands. Activated legs, dorsiflexed feet, Tadasana spine, head on a column neck. Coil the spine to come down to Ardha Navasana, back-waist on the floor, legs and feet off the floor at eye height, shoulder blades off the floor, long column neck, hands intertwined on the occipital protuberance, elbows to the side, isometric hands on the head, head on the hands. Look up over the eyebrows. Repeat 5 times x 5 breaths.



Level 7 Intermediate

Marichyasana 3

Marichi 3



5x breaths



Right arm – roll inner deltoid to the outer deltoid, bring biceps forward, triceps back, 5 breaths. Look over right shoulder, push right chest forward, left chest back, 5 breaths. Right hand holds the left wrist, roll thumbs down to the floor.



Look over right shoulder for another 5 breaths.



Come out through the stages.

Back view. Notice position of the right and left hand. Wrapping hand always holds the wrist!





Level 7 Intermediate

Bharadvajasana 2

Bharadvaja 2



5x breaths

Dandasana – fold right leg into Virasana and left leg into half lotus. Face the front, extend the left arm to the side, bring it back and take hold of the left foot – thumb in between the big toe and the other toes, fingers over top of the foot. Twist to the left without using hand. Place the right hand on the far side of the left thigh just above the knee, fingers under the thigh. Twist further, look over the left shoulder, 5 breaths.



5 breaths look over the left shoulder, right chest forward, left chest back. 5 breaths look over the right shoulder, turn neck from C7, 5 breaths look over the left shoulder.

Release through the stages and repeat on the other side.

Supta Virasana

Supine Hero Pose



5x breaths



Sit in Virasana, you may bring your knees slightly apart if necessary, bring hands onto the insteps heel of the hand on the floor, lean back, straight arms, sitting bones lift off the floor, tone the buttocks, lift the iliac crests, place sacrum on the mat, buttocks under. Both elbows down on the floor at the same time, tilt pelvis one more time, lift the iliac crests.



Lie down, both shoulder blades on the ground, bring the straight arms beside the hips, palms up, 5 breaths. Bring straight arms under, palms up, little finger of each hand touching, 5 breaths. Bring up straight arms.

Turn the palms and bring the arms back behind head on the floor, shoulder width apart hands. Elongate the spine, bring the back ribs back, palms face the ceiling, open dorsal spine, 5 breaths. Knees together, head on a column neck. Face the palms to each other, thumbs touch the floor, spread the rest of fingers, 5 breath.



Turn the palms up, cross arms, left hand holds the right arm just above the elbow, right hand comes inside of the left arm from behind, 5 breaths. Repeat on the other side 5 breaths. Come out through the stages.



Level 7 Intermediate

Ustrasana

Camel Pose



5x breaths



Virasana – kneel up, hip width apart legs (two fists) plantar flex feet. Ground the feet, shins and knees. Bring the thumbs on the sacroiliac joints, open the chest. Aim the navel, floating ribs, chest and collar bones to the ceiling. Head on a long column neck, maintain long column neck. Bring the base of the skull back first. Drishti back over the eyebrows, place hands at the same time on the feet, fingers on toes. Tone the buttocks, open the hip flexors, lift the iliac crests, 5 breaths. Come out of the pose, first bring the thumbs onto the sacroiliac joints, head comes up last.

