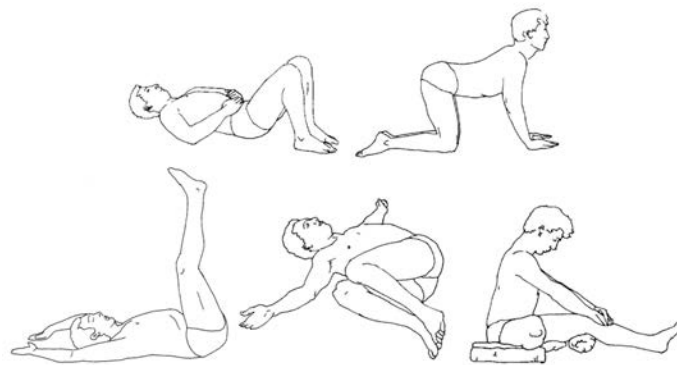


The Viniyoga of Āsana - Planning an Appropriate Āsana Practice



Planning an Appropriate Āsana Practice

How can we consider factors around the planning of an appropriate Āsana practice?
For example, how would we consider the following situation:

- Rising at 6.30 am
- Stiffness in the neck
- Stiffness in the legs
- Nostrils blocked
- Stomach tight
- Head feeling heavy
- Work meeting at 8.30 am (20 minutes walking time needed)

We can find out how much time is available, say 30'. So now we can prepare a practice. Though, whatever principles we use there are certain things that need to happen. However, we should have respect for:

- The body
- The state you are in that day
- What do you have to do after the practice
- How long do you have for the practice

Yet many people don't care to or are not able to personally consider these points. However, it could also be said that we have only one body and it has the same characteristics i.e. Position of joints, limbs, organs, muscles, etc.

Thus, we should approach the practice from this direction:

- In that, we accept that there are certain standard areas in the body, yet we should have some individual values
- The body is the constant, yet there are some variables
- So, how can we adapt a procedure which takes care of both the constant and the variables within an Āsanapractice?

This will help in considering what the best approach is. A process that will respect that change is going to happen. Yet the way we travel must tell us that it is safe, thus there must be a built-in safety factor to indicate any potential for adverse or negative effects.