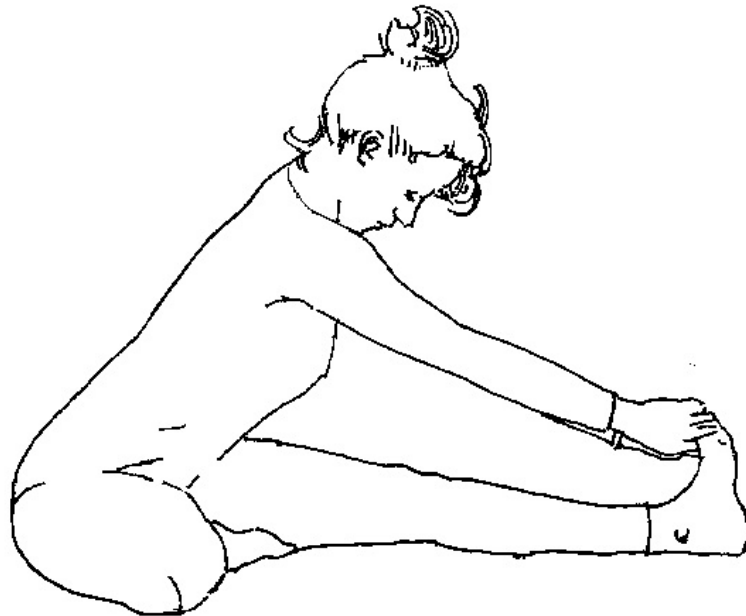


Self Planning & Self Practice Project around Mahāmudrā...



Design a personal practice focusing on using Mahāmudrā to explore the following breathing ratios:

1.1.1.1.

1.1.2.0.

1.1.2.1.

1.0.2.1.

The following guidelines are offered as a framework for this project:

- a) Total of 12 breaths each side in Mahāmudrā.
- b) Different ratios to be tried on different days, at least twice each ratio.
- c) Add necessary preparation and compensation.
- d) Prepare your practice diary under:-
 - date/time
 - ratio chosen and breath length possible
 - Show any progression steps used within each ratio
 - Total time taken for practice
 - Record pulse for one minute both before and after the practice.
 - Add any personal observations e.g. body/breath/other

Plan and vertical column sketch out one core practice outlining main Āsana, then list in columns on the same page/s any Āsana changes made with regard to each ratio: in terms of changes in form, order of use, breathing focus, variations, repeat/stay, etc. listed in columns on the same page.