

Namaskar

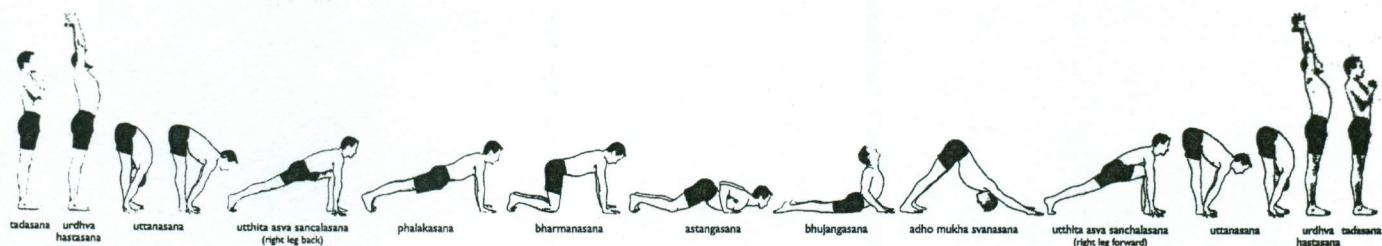
Surya Namaskar - Chandra Namaskar - Samudra Namaskar

SUN

MOON

SEA

surya namaskara
module 1
warm up variations



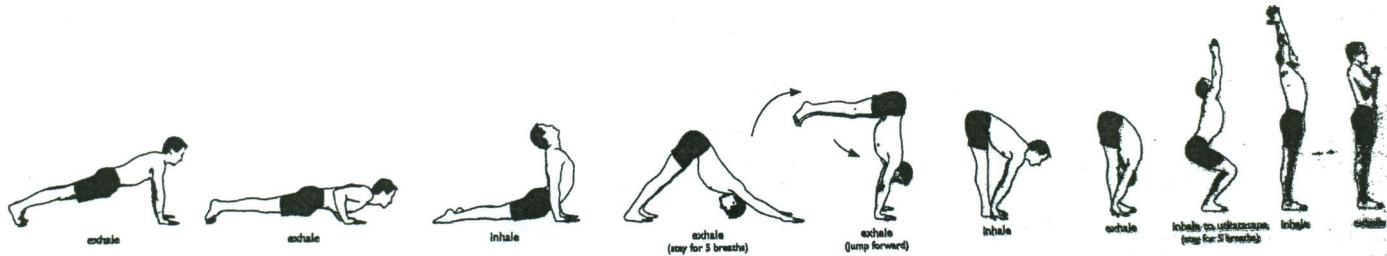
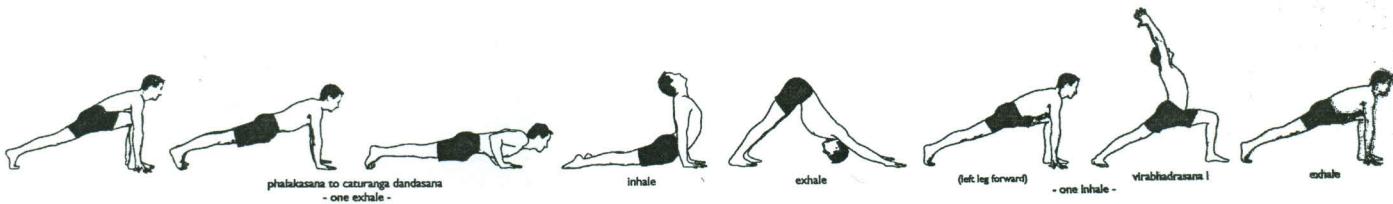
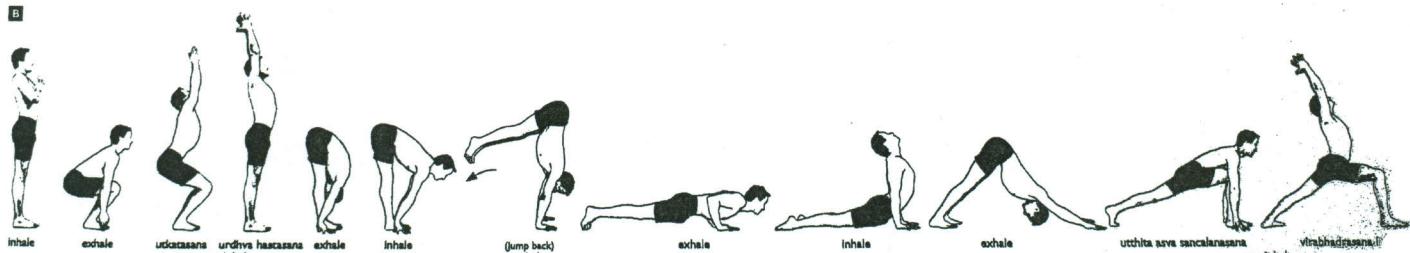
samudra namaskara
salutation to the sea



surya namaskara

salutation to the sun

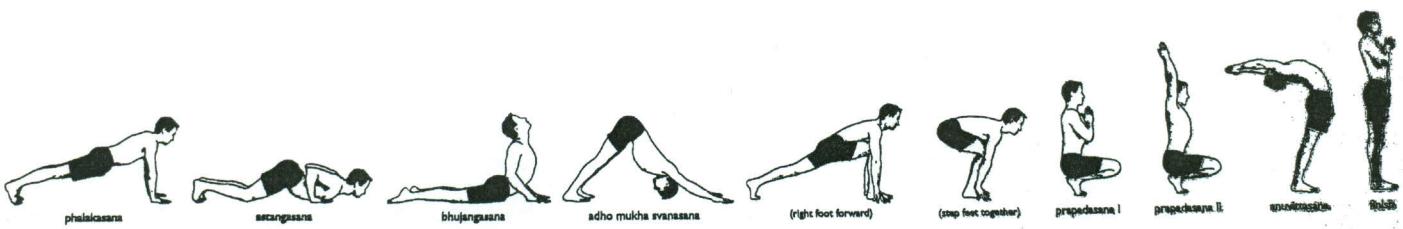
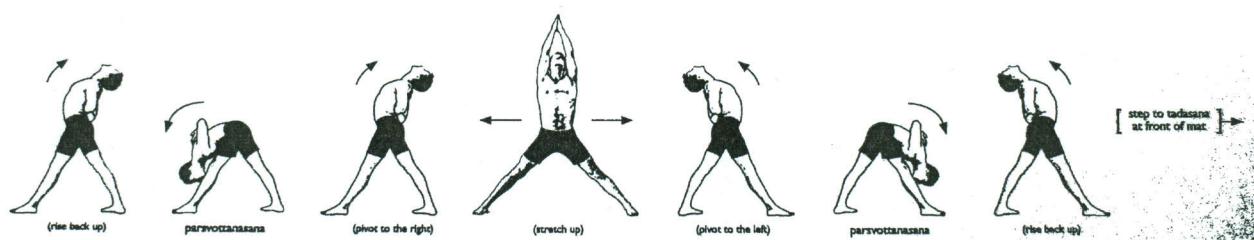
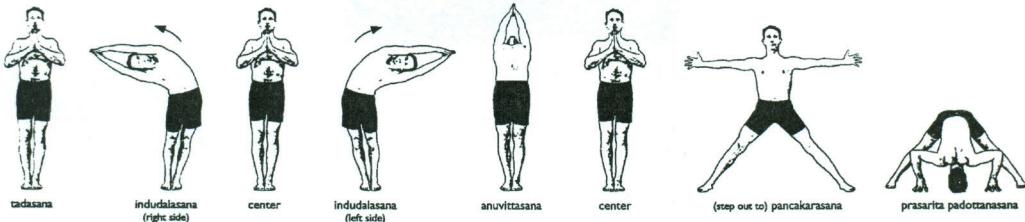
In these sequences, generally lead the upward movements with an inhale, the downward movements with an exhale.



Begin Candra Namaskara in the center of your mat lengthwise. Do the first two segments, then step to the front of your mat to complete the rest of the sequence.

candra namaskara 1

salutation to the moon

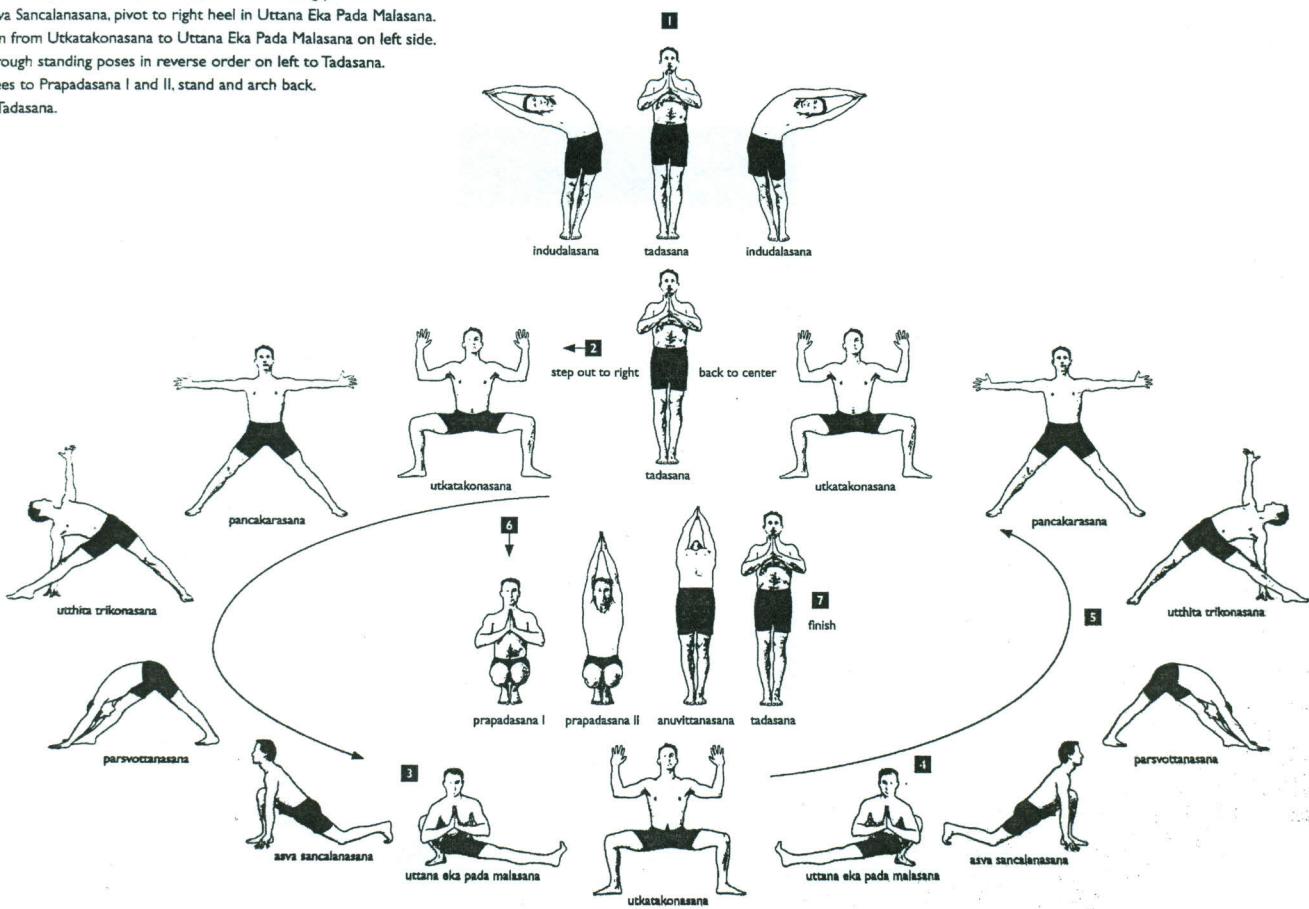


Begin this sequence in the center of your mat lengthwise.

