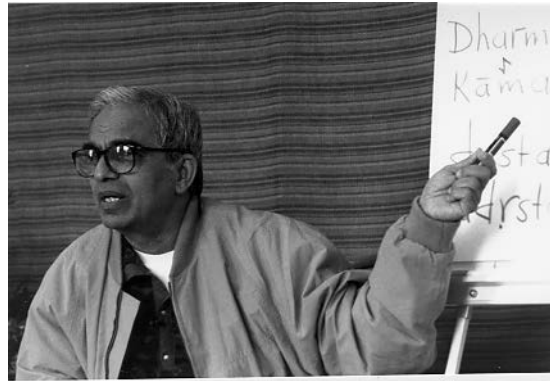


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 2 Practice: The Principles of Practice - Pages 13-30

1. **What is Yoga - Page 13**
 - Practice is experiential
 - Unification
 - Outsiders view
 - Internal experience

2. **What is Āsana - Pages 13-14**
 - Sthira-Sukha – Yoga Sūtra II 46
 - Sthira-Sukha increases with practice - Yoga Sūtra II 46
 - It is Body, Mind and Breath

3. **Self-Inquiry - Pages 14-16**
 - Self-Inquiry body - Yoga Sūtra II 1
 - Self-Inquiry breath - Yoga Sūtra II 1
 - Merging body with breath
 - Posture not necessarily Yoga

4. **Principles of Practice around Breath in Āsana - Pages 16-22**
 - Relationship between breath and movement
 - Expansion and contraction
 - Synchronising breath and movement
 - Breath longer than movement
 - Natural pause
 - Direction of breath
 - Ujjāyī and its advantages
 - Kumbhaka

5. Principles of Practice around Āsana - Pages 22-29

- Number
- Difficulty
- Relevancy i.e. legs
- Not all needed
- Aim to discover qualities
- And prepare for other aspects of Yoga
- Understanding principles for simple lead to ease of practice for difficult
- In the beginning stages we need to check variables
- Choosing Āsana
- What order to put Āsana in or Vinyāsa Krama
- Āsana have positive and negative effects
- We need to recognise positive and neutralise negative
- Āsana needs negative neutralised or Pratikriyāsana
- Prepare well, less counterpose needed

6. Question on Direction of Breath – Page 29

- On this directional breathing compared to others

7. Question on this approaches view on Breathing – Pages 29-30

- Asked to comment on the difference

8. Question on Point of Attention – Page 30

- Where to place the attention in Āsana