



SUPTA VIRASANA

DANDASANA



SHAVASANA settle down

UJJAYI I

Watchful exhalation/inhalation > cycles a little deeper than normal breath.

Try to detail the position of your chest.

Those watchful cycles will certainly change your normal breath.

The range of the diaphragm movements will depend upon our posture and our awareness in those cycles > which will affect the normal breath.

VILOMA 1 / Interrupted inhalation

UJJAYI / EXHALATION then VILOMA 1

This UJJAYI will give us space where VILOMA will take place. Observe the breath through experience, rather than measuring and counting. See how many cycles you can do: explore your own range. Observe the comfortable number of pauses and see if you can go further, and see if the exhalation can happen normally again, without strain.

Watch that the breath starts from its base, while you divide, observe if you can feel the breath on all the sides of the container. The throat should not be tense during the pauses.

After the last cycle > normal breathing.

VILOMA 2 / interrupted exhalation

If the body wants to move, observe why: is it the restlessness or the lack of correct adjustment?

Exhale

UJJAYI watchful deeper inhalation.

> VILOMA 2 : do not lose the shape of the breast. Decide the number / length of the pauses.

Is there grip anywhere? Then adjust...

Fold your arms, your legs, one by one, roll on the R side, support the head with the R hand.

Placing the L hand on the floor, inhale and come up.

SHAVASANA

When we generally do it at the end of practice, you let go all effort, but we don't really pay attention. It is an asana it has its own dynamic and we have to build this practice too. We don't have the capacity beyond a certain limit, the urge to move comes up. Find out why you feel this urge: a lack of adjustments? Like a reel spinning? The mental restlessness is there and pushes to move...



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This Shavasana practice for pranayama is very important. Sincerity/burning has to be balanced by restorative practice. Not just following our inclinations.



SITTING / ANULOMA Digital / EXHALATION / BOTH NOSTRILS

Take the height you need. [Big spider] > no effort to sit

Carry out normal cycles which you observe > Jalandhara Bandha

Fingers reduce the space and control the stream of the breath for a steady exhalation.

Prepare the hand.

Exhale / Ujjayi inhalation / place fingers R hand > steady exhalation / release the hand / ... normal cycles...

Try to feel the flow on both sides This space you created lying, maintain it sitting - The other hand facing the ceiling.

When ready, carry on your next cycle...

We need the support of the shoulder blades for the arms. See if the R shoulder blade and the back are involved to allow the chest to broaden and maintain space with the upper arm.

If the hand is not connected with the shoulder blade which becomes dull and the arm muscles contract and compression happens. Lifting too much the arm creates useless tension and brings the palm up, not the fingers (which is wrong).

Did you notice which nostril flows / or is blocked?

ANULOMA / EXHALATION / ONE NOSTRIL AT A TIME / R nostril L hand / L nostril R hand

Ex: R nostril blocked : adjust by the LEFT fingers : find space to slightly moving down or up to free the blocked nostril, like a flute or music instrument / work in the same manner.

...

Ex: if L nostril is blocked > adjust with the R hand

Chin-lock... > 3 cycles on one side > the 3 cycles on the other side : change hand - use the other hand to help the fingers to fold.

* [Bhastrika may be used to clear the blocked nostril : stronger exhalation to clear the mucus]

Exhalation should be steady and not puffing the head.

...

Ex: wind instrument : flute where the exhalation is steady / not a trumpet where you need to puff the cheeks - that pressure will build up in the head > rather a fluid where fingers play around the nose area.

SHAVASANA with a blanket lengthwise under the spine

Repeated practice of Shavasana will allow you to release in a shorter time, let go and relax when you have a limited time, whatever the grips; the sooner you can identify the tense areas, the sooner



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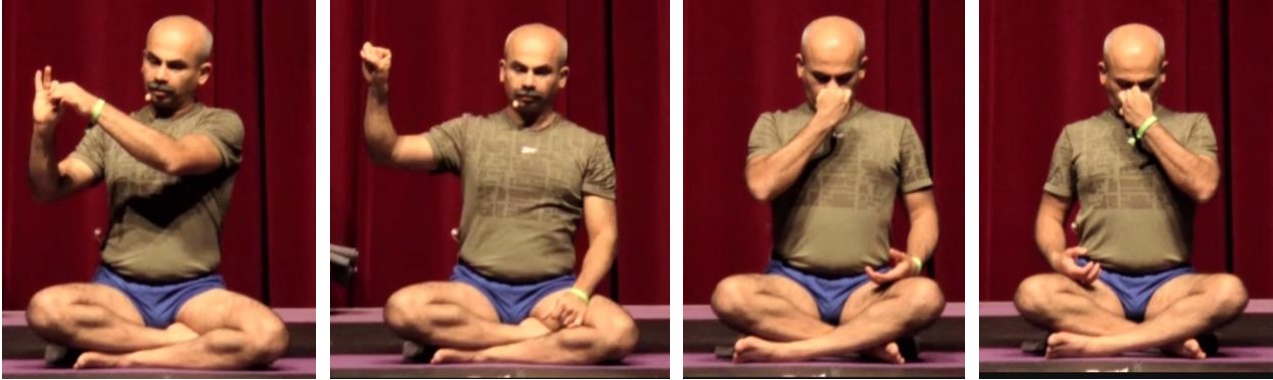
you will release and relax. Just laying with a distracted mind you will not carry out the clearing / cleansing of these areas. You understand what is to be addressed to get the state of Shavasana.

PRATILOMA / INHALATION / BOTH NOSTRILS / same fingers

Complete exhalation / Inhalation Ujjayi / Exhalation / Place fingers / Both nostril / steady flow

At the start you must balance the 2 nostrils in a steady flow / normal cycles / ...

Have a few cycles before going > 3 cycles



PRATILOMA / INHALATION / SINGLE NOSTRILS/ same fingers / Changing Hand

Inhalation is not pulling the breath (hitting the head) - Do not hit the brain.

Ex: R nostril free > use the L hand block the L nostril to free the R side

Ex: L nostril blocked > inhale from the R : 3 cycles / change side and if only partially open it is OK

[If completely blocked : you must free it through exhalation or eventually with Bhastrika]

SHAVASANA / flat / blanket bolster upon your thighs

Just stay quiet for a while. See if you feel quiet and calm.

