

# The Art of Personal Sādhana Study Modules

## The viniyoga of Āsana Practice Techniques and Theory



### Module One Workshops – 10 hours over two days or 7.5 Hours Online Study

- Introduction to Āsana practice according to age
- Introduction to Āsana practice according to health
- Introduction to Āsana practice according to lifestyle
- Introduction to Āsana practice according to energetic and psychological constitution
- Introduction to definition, meaning and context of Āsana
- Introduction to how Āsana are arranged into groups and sequences
- Introduction to how counterpostures are used in Āsana practice
- Introduction to how we breathe in Āsana practice
- Introduction to why we move or stay in Āsana practice
- Introduction to how we adapt our Āsana practice
- Introduction to how we intelligently plan our Āsana practice

### Module Two Courses – 20 hours over four days or 15 Hours Online Study

- Why and how we use Sequence Building in planning Āsana practices
- Why and how we use Counterposes and Transitions in planning Āsana practices
- In-depth exploration of Specific Primary Āsana Form, Function and Application

### Module Three Courses – 20 hours over four days or 15 Hours Online Study

- Why and how we use Movement or Staying in planning Āsana practices
- Why and how we use the Breath in planning Āsana practices
- In-depth exploration of Specific Primary Āsana Form, Function and Application

### Module Four Courses – 20 hours over four days or 15 Hours Online Study

- Why and how we use Modification or Variation in planning Āsana practices
- Why and how we use Energetic and Psychological characteristics in planning Āsana
- In-depth exploration of Specific Primary Āsana Form, Function and Application

### Module Five Courses – 20 hours over four days or 15 Hours Online Study

- In-depth exploration of Observation in Āsana in planning Āsana practices
- Why and how we use Observation in Āsana in planning Āsana practices
- In-depth exploration of Specific Primary Āsana Form, Function and Application

### Module Six Courses – 20 hours over four days or 15 Hours Online Study

- In-depth exploration of Specific Intermediate Āsana Form, Function and Application
- Why and how we use Intermediate Āsana in planning Āsana practices

### Module Seven Courses – 20 hours over four days or 15 Hours Online Study

- In-depth exploration of Specific Advanced Āsana Form, Function and Application
- Why and how we use Advanced Āsana in planning Āsana practices