



cYs Practitioner Training Programme 2004 Retreat Extract 4

Session 1 - Self Planning & Self Practice

- Building and working with Complex Sequences

This was a six day early morning Āsana, Mudrā, Bandha & Prāṇāyāma planning and practice project for year Four students within a four year Practitioner Training Programme.

The format was:

5' Pulse taking

15' Practice Planning the previous day/s for:

- Āsana practice 35'
- Prāṇāyāma practice 10'

5' Sitting

5' Pulse taking

5' For recording your pulse, personal notes or reflections from the practice

The Bhāvana practice proposition and Āsana, Mudrā, Bandha & Prāṇāyāma practice techniques that set each mornings focus, technique and crown ratio are shown below.

		Jivhā Bandha	Jālandhara Bandha	Antar Kumbhaka	Bahya Kumbhaka
Day 1	Cakravākāsana and Taḍākamudrā	✓			✓
	Mahāmudrā 1.0.1.1/2.	✓	✓		✓
	Anuloma Ujjāyī 1.0.1.0.	✓	✓		
Day 2	Daṇḍāsana and Adhomukha Śvānāsana	✓	✓		✓
	Mahāmudrā 1.0.1.1.	✓	✓		✓
	Anuloma Ujjāyī 1.0.1.1/2.	✓	✓		✓
Day 3	Mahāmudrā 1.1/2.1.1.	✓	✓	✓	✓
	Anuloma Ujjāyī 1.1/2.1.1/2.	✓	✓	✓	✓
Day 4	Mahāmudrā 1.1.1.1.	✓	✓	✓	✓
	Anuloma Ujjāyī 1.1.1.1/2.	✓	✓	✓	✓
Day 5	Mahāmudrā 1.1.1.1.	✓	✓	✓	✓
	Anuloma Ujjāyī 1.1.1.1.	✓	✓	✓	✓
Day 6	Mahāmudrā 1.1/2.1.1/2.	✓	✓	✓	✓
	Anuloma Ujjāyī 1.0.1.0.	✓	✓		

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 viewed or downloaded from the link below.

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

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](#), [Prānāyāma](#) and [Bandha](#).