



The Viniyoga of Āsana Modular Workshop and Course Series - Empower your Practice Exploring how to Customise Āsana

This page introduces the Art of Application of Āsana Modular Workshop and Courses Student Study Programme. As the student progresses through the interlinked and developmental Modules in the programme they will experience an in-depth learning in all areas of Āsana practice and Āsana study theory.

Together these Modules will initiate and empower the student in the arts of learning to skilfully work with the principles that underpin creating and sustaining a personalised Āsana practice. The outcome will be the ability to independently and intelligently choose, adapt and ultimately self-develop and self-refine our personal Āsana Sādhana.

They are offered as a:

- Module One 2 day Workshop on Āsana Practice Techniques and Āsana Theory Study
- Module Two to Seven 4 day Courses, as a 4 day, or two 2 day Modules over 3 months

[The Viniyoga of Āsana Workshop Module One](#)

offers 10 hours over 2 days for a maximum of five students from any Yoga background or style to have an in-depth grounding in the primary principles and teachings on the Application of Āsana practice and Āsana study theory and how they inspire and guide our personal Yoga practice and study Sādhana, either for personal development or, if relevant, professional skills.

[The Viniyoga of Āsana Module One Workshop](#) focus topics are listed below:

- Introduction to Āsana practice according to age
– Core concept – Yoga Krama – posture, breathing and meditation
- Introduction to Āsana practice according to health
– Core concept – Sakti Krama – recovery, support or discovery
- Introduction to Āsana practice according to lifestyle
– Core concept – Prayoga – according to your background
- Introduction to Āsana practice according to energetic constitution
– Core concept – Tridoṣa – optimising your system
- Introduction to Āsana practice according to psychological constitution
– Core concept – Dvikrama – influencing your mind
- Introduction to definition, meaning and context of Āsana
– Core concept – Nāma Rūpa Lakṣana – name, form and characteristics
- Introduction to how Āsana are arranged into groups and categories
– Core concept – Vinyāsa Krama – collecting postures together
- Introduction to how counterpostures or Pratikriyāsana are used
– Core concept – Pratikriyāsana– maintaining the balance
- Introduction to how we breathe in Āsana
– Core concept – Prāṇāpāna Dhāraṇā – where the focus is

- Introduction to why we move or stay in Āsana
 - Core concept – Circulation and Purification – dynamic and static
- Introduction to how we adapt our Āsana practice
 - Core concept – Variation and Modification – change and necessity
- Introduction to how we intelligently plan our Āsana practice
 - Core concept – Bṛṃhaṇa and Laṅghana Kriyā – connecting postures together
- Introduction to how we Observe within our Āsana practice
 - Core concept – Spine, Breath and Attention – learning to look

As well as being complete in itself it offers a necessary foundation for those interested in further study through the 4 day Module Course Series Two to Seven.

[The Viniyoga of Āsana Course Modules Two to Seven](#)

are a series of 4 day course modules, as a single 4 day, or two 2 day Modules over 3 months, totalling over 120 hours on Āsana Practice techniques and Personal Practice planning theory.

The Art of Application of Āsana Modular Course focus topics are listed below:

- Module Two - 20 hours
 - Why and how we use Sequence Building in planning Āsana practices
 - Why and how we use Counterposes and Transitions in planning Āsana practices
 - Āsana practice planning around Sequence Building and Counterposes
 - In-depth exploration of Primary Āsana Form, Function and Application
- Module Three - 20 hours
 - Why and how we use Movement or Staying in planning Āsana practices
 - Why and how we use the Breath in planning Āsana practices
 - Āsana practice planning around Movement, Staying and Breath
 - In-depth exploration of Primary Āsana Form, Function and Application
- Module Four - 20 hours
 - Why and how we use Modification or Variation in planning Āsana practices
 - Why and how we use Energetic and Psychological characteristics in Āsana planning
 - Āsana practice planning around Modification, Variation, Energetic and Psychological
 - In-depth exploration of Primary Āsana Form, Function and Application
- Module Five - 20 hours
 - In-depth exploration of Observation in Āsana in planning Āsana practices
 - Why and how we use Observation in Āsana in planning Āsana practices
 - Āsana practice planning integrating the concepts within Modules One to Five
 - In-depth exploration of Primary Āsana Form, Function and Application
- Module Six - 20 hours
 - In-depth exploration of Intermediate Āsana Form, Function and Application
 - Why and how we use Intermediate Āsana in planning Āsana practices
 - Āsana practice planning around incorporating Intermediate Āsana
- Module Seven - 20 hours
 - In-depth exploration of Strong Āsana Form, Function and Application
 - Why and how we use Strong Āsana in planning Āsana practices
 - Āsana practice planning around incorporating Strong Āsana

As taught by T Krishnamacharya to TKV Desikachar, they offer a deep and profound training in the application of Āsana and how it inspires and guide our personal Yoga practice and study Sādhana, either for personal development or, if relevant, professional skills.