Bhekasana

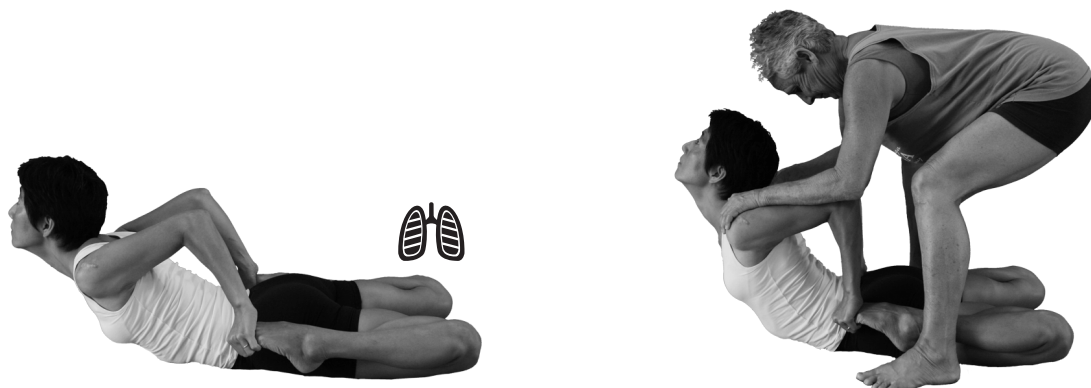
Frog Pose



5x breaths



Lie down, bring the left forearm across the chest, left elbow under the shoulder. Open chest, coil the spine, tone the buttocks, lift the iliac crest, plantar flex the left foot. Place the right thumb into the right instep of the right foot, elbow high, take hold of the foot, fingers match the toes. Pull the foot in a big circle towards the head (forward) and down to the floor, 5 breaths, then repeat on the other side.



Lift the chest, bring both hands on the feet at the same time, pull both feet in a big circle up and down to the floor, 5 breaths.



Level 7 Intermediate

Urdhva Dhanurasana

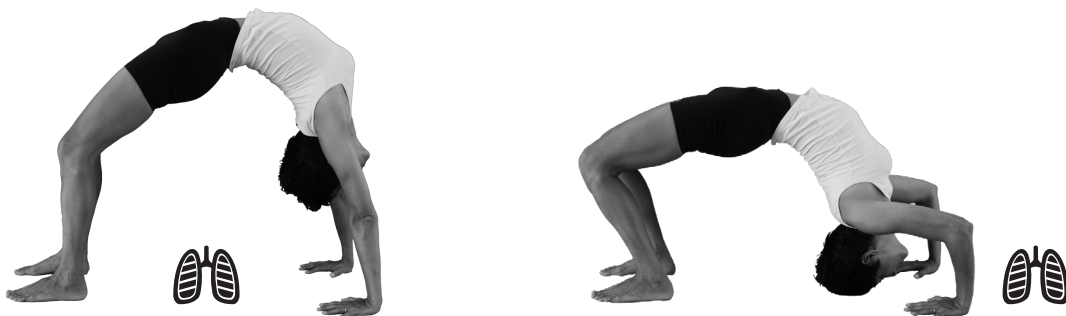
Upward Bow



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, 20 breaths total. 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 more 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.



Level 7 Intermediate

Eka Pada Urdhva Dhanurasana

One Leg Upward Bow



5x breaths



Feet together



Front view

Come up into Urdhva Dhanurasana, bring the feet together, push the right foot into the floor, bend knee to the chest, dorsiflexed foot, heel to the sitting bone.



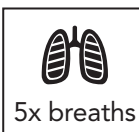
Straighten the leg to the ceiling, 5 breaths dorsiflexed, 5 breaths plantar flexed. Bring the dorsiflexed left foot down on the floor next to the right foot. Repeat on the other side. Dorsiflex the foot, bring it down on the floor. Walk the feet hip width apart and release down from Urdhva Dhanurasana through the stages.



Level 7 Intermediate

Eka Pada Rajakapotasana 1

One Leg Pigeon 1



Fold in left leg, right leg straight back, left sitting bone on left side of the line, right front hip on the right side of the line.



Bend up right leg, take hold with right hand, elbow shoulder width.



Take hold with left hand as well, place foot plantar flexed on head.



Dorsiflex foot, place heel on brow.

Setu Bandhasana 2

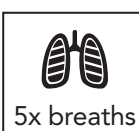
Bridge 2



Bend the left knee, bring the left heel to the right knee to measure the distance. Bend the right knee, heels together, "Charlie Chaplin" feet.



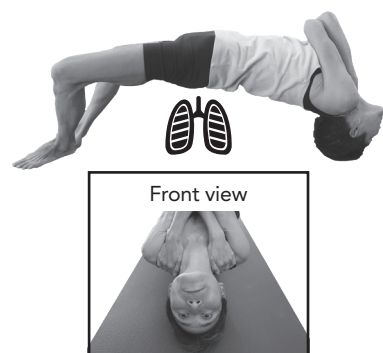
Front view



Lift the chest and come up on the top of the elbows. Bring the head back, top of the head on the floor. Lift and tone the buttocks, hands down on the floor, palms of the hand either press into the floor, or hold the mat.



The classical asana: next stage. Cross arms over the chest, arms and elbows down towards the feet.