1. Tadasana to Indudalasana, first right, then left side.
2. Step right foot out to Utkatakonasana, move to standing poses.
3. From Asva Sancalanasana, pivot to right heel in Uttana Eka Pada Malasana.
4. Transition from Utkatakonasana to Uttana Eka Pada Malasana on left side.
5. Move through standing poses in reverse order on left to Tadasana.
6. Bend knees to Prapadasana I and II, stand and arch back.
7. Finish in Tadasana.

candra namaskara 2

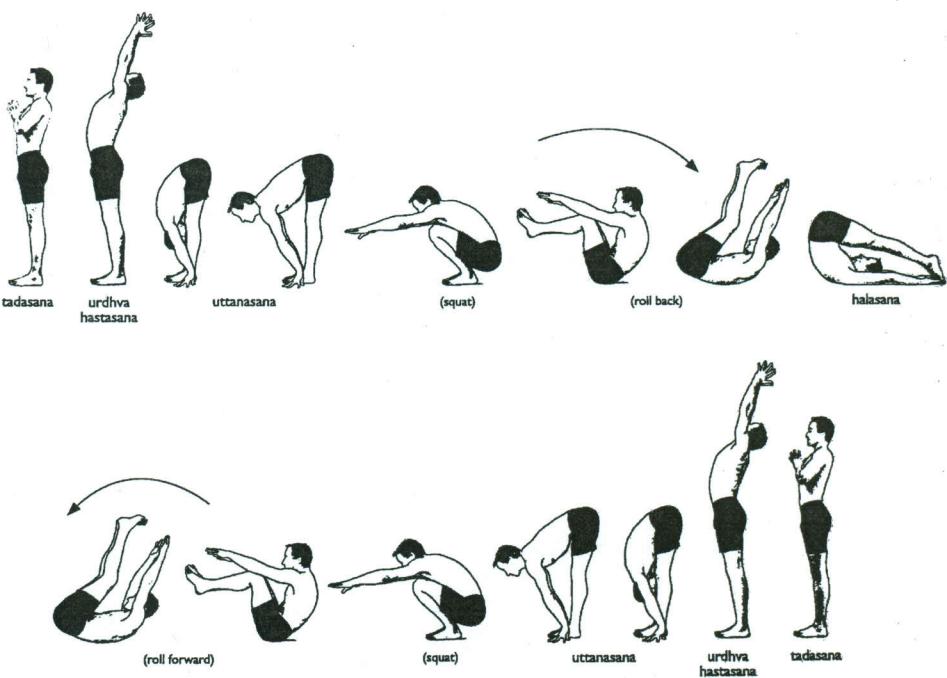
salutation to the moon



Emulating the rolling flow of the ocean, Samudra Namaskara is an alternative to Surya Namaskara. It can be repeated several times at the beginning of asana practice.

samudra namaskara

salutation to the sea



VINYASA

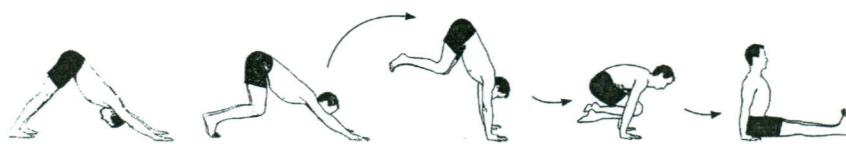
vinyasa The vinyasa symbol indicates where this type of connecting flow of postures comes into a sequence. Vinyasa types 2 and 3 can be added between seated postures in most sequences when a more vigorous practice is desired.

vinyasa
flowing with breath

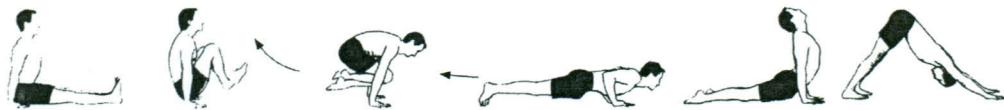
1 vinyasa connecting standing poses



2 vinyasa jumping through to seated poses

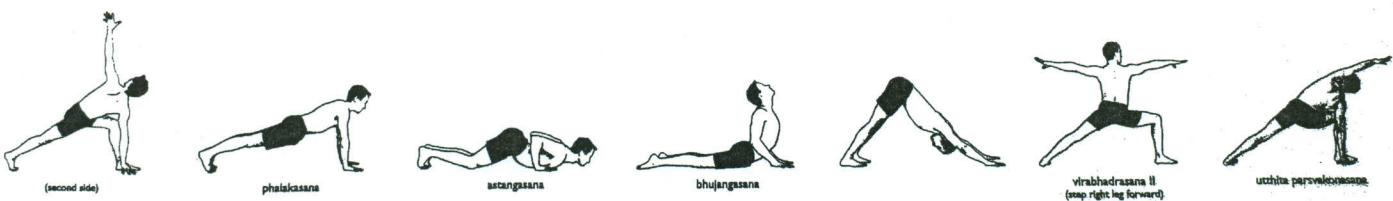
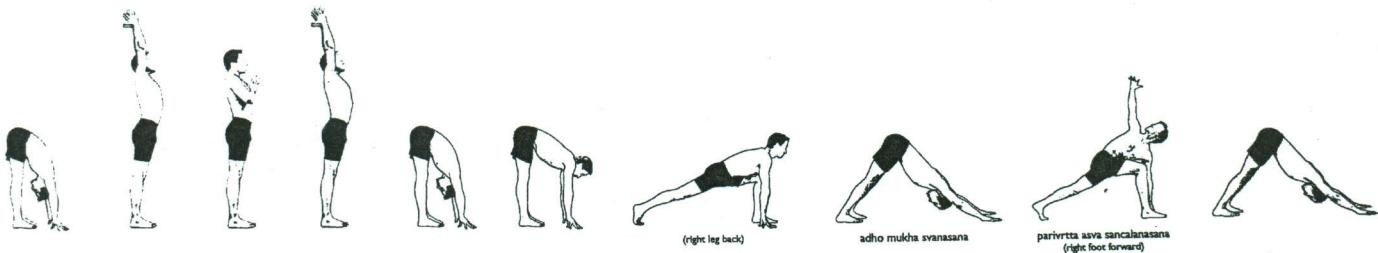
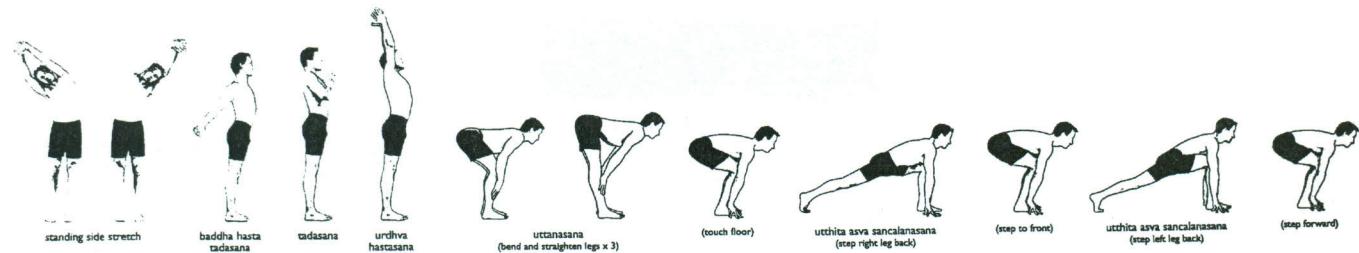


3 vinyasa from seated back to adho mukha svanasana

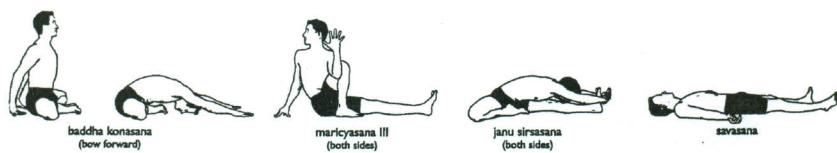
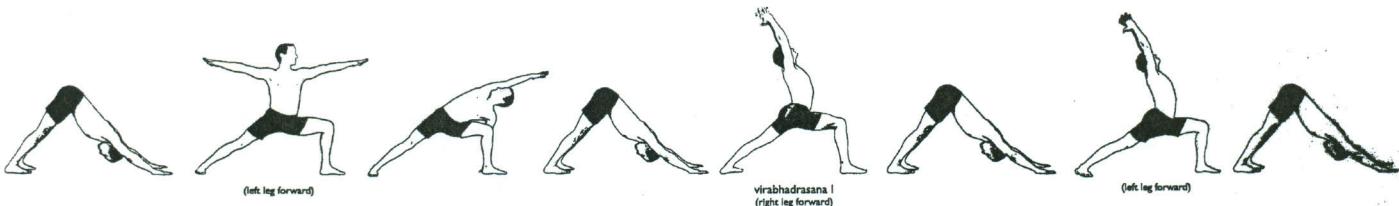


BASIC SEQUENCE

basic sequence moving with the breath

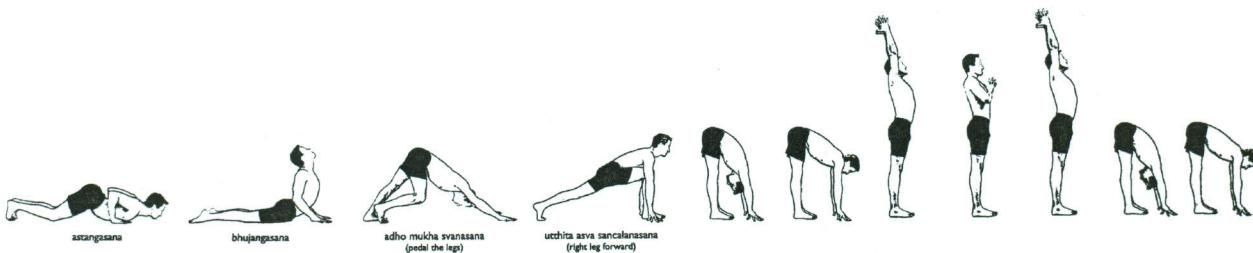
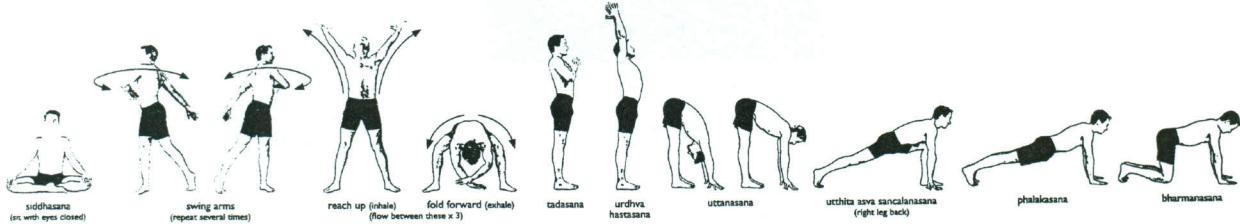


