



**Design a Practice to experience the application of sound in Āsana.
Present keynotes with your reasoning behind your choices.**

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

- It will be based primarily around Āsana, perhaps with Mudrā.
- In this instance, the practice will not include any sitting Prāṇāyāma or 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.