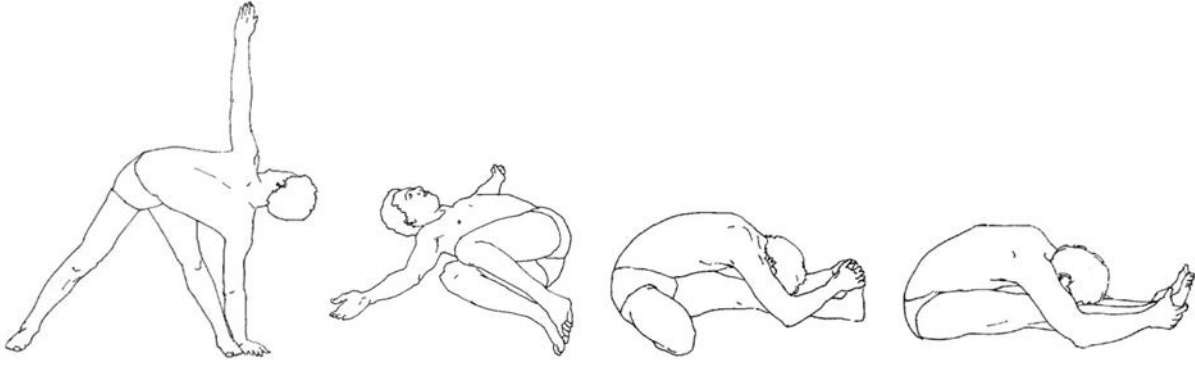


A sample Parivṛtti and Paścimatāna Themed Group Practice



Attached as a PDF is a sample group class practice offered to a student as an example of theming two complementary Āsana groupings, that of Parivṛtti and Paścimatāna.

These complementary Lakṣaṇa, or characteristics, can be expanded from either:

An Annamaya or structural viewpoint, in terms of the work on such as the spine and the legs.

Or from a Prāṇamaya or energetic viewpoint in terms of the effect on Agni, Apāna and Vāta.

This particular Vinyāsa Krama starts with lying, progressing to kneeling en route to a more usual construct of standing, lying and seated. After appropriate Pratikriyā Āsana the practice is concluded with a simple Laṅghana Cikitsā seated breathing practice with a Bhāvana of first gradually extending and then gradually reducing the exhalation.

In terms of the layers that can be added to the basic framework, given the nature of the context it has been limited to Āsana sequencing in terms of lying, kneeling, standing, lying and seated.

Built into this is the combining of dynamic and static possibilities through the employment of long range movement within the preparatory stages and mid range movement and stay at key points.

Other layers such as the application of specific breathing patterns or other specific Bhāvana will be illustrated through other sample group practices in future posts.