



Design a Practice for the morning after a heavy meal and late night

The Vinyāsa Krama or planning steps in the practice will be for a total of 60 working breaths.

It will be based mainly around Āsana, perhaps with Mudrā and/or Prāṇāyāma.

In this instance, the practice will not include any sitting Dhyāna.

In the planning structure, any link Āsana such as Samasthiti, Śavāsana, Vajrāsana, do not count in the breath tally.

State the intended direction and outcome of the practice in terms of the goal or goals.

Indicate the primary or crown you are choosing to build the practice around.

Justify your choice of supporting or compensatory Āsana within the scheme.