Front view

2x feet positions



Roll down on the head, lengthen the spine and sacrum bring the sacrum plate on the floor.



Roll over the forehead onto the bridge of the nose. Lift the chest, roll the shoulders back, 5 breaths.



Level 7 Intermediate

Salamba Sarvangasana

Shoulder Stand – coming into the pose



Breathe out, roll the spine down to the floor, create the space between each vertebrae, lengthen the spine.

Push the hands, arms, shoulder blades, head into the floor, scissor the upper arms towards each other, column neck.

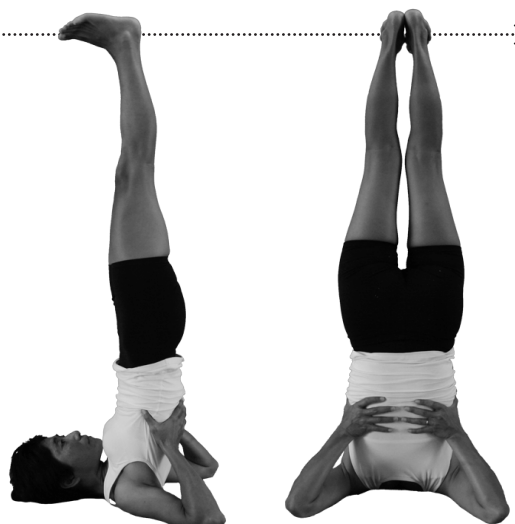
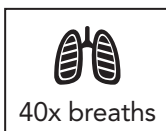


Keep the head, shoulders and arms on the floor. Bring the hips high over the shoulders, straight legs at 45 degree angle to the floor, insteps face the wall/ceiling join. Push the head of the femur bones up as you bring the feet down to Halasana. Face the palms to the ceiling, bring the straight arms up at the same time beside your body, palms face your face, walk the shoulders back, bring the hands down, extend the arms back, keep the arms on the floors shoulder width apart.



Support your back, fingers meet on the spine. The fingers are across the intercostal muscles between the ribs. Push the head of the femur bone up.

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 40 breaths. Dorsiflex 10, Plantar flex 10 – keep the extension at the back of the knees. Come back to Halasana.

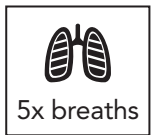




Level 7 Intermediate

Salamba Sarvangasana

Shoulder Stand – variations



1. Variation – Halasana/Plow Pose



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.

2. Variation – Karnapidasana/Deaf Ear Pose



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

3. Variation – Supta Konasana in Sarvangasana/Supine Angle Pose in Shoulder-Stand



Pistol grip, hold the big toes, lift the hips up, 5 breaths.

4. Variation – Parsva Halasana in Sarvangasana/Side Plow in Shoulder-Stand



Come back to Halasana, bring the feet together, walk to the right, draw in the right leg, extend the left leg, so the feet, ankles, knees and hips are even. 5 breaths to each side.

5. Variation – Eka Pada Sarvangasana/One Leg Shoulder-Stand



Bring the left foot – straight leg up to the ceiling and down to the floor as long as you are in alignment. If not, come with your toes off the floor, without disturbing your Salamba Sarvangasana. Maintain the hips level. The toes touch the floor, activated legs, 5 breaths, and repeat on the other side.



