

*“First, recovery. If you sleep, or have a gap, accept it. Once the body is rested, then the Pranayama comes.”*

Geeta Iyengar, Pranayama Intensive 2008

### **Svasana**

- Knees bent, “Lower the back vertebra by vertebra.” LoP at 235.
- “Press the feet on the floor, lift the hips and sacroiliac region, and use your hands to move the flesh and the skin from the back of the waist down towards the buttocks.” LoP at 236.
- Extend one leg, then the other.
- Join heels and knees. Heels, knees, crotch, center of the coccyx, spinal column, and base of the skull in one line.
- Pull the flesh of the back out using the opposite hand.
- Lift the head and check that the torso and legs are in a straight line. Then relax the head.
- Center of the eyebrows, bridge of the nose, chin, sternum, navel, and center of the pubis in one line.
- Let the legs relax.
- Keep the hands a little away from the thighs, palms up.
- “Move the back ribs in, the side ones forward and the front ones upwards.” LOP at 60.
- Create space in the armpit chest.
- Relax the jaw.
- Let the tongue hang loose in the bottom of the mouth.

### **Hints and Precautions for Pranayama**

1. Have a regular practice of asana to keep the nervous system clean and clear, aiding uninterrupted flow of energy during pranayama. LOP at 54.
2. Food is essential to sustain the body. Eat. LOP at 43-45
3. Empty the bladder and, as able, the bowels before starting pranayama. LOP at 54.
4. Treat the breath with “kindness and consideration.” Do not force. LOP at 54.
5. If uneasiness comes, switch to a different breathing pattern. LOP at 54.
6. “Choose a secluded, clean, airy place, free from insects, and practice during quiet hours.” LOP at 54.
7. Observe inner and outer cleanliness. LOP at 55.
8. The best time for practice is early morning, preferably before sunrise. Practice after sunset is also acceptable. LOP at 55.
9. Keep the back straight from the base of the spine to the neck. LOP at 55.

## Ujjayi Pranayama

Ud = upward or superior in rank, expanding or blowing, indicating a sense of power.

Jaya = victory or conquest, restraint

### Ujjayi Preparation

- Do svasana first.
- Cover the eyes with a soft cloth for quick relaxation of the facial muscles. LoP at 129.
- Lie on support to lift and open the chest.
- Keep the eyeballs passive and receptive, directed inward.
- Keep the inner ears alert and receptive.
- Take a normal breath cycle at the end of each stage of pranayama.
- Always begin pranayama with an exhale and finish with an inhale.

### Ujjayi I Technique - Normal exhales and inhales

- Breathe normally.
- Observe and feel the flow of breath.
- Make sure both lungs fill evenly.
- Feel the chest expand upwards and outwards.
- Breathe out quietly.
- Empty the lungs evenly.
- Keep the eyes closed.

### Ujjayi II Technique - Longer exhales, normal inhales

- First exhale quietly until lungs feel empty, but without pressing down.
- Inhale normally through the nose.
- Exhale slowly, deeply, and steadily until the lungs feel empty.

## 8-Fold Path of Yoga

### Sutra II.29

1. Yama - Sutra 2.30
    - ahimsa, satya, asteya, brahmacharya, aparigraha -sutras 2.35-2.39. Love, truth, taking only what belongs to you, sexual self-management, taking only what is needed, are the social rules (yamas)
    - status, place, time, circumstance, do not limit the great/primary/first obligation (yamas). Sutra 2.31
  2. Niyama - Sutra 2.32
    - sauca, santosa, tapah, svadhyaya, Isvarapranidhanani sutras - 2.40-2.45. cleanliness, contentment, burning desire + effort, self-study, surrender to God, are the self rules (niyamas)
  3. Asana - Sutra 2.46
  4. Pranayama - breath - sutras 2.49 to 2.53
  5. Pratyahara - withdrawal of the senses - sutras 2.54 to 2.55
  6. Dharana - focus on an appropriate object - sutra 3.1
  7. Dhyana - continued focus on the object - sutra 3.2
  8. Samadhi - loss of the self in the object - sutra 3.3
- 6 + 7 + 8 = samyama yoga - sutras 3.4 to 3.8 - the “internal” yoga

### **Abhyasa + Vairagya with Sadhana**

Dedication + Renunciation with Practice

#### **Sadhana**

Here sadhana refers to practice of Yama, niyama, asana, pranayama, and pratyahara on the 8 fold path of yoga. Loysp at 7.

#### **Abhyasa**

Loysp @15: "Practice demands 4 qualities from the aspirant: dedication, zeal, uninterrupted awareness, and long duration."

Loysp at 20: "abhyasa is repeated practice performed with observation and reflection."

#### **Vairagya**

Loysp @14. "The elimination of whatever hinders progress and refinement. "

Loysp @14. "One must learn to renounce objects and ideas which disturb and hinder one's daily yoga practices. "

Loysp @14. "One has to cultivate non attachment to the fruits of one's labours."

## Sutras On Pranayama

II.49. Tasminsati shvaasaprashvaasayaorgativichchedaH praaNaayaamaH

Tasminsati after sutra II.48 (disappearance of duality due to steady asana)

Shvaasa inhalation

Prashvaasa exhalation

Gati flow

VichchedaH manipulation, control

praaNaayaamaH pranayama

After steadiness: inhalation, exhalation, flow control = pranayama

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II.50. Sa tu baahyaabhya.ntarastambhavRuttirdeshakaalasa.nkhyaabhiH paridRushhTo diirghasuukshmaH

Sa that

Tu and

BaahyavRuttiH in the form of exhalation rechaka

Abhya.ntaravRuttir in the form of inhalation puraka

StambhavRuttir in the form of retention outside or inside kumbhaka

Desha space

Kaala time

Sa.nkhyaa counting

ParidRushhTo measured

Diirgha long

Suukshma subtle

Rechaka puraka kumbhaka space time counting is long subtle.

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II.51. Baahyaabhya.ntaravishhayaakshepii chaturthaH

Baahya outside

Abhya.ntara inside

Vishhaya object

Aakshepii without association

chaturthaH fourth kind

Outside inside without association 4th kind.

Aka Kevala kumbhaka

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II.52. TataH kshiiyate prakaashaavaraNaM

tataH due to that

kshiiyate gets removed

prakaasha sattva

aavaraNaM covering

Due to that gets removed sattva covering.

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II.53. DhaaraNaasu cha yogyataa manasaH

DhaaraNaasu for dhaarana

Cha and

Yogyataa the eligibility

ManasaH of the mind

Dhaarana and eligibility of the mind.