



cYs Practitioner Training Programme 1999 Retreat Extract 1

Session 1 - Self Planning & Self Practice

This was a six day pre-breakfast planning and practice project for year three students within a four year Practitioner Training Programme. The format was:

- 15' On the spot Planning Time
- 40' [Āsana](#) or [Mudrā](#) Practice Length
- 15' [Prānāyāma](#) Practice Length

The [Āsana](#) planning themes and [Prānāyāma](#) practice techniques that set each days focus are shown below.

	Āsana or Mudrā Planning Themes	Prānāyāma Planning Techniques
Day 1	Paścimatāna	Anuloma Ujjāyī
Day 2	Parśva	Sūrya or Candra Bhedana
Day 3	Parivrtti	Pratiloma Ujjāyī
Day 4	Pūrvatāna	Viloma Ujjāyī
Day 5	Viparīta	Śitalī or Sitkārī .
Day 6	Mudrā	Nāḍī Śodhana

To assist with the [Āsana](#) and [Mudrā](#) Planning themes handouts were offered with examples for each of the topics. A PDF download for each theme is listed below:

- [Paścimatāna Themed Examples](#)
- [Parśva Themed Examples](#)
- [Parivrtti Themed Examples](#)
- [Pūrvatāna Themed Examples](#)
- [Viparīta Themed Examples](#)
- [Mudrā Themed Examples](#)

For those needing clarification around the [Prānāyāma](#) Planning Techniques a PDF handout on the Primary Prānāyāma Techniques as taught by Krishnamacharya and Desikachar can be downloaded [here](#).