- continued - basic sequence moving with the breath

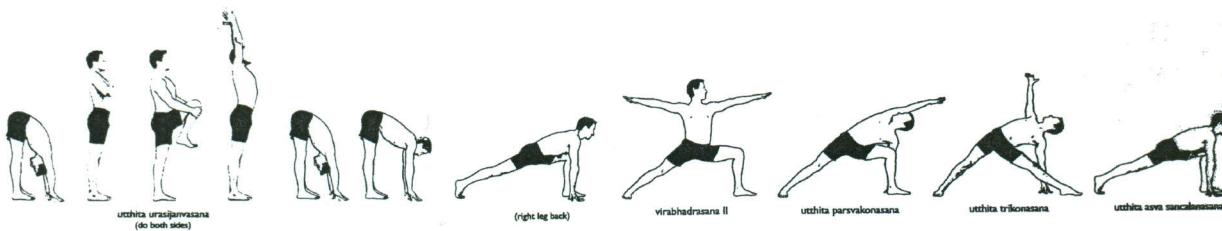


FOUNDATIONAL SEQUENCE 1

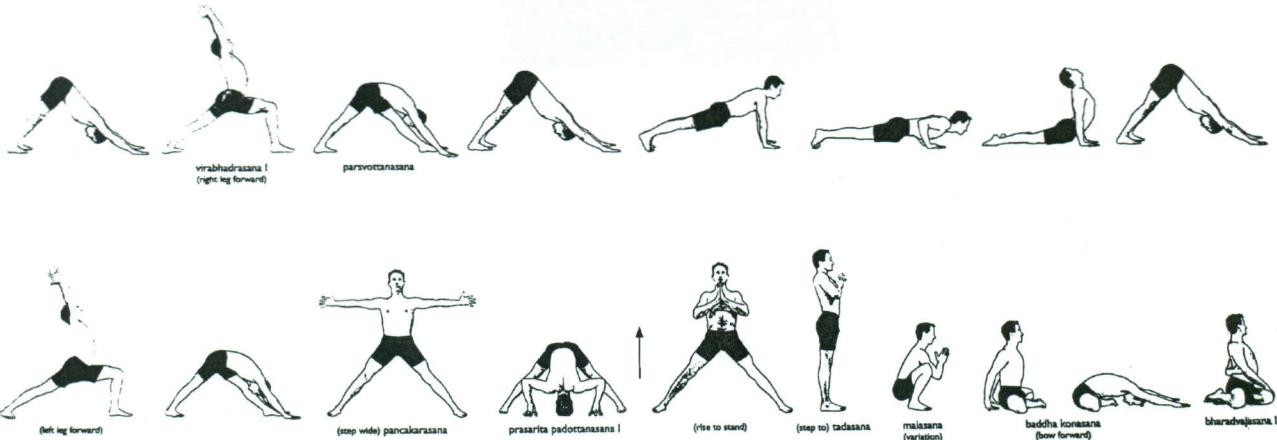
foundational sequence 1 standing poses & hip openers



- continued -
foundational sequence 1
standing poses & hip openers



- continued -
foundational sequence 1
standing poses & hip openers

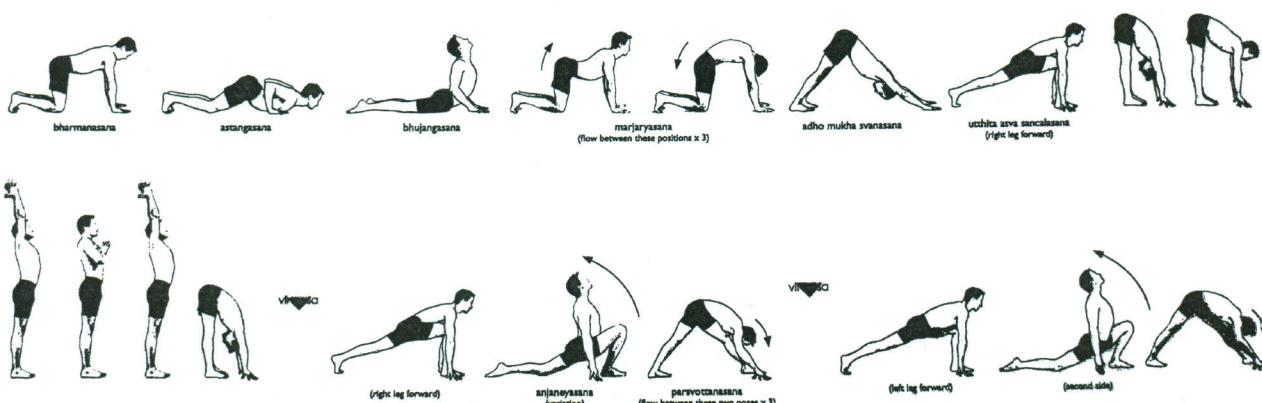
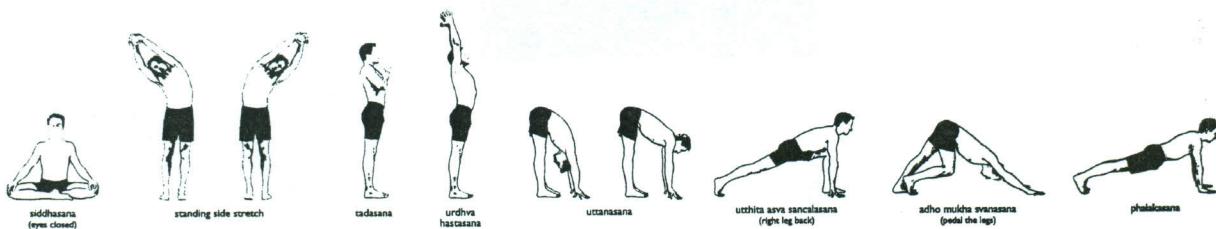


Do all poses on both right and left sides.



FONDATIONAL SEQUENCE 2

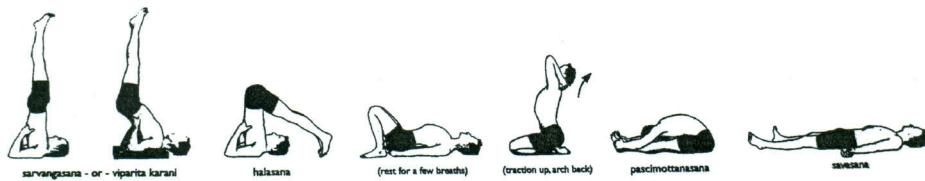
foundational sequence 2 arm balances and inversions



- continued -
foundational sequence 2
arm balances and Inversions

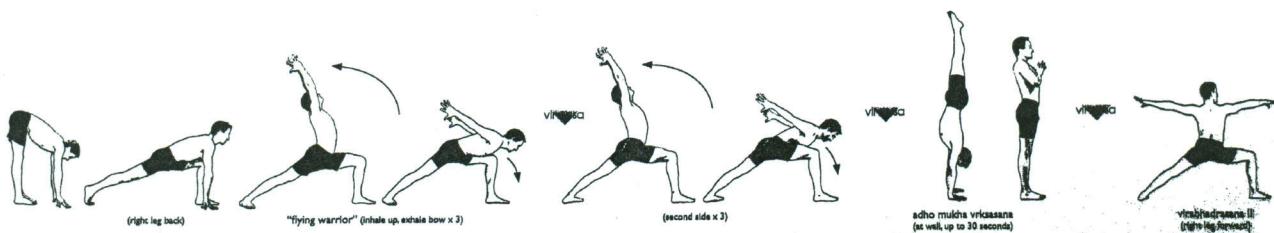
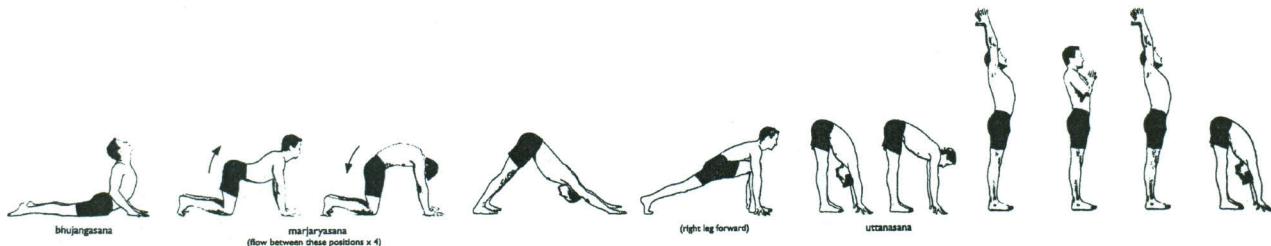
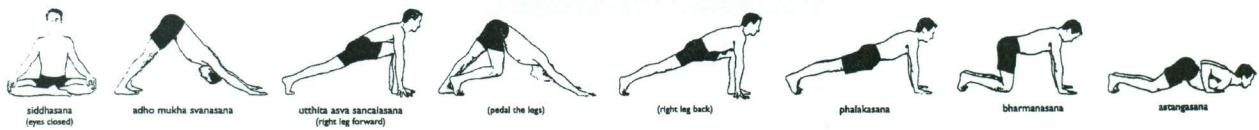


- continued -
foundational sequence 2
arm balances and inversions

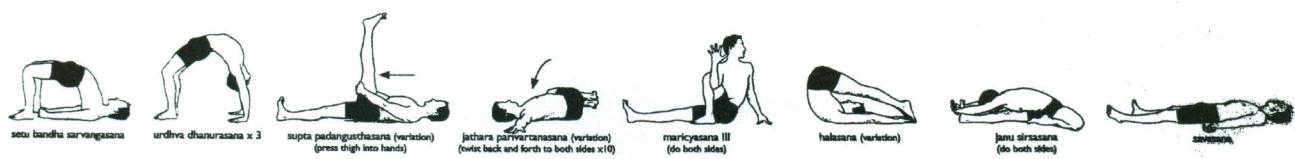
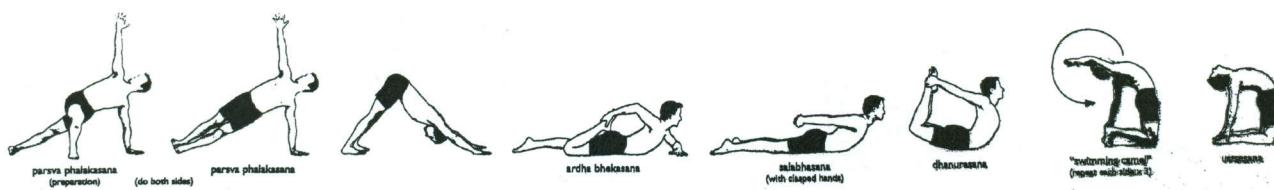


