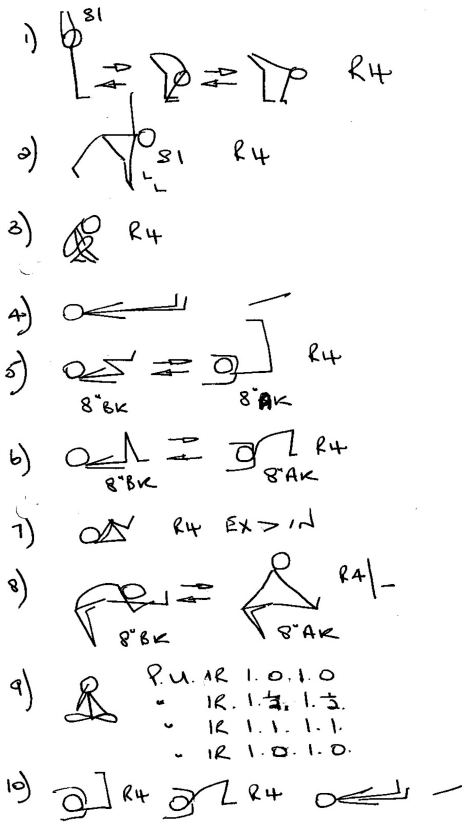
Viniyoga Vignette 6
– Illustrating Antar Kumbhaka and Bāhya Kumbhaka in Āsana and Prāṇāyāma for Postgraduate Practitioners….



A short pre-lunch 30′ practice from the first day of the three day weekend five in the second year of a Two Year Postgraduate Practitioner Programme.

The primary Bhāvana or theme was to explore the application of and response to the introduction and accumulative intensification of Antar Kumbhaka (AK) and Bāhya Kumbhaka (BK), throughout the Āsana practice, as well as a threestep accumulative intensification of both within a short but sharp 16 breath Prāṇāyāma practice built around Pratiloma Ujjāyī.

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.