Level 7 Intermediate

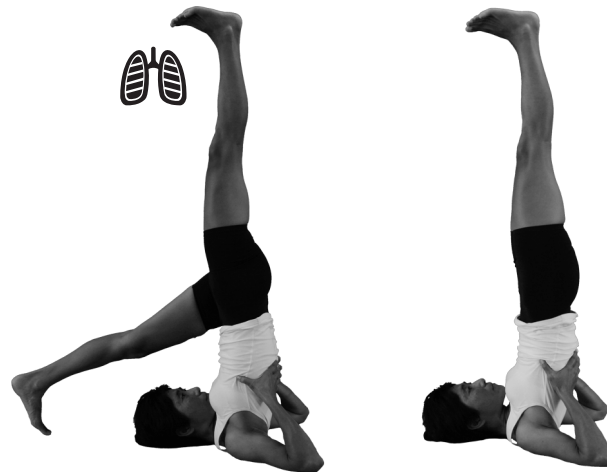
Salamba Sarvangasana

Shoulder Stand – variations



5x breaths

5. Variation – Eka Pada Sarvangasana/One Leg Shoulder-Stand continued



6. Variation – Parsvaikapada Sarvangasana/Side Leg Shoulder-Stand

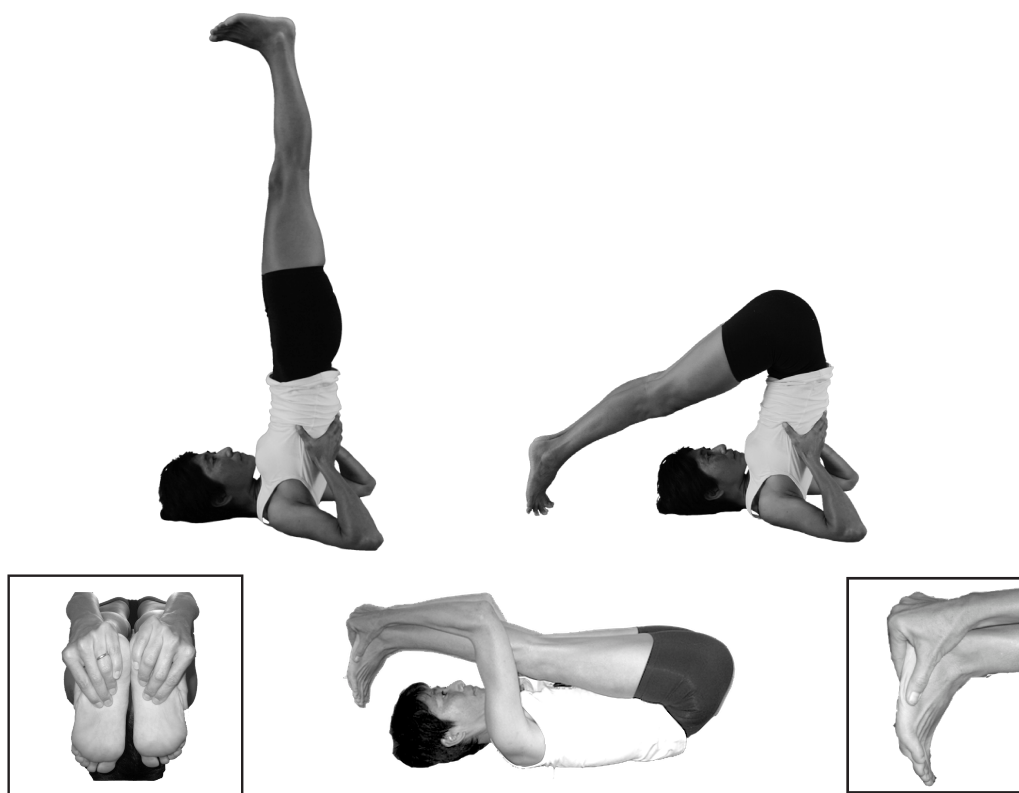


Turn the right foot out from the hip, right heel into the left instep. Foot to the floor in line with the shoulder, maintain Salamba Sarvangasana. If you cannot maintain Salamba Sarvangasana have foot above the floor, 5 breaths, repeat on the other side.



Salamba Sarvangasana

Shoulder Stand – coming out of the pose



Bring the thenar-mound into the malleolus 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 off 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, place the feet on the ground. Stomach and thigh muscles, breathe in, breathe out – smoothly come up into Paschimottasana.