FONDATIONAL SEQUENCE 3

foundational sequence 3 focus on back bends



- continued -
foundational sequence 3
focus on back bends



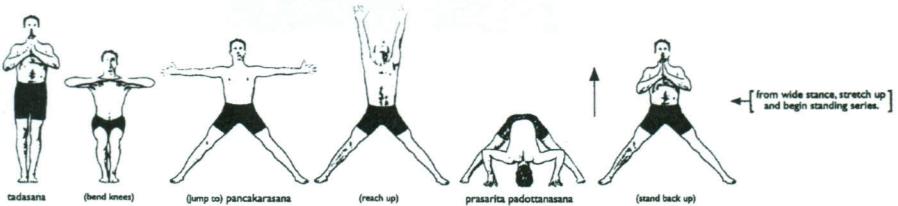
5 Modules Interchangeables

standing poses

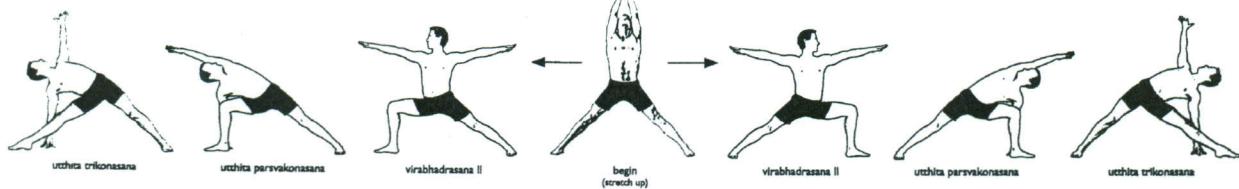
module 2

vira parampara — hero series

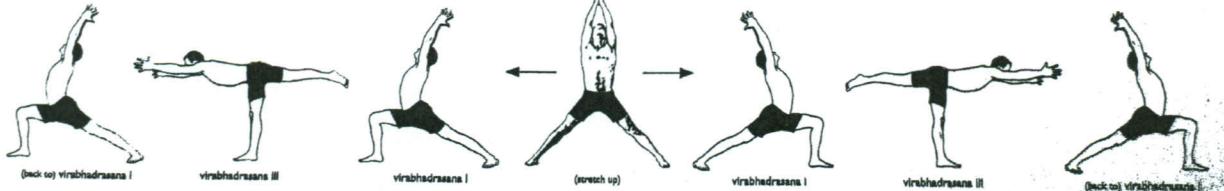
Step to the center of your mat lengthwise. Starting in Tadasana, jump to a wide stance. Stretch up and bow into Prasarita Padottanasana. Stretch up again, start standing poses first to the right, then second side to the left. Return to center; bow in Prasarita Padottanasana. Rise up again with arms over head. Continue in the same way through the other standing series. Jump back to center in Tadasana to finish. Each series can be done individually or combined as a full sequence.



standing
series 1



standing
series 2

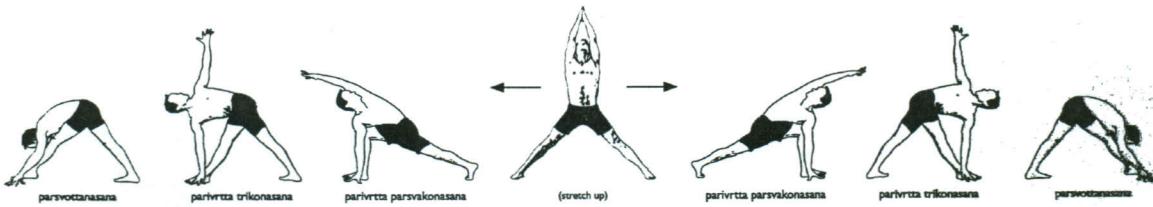


standing poses

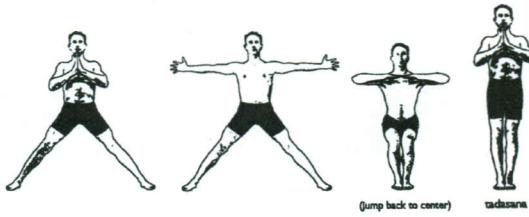
module 2 - continued

vira parampara — hero series

standing
series 3



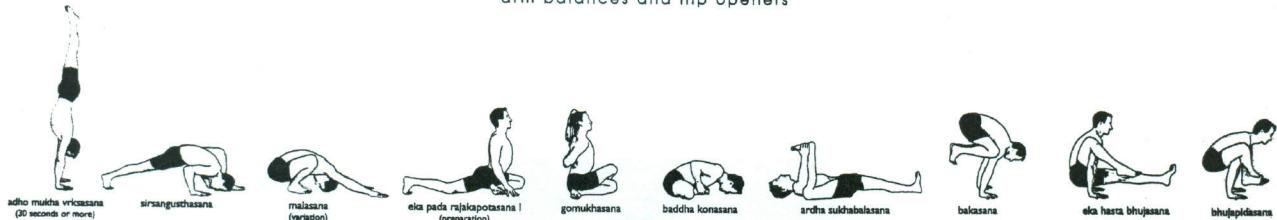
finish



Do all poses on both right and left sides.

module 3

arm balances and hip openers



module 4

backbends



Stay in each asana several minutes.

module 5

inversions



Do all poses on both right and left sides.

module 6

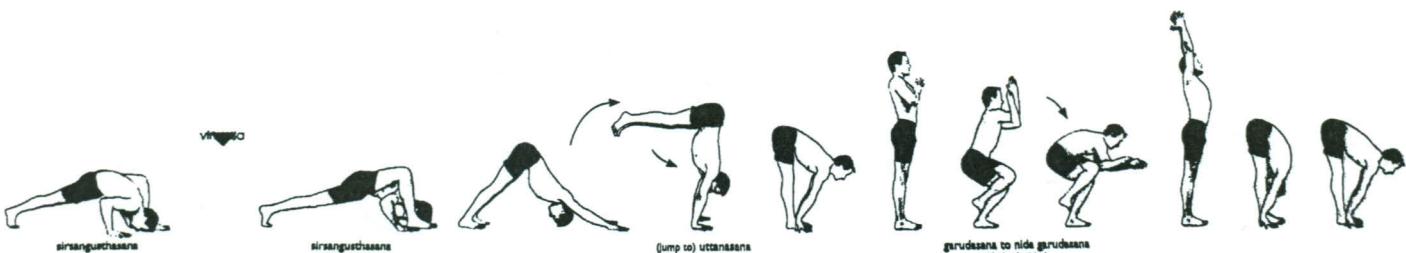
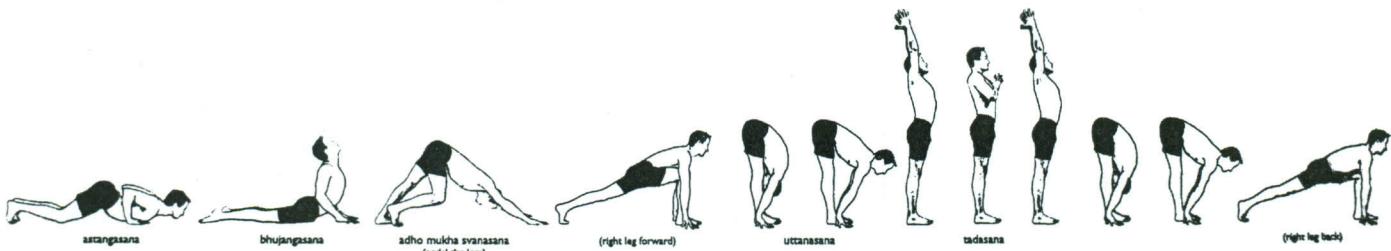
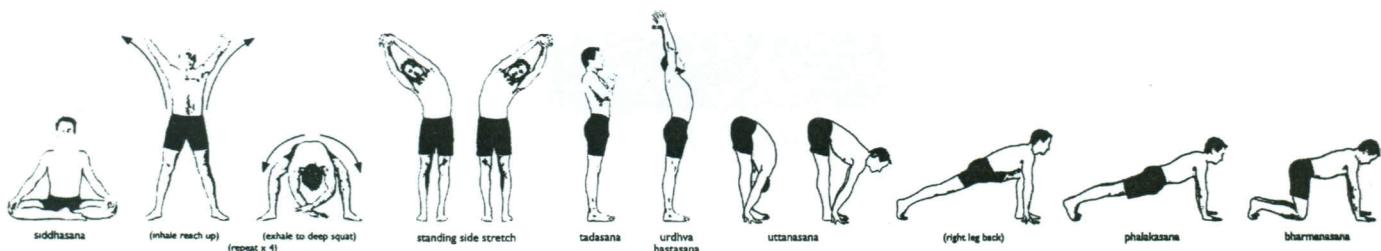
twists and forward folds



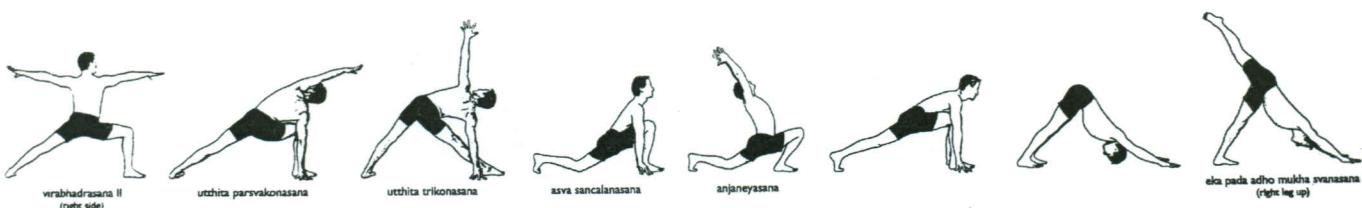
INTERMEDIATE SEQUENCE 1

intermediate sequence 1

standing poses & hip openers

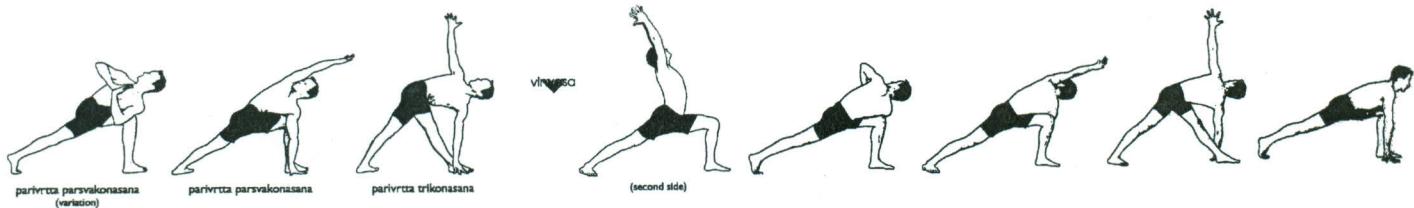
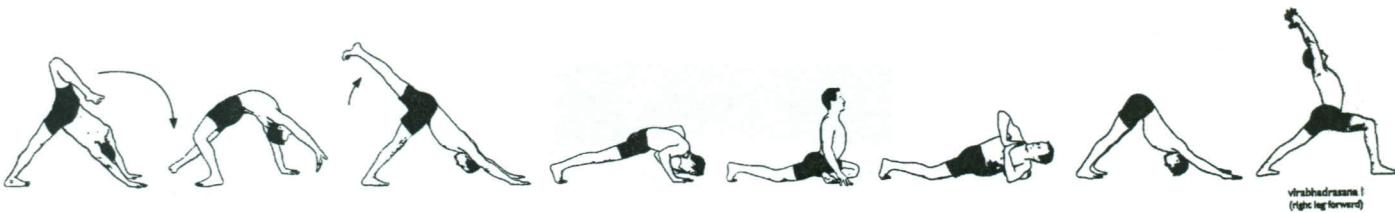


- continued -
intermediate sequence 1
standing poses & hip openers



- continued -
intermediate sequence 1
standing poses & hip openers

Do all poses on both right and left sides.



