

Design and Experiment with a Practice around  
Dvī Pāda Pīṭham along with both Sālamba Bhujāṅgāsana  
and Nirālamba Bhujāṅgāsana.

Practicing Dvī Pāda Pīṭham dynamically 4 Times before  
staying 4 Breaths, and both versions of Bhujāṅgāsana  
dynamically for at least 8 times in total.



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

- It will be based around Āsana especially Dvī Pāda Pīṭham and both  
Sālamba and Nirālamba 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 this practice
- Justify to yourself your choice of supporting or compensatory Āsana  
within the scheme.
- This planning question was first proffered within Study and Practice  
Courses whereby the student's responses would be shared during the  
next meeting along with being offered a sample response.

Accordingly I will post this example by adding it as a PDF resource to  
this post after some days.