



## Design and Experiment with Four Practices to use Sālamba Bhujāṅgāsana and/or Nirālamba Bhujāṅgāsana to:

1. To strengthen and prepare the legs and back for Virābhadrāsana
2. As Pratikriyāsana to Halāsana
3. To prepare for staying in Dhanurāsana
4. To emphasise the work in Daṇḍāsana

The Vinyāsa Krama or planning steps in each of the four practices will be for a maximum of 60 working breaths.

- It will be based around Āsana especially Bhujāṅgāsana.
- In this instance, the practice will not include any Mudrā, Prāṇāyāma or Dhyāna.
- In the planning structure, any link Āsana such as Samasthiti, Śavāsana, Vajrāsana, do not count in the breath tally.
- Make notes on what you have discovered from each practice.
- Justify to yourself your choice of supporting or compensatory Āsana within the scheme.