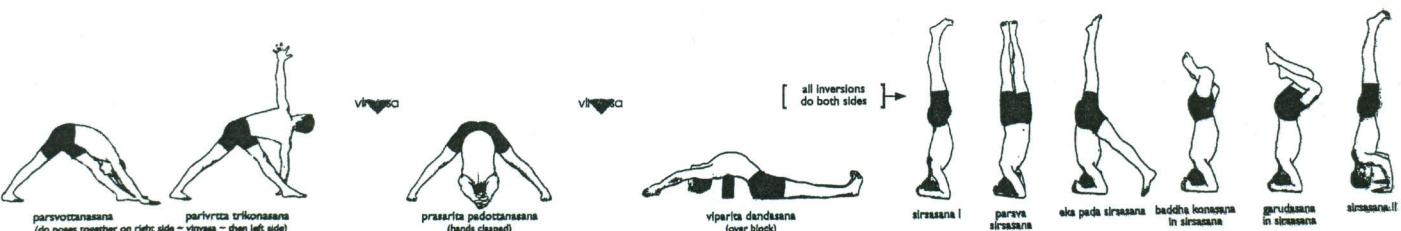
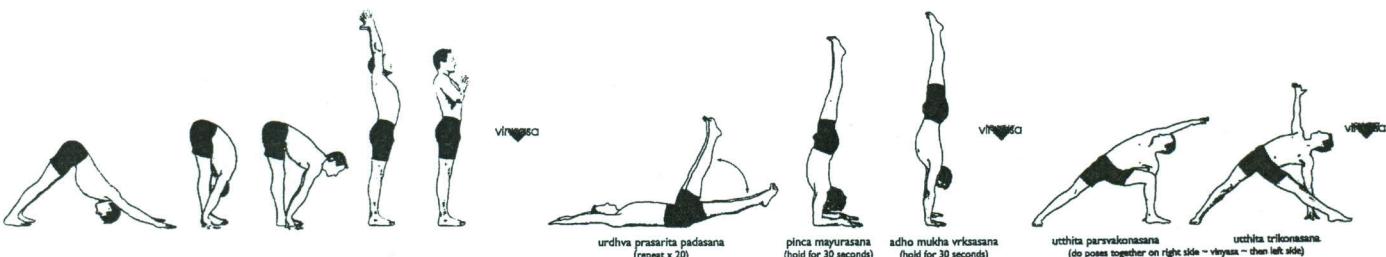
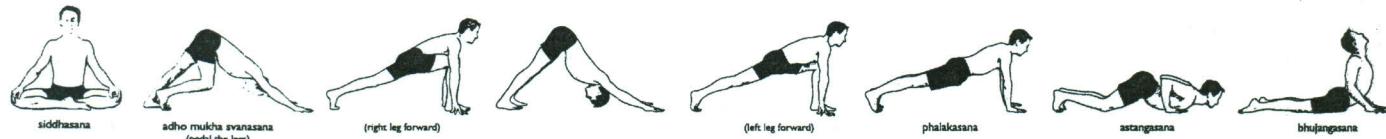
- continued -
intermediate sequence 1
standing poses & hip openers



INTERMEDIATE SEQUENCE 2

intermediate sequence 2 focus on inversions

Practice holding Sirsasana and Sarvangasana for up to five minutes before attempting variations. Hold each variation for 30 seconds up to one minute.



- continued -
intermediate sequence 2
focus on inversions

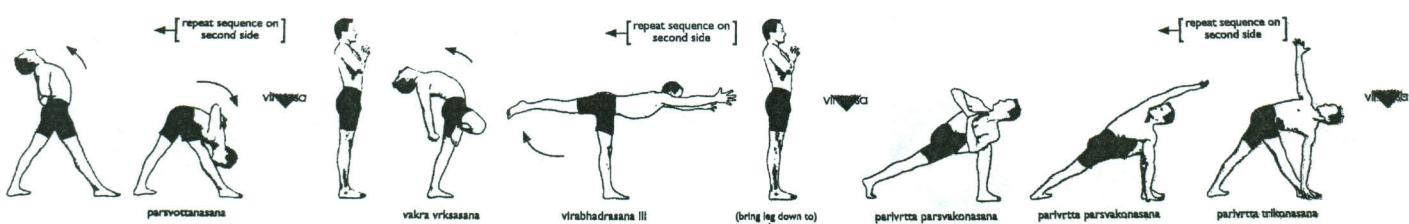
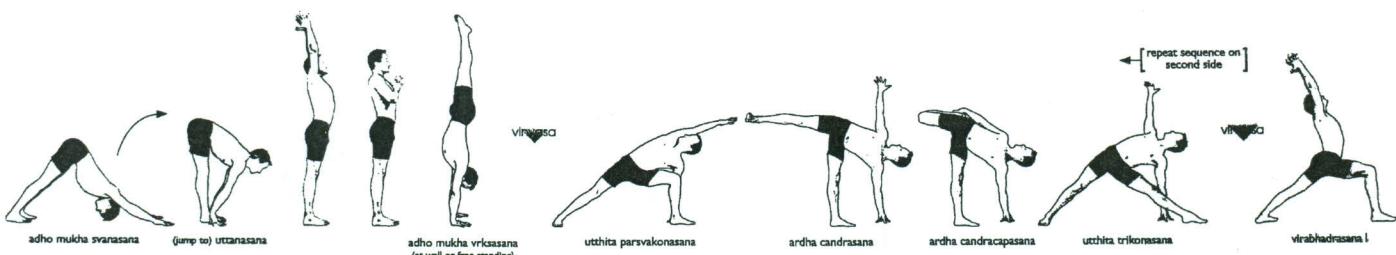


INTERMEDIATE SEQUENCE 3

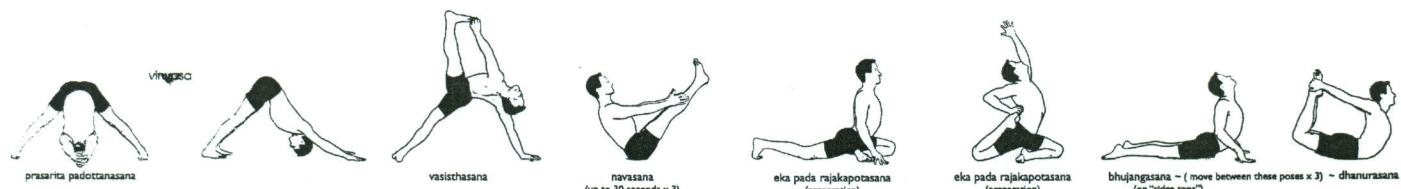
intermediate sequence 3

focus on back bends

Start with quiet breathing. When practicing the asana, do a vinyasa where indicated, then do the second side of any standing sequences (only first side is shown). See page 81 for details on pranayama.



- continued -
intermediate sequence 3
focus on back bends

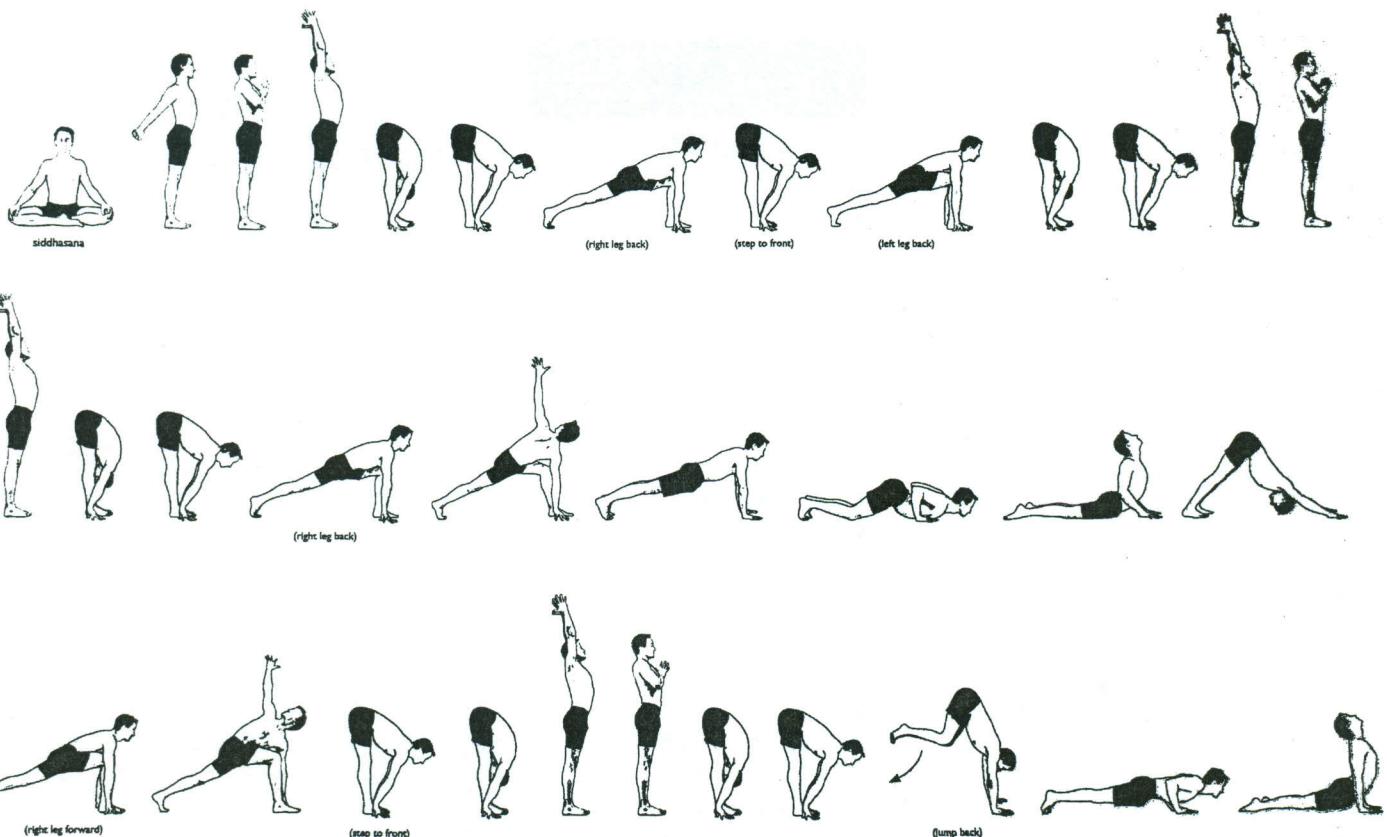


INTERMEDIATE SEQUENCE 4

intermediate sequence 4

mixed asana

Start with quiet breathing. When practicing the asana, do a vinyasa where indicated, then do the second side of any standing sequences (only first side is shown).

