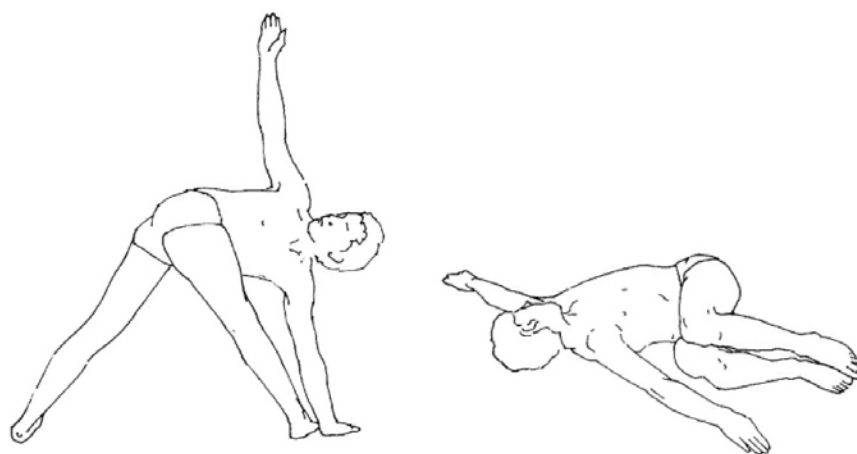


Design and Experiment with a Practice around Parivṛtti Trikoṇāsana and a modified Jaṭhara Parivṛtti, practising Parivṛtti Trikoṇāsana dynamically 6 times alternating before staying 3 breaths each side and repeating Jaṭhara Parivṛtti 6 times alternating before staying 6 breaths each side.



The Vinyāsa Krama or planning steps in the practice will be for a total of 70 working breaths.

- It will be based around Āsana especially Parivṛtti Trikoṇāsana and a modified Jaṭhara Parivṛtti.
  - 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.