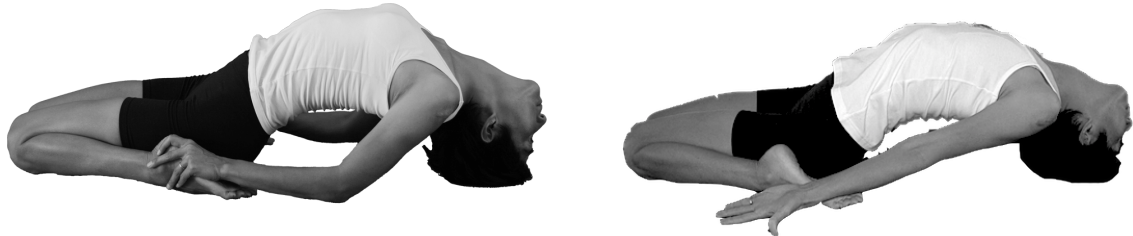
Level 7 Intermediate

Matsyasana in Virasana

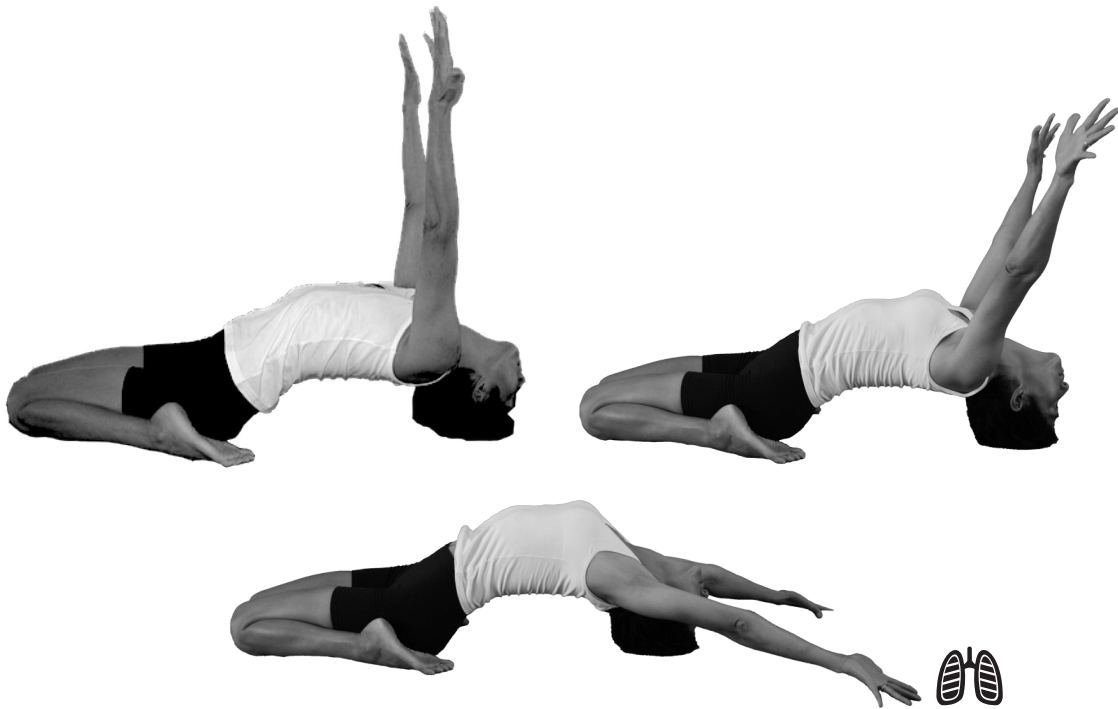
Fish in Hero Pose



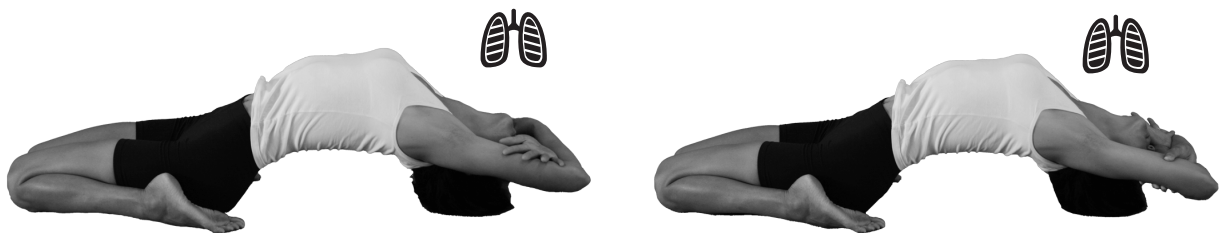
5x breaths



Sit in Virasana, bring your hands on the feet and lean back. Come on the elbows, lift the chest, bring top of the head back on the floor.



Turn the palms to face the ceiling, bring the arms up to 90 degree, turn the palms to face the back and bring the hands back behind the head, palms face the ceiling.



Arms shoulder width apart, 5 breaths, Hold one arm, slip the other hand through, 5 breaths, then repeat on the other side.



Level 7 Intermediate

Savasana

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

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