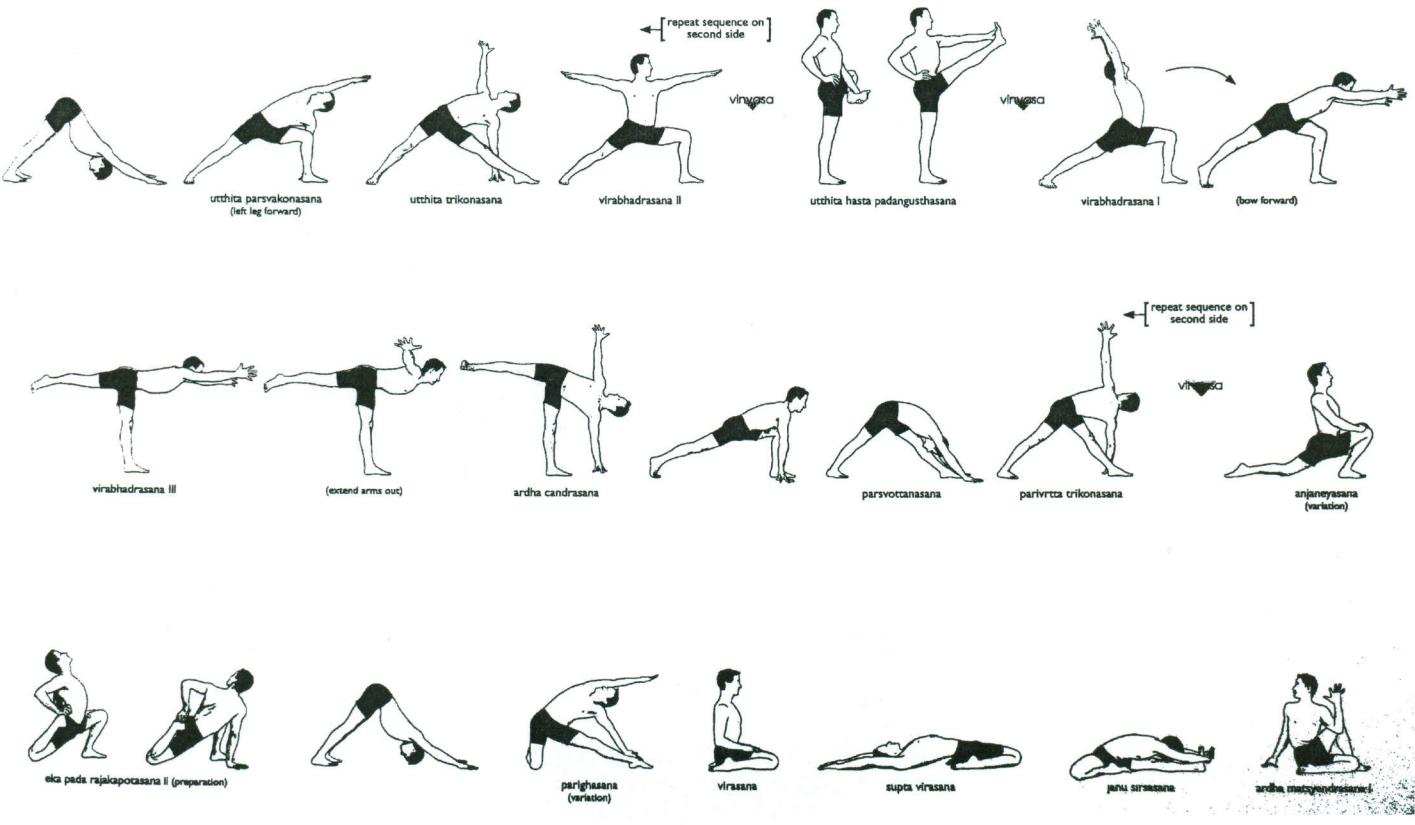


- continued -

intermediate sequence 4

mixed asana

Do all asana on both right and left sides.



- continued -

intermediate sequence 4

mixed asana

Do all asana on both right and left sides.



dhanurasana x 2



ustrasana x 2



urdhva dhanurasana x 3



ustrasana variation



urasijamvasana



parivrtta supta padangusthasana
(variation)



supta padangusthasana
(variation)



parivrtta supta padangusthasana
(variation)



supta padangusthasana
(variation)



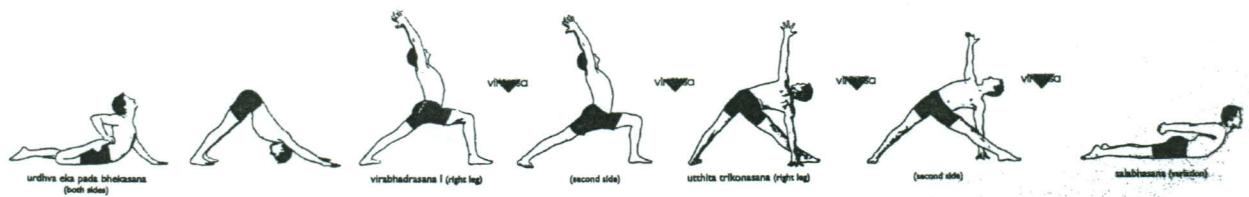
- optional inversion set -
(5 minutes)



savasana

INTERMEDIATE / ADVANCE SEQUENCE 1

intermediate / advanced sequence 1 focus on back bends

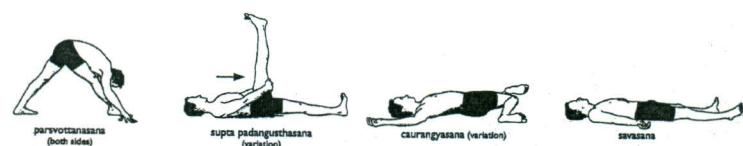


- continued -
intermediate / advanced sequence 1
focus on back bends

Do all backbends on both right and left sides. For any one-legged backbend, use a strap on the ankle if needed.



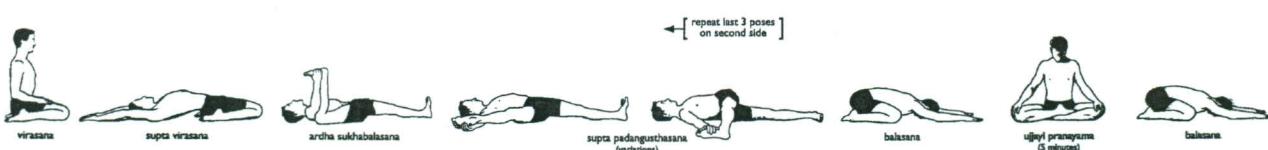
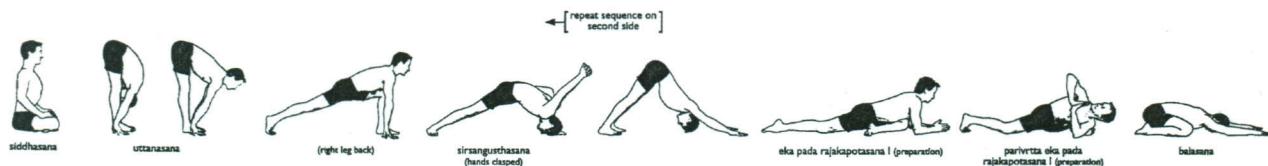
- continued -
intermediate / advanced sequence 1
focus on back bends



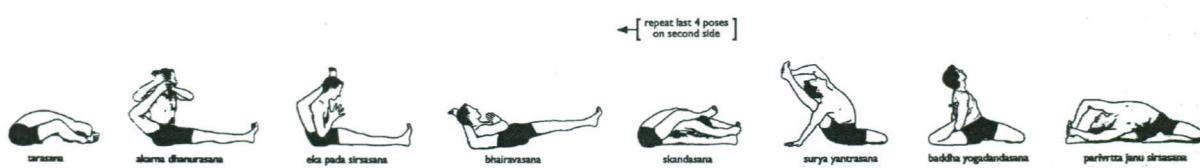
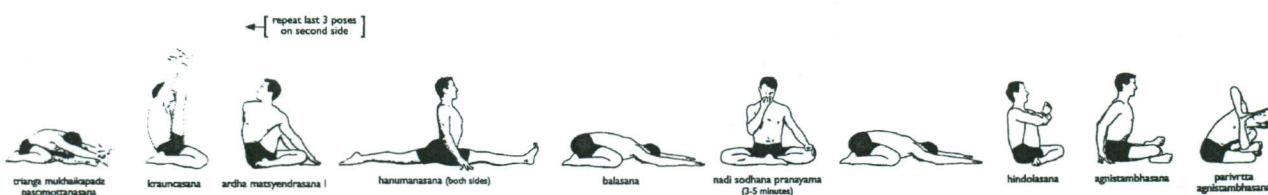
INTERMEDIATE / ADVANCE SEQUENCE 2

intermediate / advanced sequence 2 hip openers and pranayama

This sequence is cleansing for both the physical and pranic bodies. The asana are punctuated with periods of pranayama. Refer to the section on pranayama for more details (page 80). Do all poses on both sides.



- continued - intermediate / advanced sequence 2 hip openers and pranayama



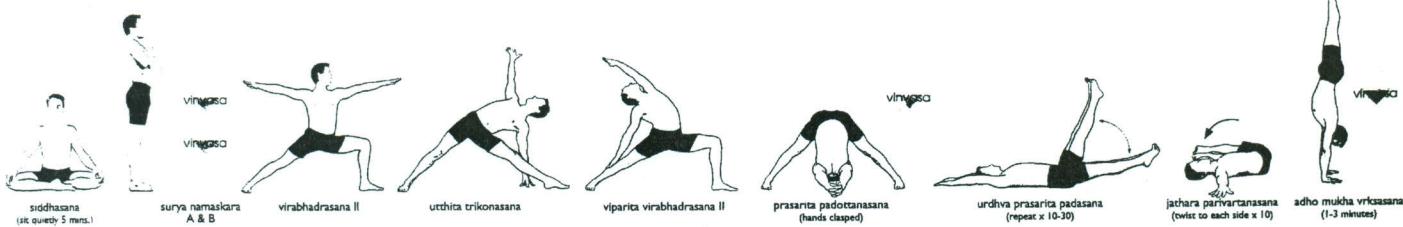
ADVANCE SEQUENCE 1

Focus on Back Bends

the practice - advanced

focus on back bends

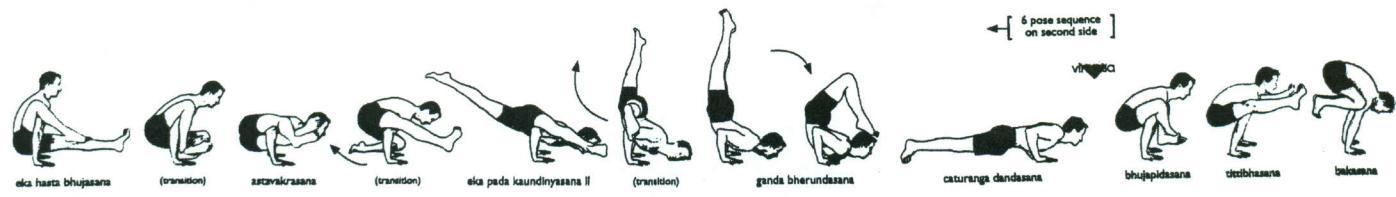
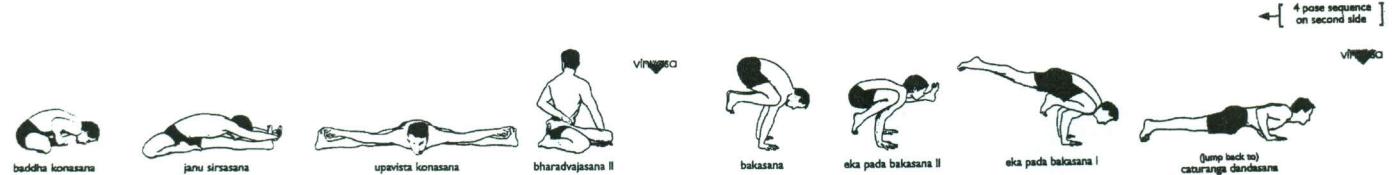
The first sequence is Surya Namaskara "A" followed by "B" indicated by the vinyasa symbols (see page 34). Though shown only on one side, all standing sequences should be done on both sides. The Practice takes about 2.5 hours. More variations can be added from page 66.



