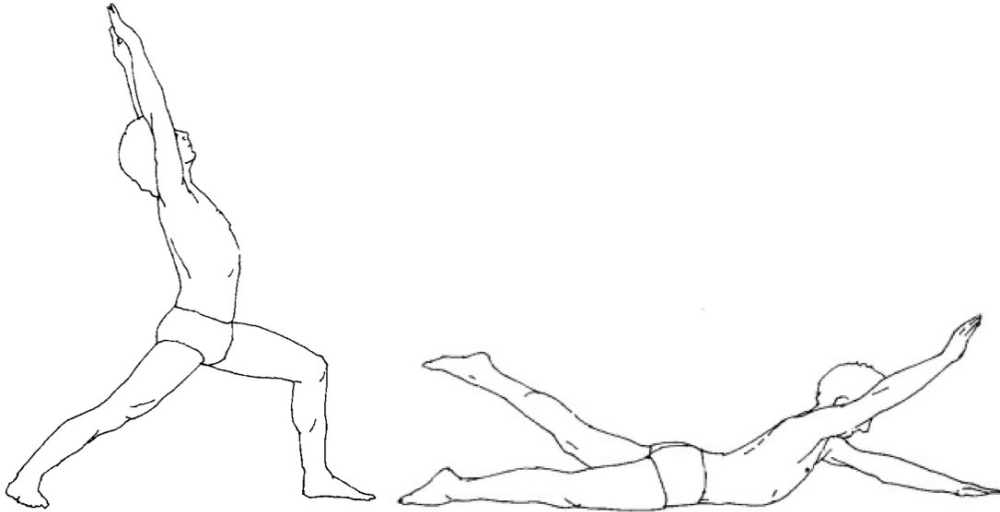


Design and Experiment with a Practice around
Vīrabhadrāsana along with Ardha Śalabhāsana.
Practicing Vīrabhadrāsana dynamically 4 Times each side
before staying 4 Breaths each side, and Ardha
Śalabhāsana dynamically for at least 8 times.



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 Vīrabhadrāsana and Ardha Śalabhāsana.

– 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.