



## cYs Practitioner Training Programme 2004 Retreat Extract 2

### Session 4 - Self Planning & Self Practice

This was a five day mid-afternoon [Prānāyāma](#) only planning and practice project for year Two students within a Four year Practitioner Training Programme.

The format was:

- 5' Pulse taking
- 15' [Prānāyāma](#) Planning
- 10' Group Chanting
- 15' [Prānāyāma](#) Practice
- 5' Sitting
- 5' Pulse taking
- 5' For recording your pulse, personal notes or reflections from the practice

The [Bhāvana](#) practice proposition and [Prānāyāma](#) practice techniques that set each afternoons focus, technique and crown ratio are shown below.

		<a href="#">Jihvā Bandha</a>	<a href="#">Jālandhara Bandha</a>	<a href="#">Antar Kumbhaka</a>	<a href="#">Bāhya Kumbhaka</a>
Day 1	<a href="#">Bhāvana Dīrgha Sūksma</a>	✓	✓		
	Technique <a href="#">Anuloma Ujjāyī</a>	✓	✓		
	Ratio Crown 1.0.1.0.	✓	✓		
Day 2	<a href="#">Bhāvana Recaka</a>	✓	✓		
	Technique <a href="#">Anuloma Ujjāyī</a>	✓	✓		
	Ratio Crown 1.0.2.0	✓	✓		

Day 3	<a href="#">Bhāvana</a> <a href="#">Antar Kumbhaka</a>	✓	✓	✓	
	Technique <a href="#">Anuloma Ujjāyī</a>	✓	✓	✓	
	Ratio Crown 1.1.2.0	✓	✓	✓	
Day 4	<a href="#">Bhāvana</a> <a href="#">Antar/Bāhya Kumbhaka</a>	✓	✓	✓	✓
	Technique <a href="#">Anuloma Ujjāyī</a>	✓	✓	✓	✓
	Ratio Crown 1.1.2.1	✓	✓	✓	✓
Day 5	<a href="#">Bhāvana</a> <a href="#">Dirgha Sūksma</a>	✓	✓		
	Technique <a href="#">Anuloma Ujjāyī</a>	✓	✓		
	Ratio Crown 1.0.2.0	✓	✓		

For those needing clarification around the [Prāṇāyāma](#) Planning Techniques, a PDF handout on the Primary [Prāṇāyāma](#) Techniques as taught by Krishnamacharya and Desikachar can be viewed or or downloaded from the link below.

- [Primary Prāṇāyāma Techniques as taught by Krishnamacharya and Desikachar](#)

The above post on this particular Self Planning & Self Practice exploration can be downloaded as a PDF.

- View or Download this 5 day year Two Prāṇāyāma planning and practice project as a PDF

Furthermore, this post will sit within a series of Practitioner Training Retreat Self Planning and Self Practice Extracts, illustrating both short term and longer term developmental examples of the [Viniyoga](#) of [Āsana](#), [Mudrā](#), [Prāṇāyāma](#) and [Bandha](#).

- [cYs Practitioner Training Programme Retreat Extract 1 – Self Planning & Self Practice](#)