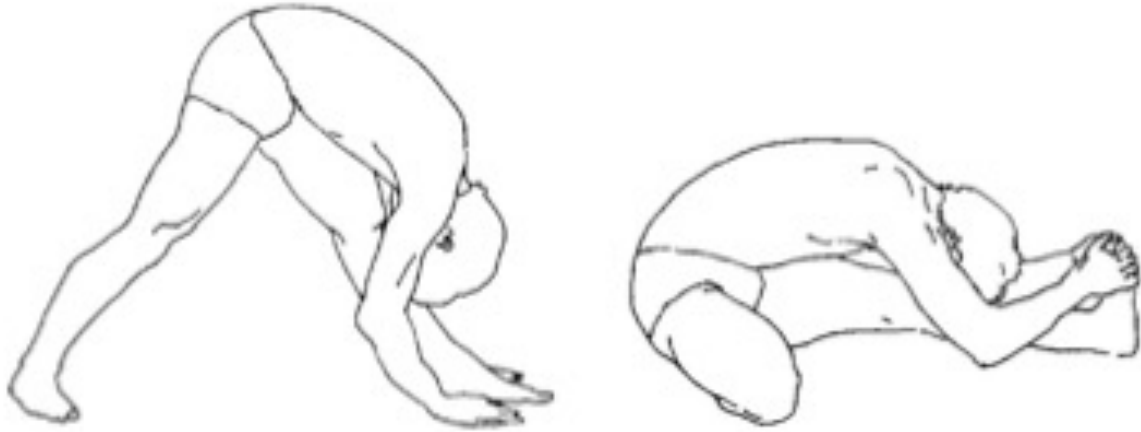


**Design and Experiment with a Practice around
Parśva Uttānāsana and Janu Śīrṣāsana practicing each
Dynamically 4 Times followed by Static 4 Breaths
each side**



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

- It will be based around Āsana.
 - 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 10 days.