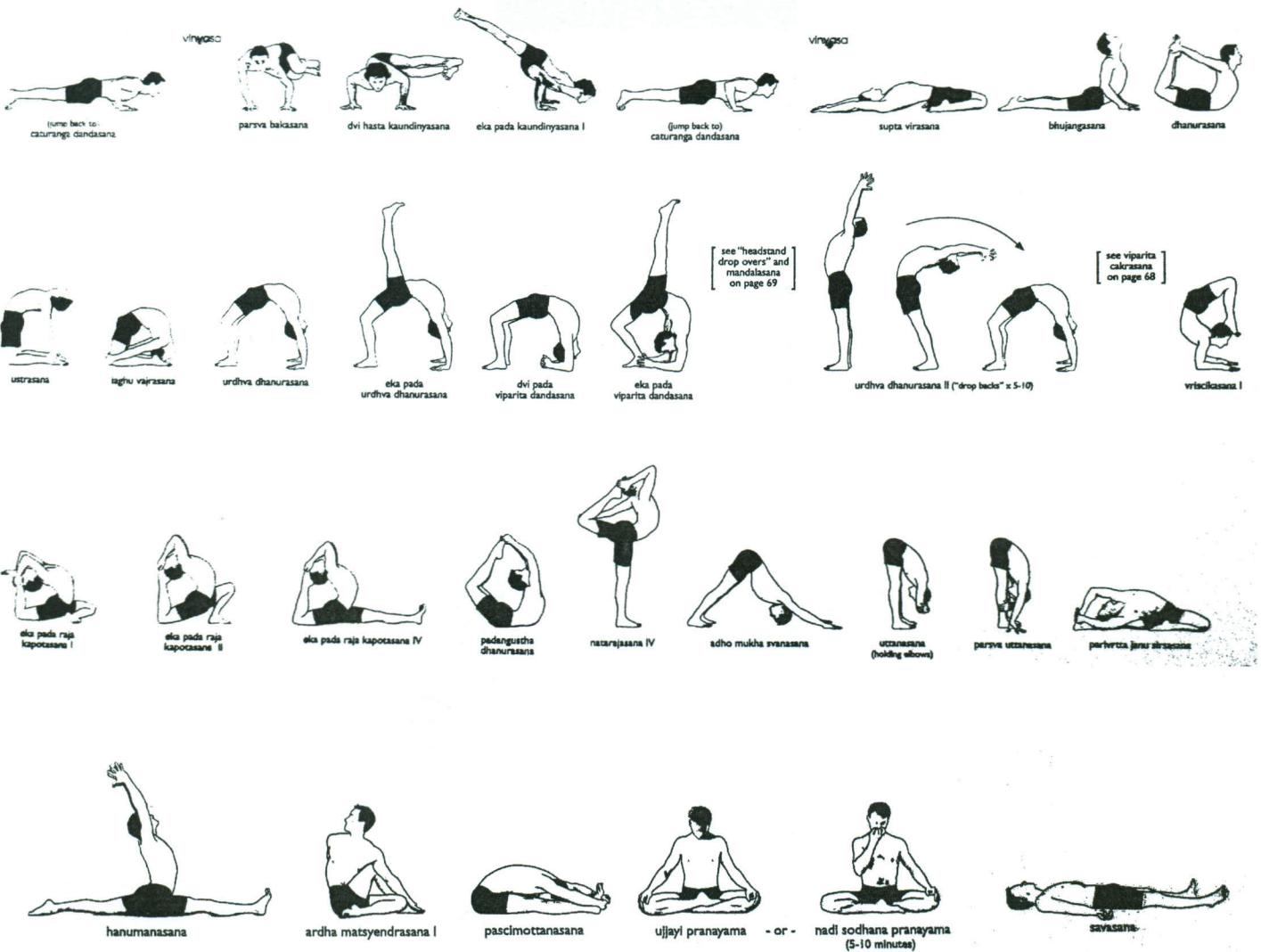
- continued - the practice - advanced

focus on back bends

Each arm balance can be done separately or in a type of vinyasa as shown here on lines 2, 3. An advanced form is to do the arm balances from Sirsasana II (example shown on page 67). Also see the "vinyasa" section (page 11) for vinyasa transitions between seated poses. Repeat all sequences on the second side.



- continued -
the practice - advanced
 focus on back bends



Arm balance transitions are their own type of vinyasa. developing power and breath control. 1-3 can be added to any vinyasa in the standing section of The Practice. 4 is specifically an example of how to do arm balances from Sirsasana II. Any or all or these can be added to the first section of The Practice.

- extras -
the practice - advanced
 focus on back bends

- 1 handstand and pinca mayurasana variations



- 2 handstand to caturanga dandasana

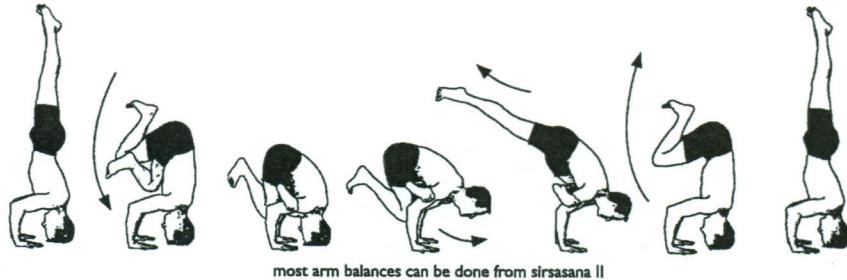


- 3 jump to handstand to bakasana to caturanga dandasana



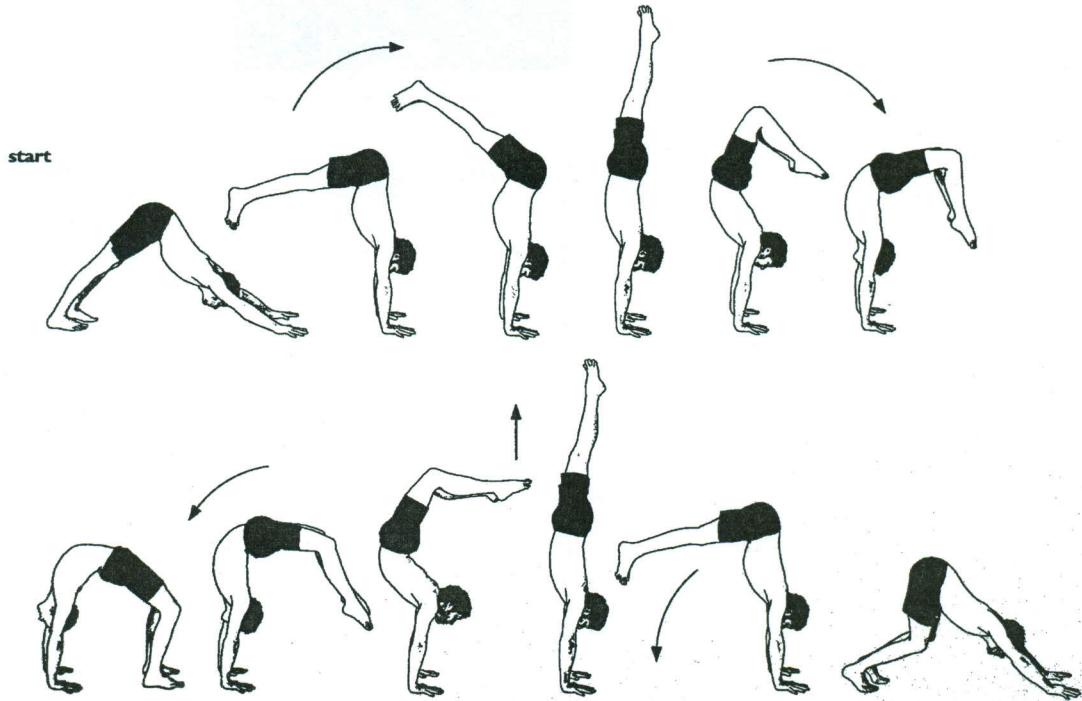
- extras -
the practice - advanced
 focus on back bends

- 4 sirsasana II to eka pada galavasana back to sirsasana II



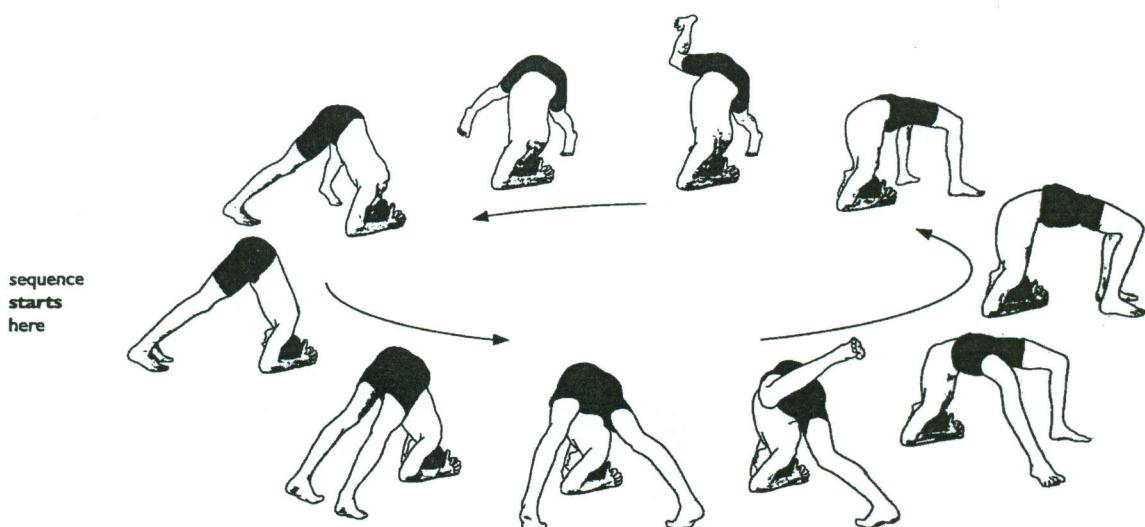
Viparita Cakrasana - This sequence can be repeated several times in a continuous flow.

- extras -
the practice - advanced
focus on back bends

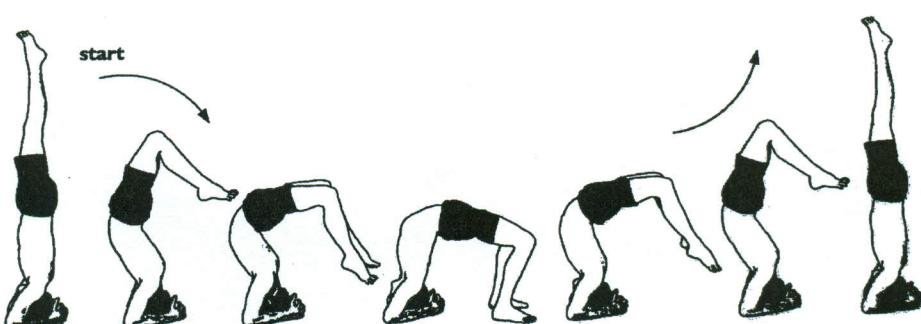


Mandalasana - The head remains in one steady place while the legs and torso orbit around it. This sequence can be initiated in either a clockwise or counterclockwise direction.

