



Design an Āsana practice around Dhanurāsana and Ardha Matsyendrāsana

The Vinyāsa Krama or planning steps in the practice will be for a total of 90 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 developmental path of the practice.
- Consider the primary Āsana you are choosing to build the practice with.
- Consider the primary ratio you are choosing to use in the crown of the practice.
- Justify your choice of supporting or compensatory Āsana within the scheme.