

Viniyoga Vignette 2 – Combining techniques in Prāṇāyāma



A short mid-afternoon Prāṇāyāma practice from a year one Practitioner Training Programme, to offer an example of how to combine three different Prāṇāyāma techniques within a single Vinyāsa Krama.

Step 1.

Śītalī inhale with Ujjāyī exhale

1.½.1.0 for 8 breaths

Step 2.

Anuloma Ujjāyī

1.½.1½.0 for 8 breaths

Step 3.

Pratiloma Ujjāyī

1½.0.1½.0 for 8 breaths

Step 4.

Ujjāyī

½.0.½.0 for 8 breaths

I would emphasise that this is an example of a unique situation that existed at that moment and thus reflects an expression of a study point or the students group dynamic as a need at that moment.

Yet within this caveat, this example of a short but intensive practice, whilst not to be taken as a fixed template, also reflects the richness and multifarious possibilities in how the principles in the viniyoga of Yoga can be expressed as learning and experiential tools within a myriad of situations and personalities.

If there is a sketch quality in the PDF copy it is because these practices were not preplanned and were being notated as they unfolded whilst teaching the group. This also meant I could photocopy them as the practice concluded so copies were immediately available for reflection, reference and discussion.