- extras -
the practice - advanced
focus on back bends



Headstand drop-overs



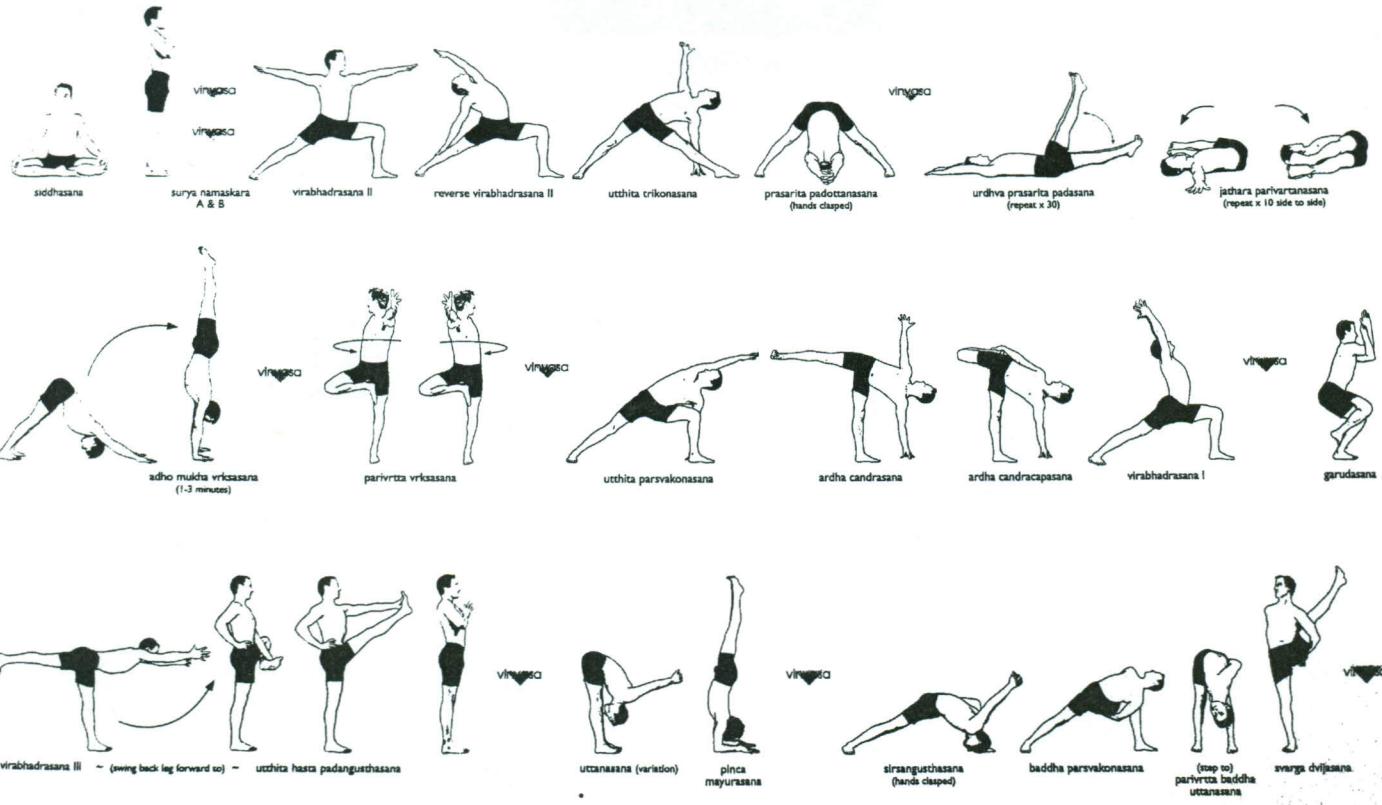
ADVANCE SEQUENCE 2

FOCUS ON INVERSIONS

the practice - advanced

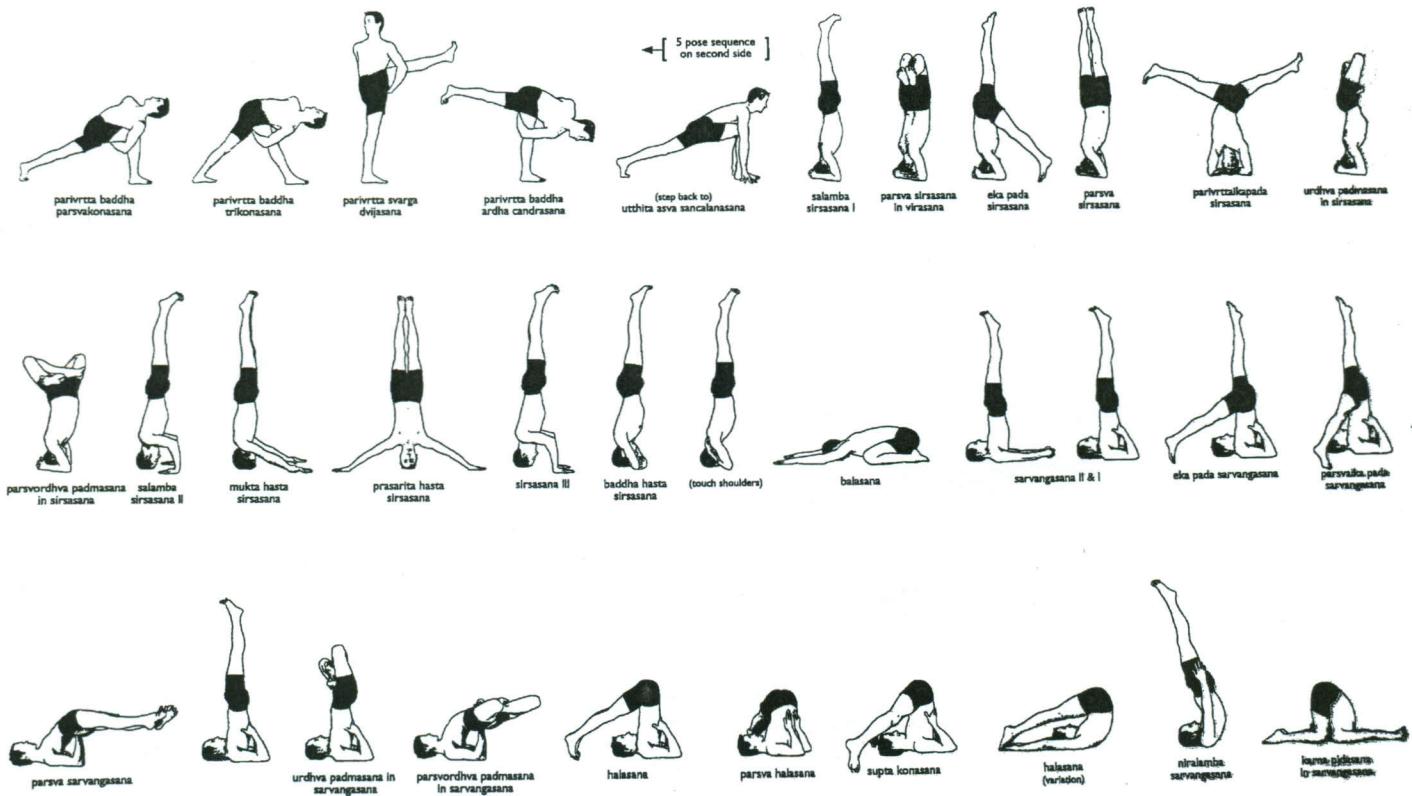
focus on inversions

The first sequence is Surya Namaskara "A" followed by "B" indicated by the vinyasa symbols (see page 34). Though shown only on one side, all standing sequences should be done on both sides. This sequence develops our ability to draw into and expand out from the core and maintain constant awareness of the middle (takes about 2.5 hours).

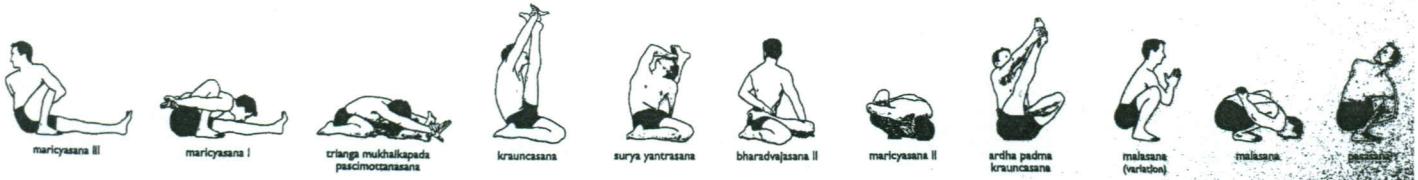


- continued - the practice - advanced

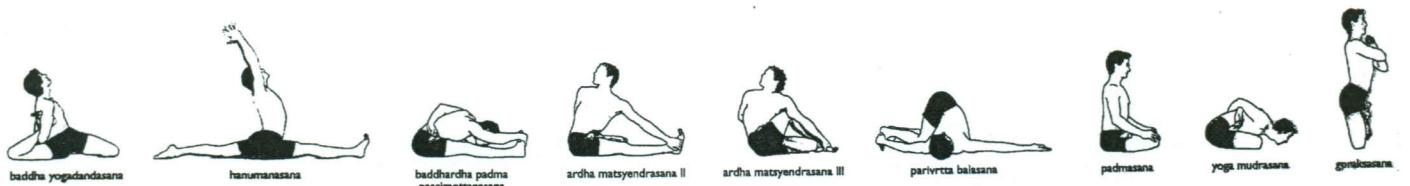
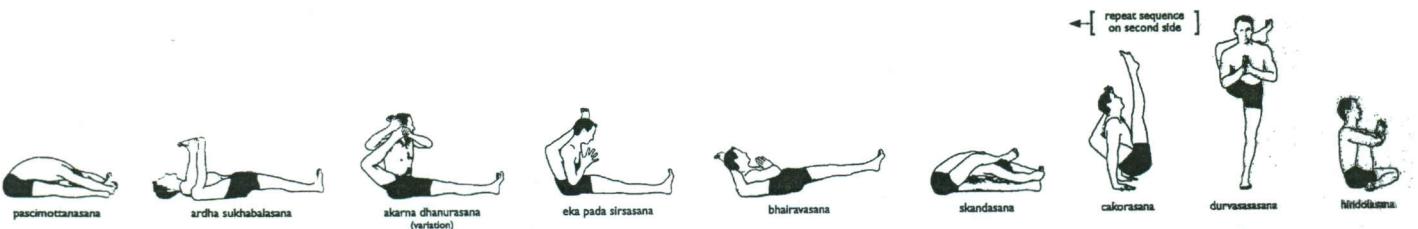
focus on inversions



- continued -
the practice - advanced
 focus on inversions



- continued -
the practice - advanced
 focus on inversions



Restorative Sequence - Chair Yoga

Recommended for those recovering from illness or when very fatigued. Though it can specifically address things such as digestion or insomnia, this sequence is for general health and well-being. It can be done in its entirety or each line on its own, followed by savasana. Each pose should be held a few minutes.

restorative sequence for overall well being



uttanasa
(supported)



sarvangasana
(supported)



(rest after) sarvangasana



halasana
(supported)



viparita karani



balasana
(supported)



baddha konasana
(supported)



upavista konasana
(supported)



parsva indralasana
(supported)



supta virasana
(supported)



savasana
(supported)



jathara parivartanasana
(supported)



supta baddha konasana
(supported)



setu bandha sarvangasana
(supported)



janu sirshasana
(supported)



pascimottanasana
(supported)



balasana
(supported)

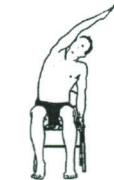


Ideal for when space is not available for regular practice. Doing modified asana in a chair helps improve circulation and relieve muscle stiffness and fatigue in the office or during travel. Also recommended for those recovering from illness or for seniors. Full, even breathing is important.

chair yoga for office or travel



seated parvatasana



seated indralasana



chest opener



seated twist



clasp hands, press head back



chair virabhadrasana I



seated ardh bhekasana



chair hip opener



chair jathara parivartanasana



chair pascimottanasana



chair ustrasana