

## Design and Experiment with a Practice around Jaṭhara Parivṛtti, Mahā Mudrā and Pratiloma Ujjāyī Prāṇāyāma



- Staying in Jaṭhara Parivṛtti and Mahā Mudrā for a minimum of 8 breaths each side and Pratiloma Ujjāyī Prāṇāyāma with a crown of 16 breaths.

- Within this [Vinyāsa Krama](#) will be a common thread within each of the three [crowns](#) of the ratio 1.1.1.1.

This may also be accessed as a [crown](#) within each of the three [peaks](#).

However within the planning there will be a developmental thread, in that the ratio of 1.1.1.1. will increase in actual length, whilst the four aspects of the [breath](#) remain constant.

In other words, if the base unit for each of the four aspects of the [breath](#) in [Jathara Parivrtti](#) is 8 seconds, then the base unit in [Mahā Mudrā](#) is 10 seconds and the base unit in [Pratiloma Ujjāyī Prāṇāyāma](#) is 12 seconds.

This relationship is to remain progressive within the three [crowns](#), so it may be in the form of 6, 8 or 10 seconds, et al.

The [Vinyāsa Krama](#) or planning steps in the complete practice will be for a total of 120 working breaths.

- It will be based around [Āsana](#), [Mudrā](#) and [Prāṇāyāma](#)
- In this instance, the practice will not include any sitting solely for [Dhāranā](#).
- 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 each [crown](#) of the practice.
- Justify your choice of supporting or compensatory [Āsana](#) within the scheme.

[Yoga Practice Planning and Theory Questions – Collected & Collated](#)