

Viniyoga Vignette 3 – Śitalī and Anuloma Ujjāyī Prāṇāyāma within Āsana



A short end of study day 25' evening practice from the first day of three day Practitioner Training Programme Module. Here the primary Bhāvana or theme was to offer a practice to conclude what would have been a long day with both study and travelling to the venue that morning from various parts of the country.

Thus the practice began with lying as a grounding transition from the intense work of the day towards sitting. Here the use of Śitalī with its head movement and mild Antar Kumbhaka was introduced to energetically and mentally refresh, before integrating a more physical focus albeit with a sense of seated containment, via mid-range movement in Jānu Śīrṣāsana.

This then flowed into sitting and Prāṇāyāma with Anuloma Ujjāyī with a longer exhale and mild Bāhya Kumbhaka to complete the transition from the days activities to the evenings endings. The descent or Uttara Aṅga included counterpose for the knees and hips, along with a return to the starting point via lying arm movements as a point of comparative reflection with the starting point.

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 or discussion.