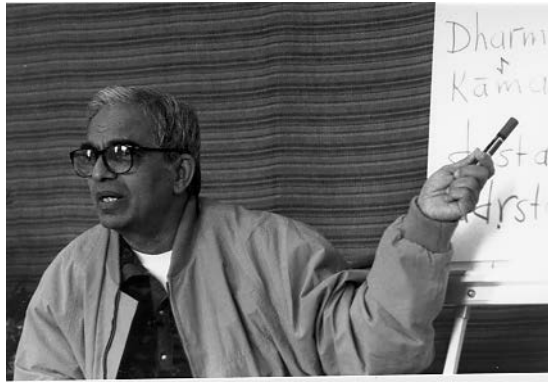


Religiousness in Yoga - Chapter by Chapter Study Guide



Chapter 4 Practice: Practice Planning - Pages 45-68

1. **Summary of Chapter Two on the Principles of Practice P45**
 - Meaning of Āsana
 - Breathing in Āsana
 - Co-ordination of Breath and Movement
 - Directional breathing
2. **Question on Breath in Āsana P45-48**
 - Is Āsana without breathing or attention worthless?
 - Suppleness possible but with risks
 - No difference between gymnastics and Āsana
 - Yoga and self attention
 - Āsana Practice needs to be planned in a sensible organised way
 - Ascent, Crown and Descent
 - Following activity to be considered
3. **Question on Starting Point being Different each day P48-60**
 - Injury
 - Stiffness
 - Specific Āsana
 - Intelligently conceived steps called Vinyāsa Krama
 - Examples of Vinyāsa Krama
 - Preparation for Śīrṣāsana also needs to consider compensation
 - Examples of compensation
 - Dynamic or Static Āsana
 - Role of rest after Āsana and before Prāṇāyāma

4. Question on role of Rest before Prāṇāyāma P60-61
5. Question on Transition and Counterpose P61
6. Question on Preparation and Counterpose P61-62
 - Counterpose amidst groups of Āsana
7. Breath retention in Āsana P62-64
 - Four parts to the breath
 - Holding/stopping should never reduce the length of the breath
 - Effects of holding/stopping the breath
 - Holding to increase length of the breath
 - Laṅghana/Bṛmhaṇa effects from using breath in Āsana
 - Exhale and Asthma
8. Question on holding the Breath P65
 - Relationship of holding the breath and steadiness
9. Question on Time of Day to do Āsana P65-66
 - Not after eating nor after fasting
10. Question on How Many Āsana to do a day P66
 - Choice based around a crown Āsana
 - Choice based around a crown Prāṇāyāma
 - Choice based around sustaining interest
11. Question on Āsana as preparation for Prāṇāyāma P66-68
 - Choice based around sitting and breathing
 - Holding to test breath for Prāṇāyāma
12. Practice Programs are not fixed - Page 68