

Mysore Challenge 2018 – Four Week Plan

| | Week 1 | Week 2 | Week 3 | Week 4 |
|---|--|--|---|--|
| Memorize Yoga Sutra | Look at the alphabet, learn the pronunciation! I-1: atha yogānuśāsanam I-2: yogaścitta-vṛtti-nirodhaḥ I-3: tadā draṣṭuḥ svarūpe-‘vasthānam | I-4: vṛtti sārūpyam-itaratra I-5: vṛttayaḥ pañcatayyaḥ kliṣṭākliṣṭāḥ I-6: pramāṇa viparyaya vikalpa nidrā smṛtayaḥ | I-7: pratyakṣānumānāgamāḥ pramāṇāni I-8: viparyayo mithyā-jñānam-atadrūpa pratiṣṭham I-9: śabda-jñānānupātī vastu-sūnyo vikalpaḥ | I-10: abhāva-pratyayāmbanā vṛttir-nidra I-11: anubhūta-viśayāsampramoṣaḥ smṛtiḥ I-12: abhyāsa-vairāgyābhyām tan-nirodhaḥ |
| Prāṇāyāma Practice <u>every day</u> ideally before Asana. Start with a moment of silence, feeling your breath. Then take a few long ujjāyī breaths with full concentration. After the exercise also remain sitting in stillness as long as possible. A short Shavasana is also an option, Always stop the exercise if you feel dizzy. | viloma prāṇāyāma “Cutting the hair” Each Ujjāyī Prāṇāyāma breath is being cut in 3-5 equal portions. Pause for about 1 second between each portion. | nāḍīśodhana “nerve cleansing” Alternately breathe through the right nostril and the left nostril. Using your right hand close the right nostril with your thumb and the fingertips of little and ring finger for closing the left nostril. There are many variations of these principles | kapālabhāti kriyā “scull shining cleansing technique” Make sure your stomach is empty of food especially for this practice. The exhalation is rapid and strong (“puff”) and the inhalation passive by releasing the abdominal muscles. Get instructions from the teacher if you have never done it! | ujjāyī prāṇāyāma + kumbhaka “victorious breathing + breath retention” Every Ujjāyī breath should sound perfectly smooth and even. You learn controlling duration and intensity of your breath, the muscles you use, how to expand and shrink the lungs smoothly as well as playing with the gas exchange patterns by modifying the ratio of inhaling, exhaling and holding. |
| Examples | Example “3 times 3 seconds” Inhale for 3 seconds – pause Inhale again 3 seconds –pause Inhale again 3 seconds – full Exhale for 3 seconds – pause Exhale again 3 seconds –pause Exhale again 3 seconds – empty Start with 5 rounds. Increase day by day as convenient | Classic nāḍīśodhana Inhale left for 5 seconds Exhale right 5 seconds Inhale right 5 seconds Exhale left 5 seconds Start with 5 rounds. Increase day by day | Example Beginners may start with 30 “exhale-puffs” about 1 per second at first. After that breathe normally for a few seconds and repeat the same thing 2 more times. Make sure your abdominal muscles never cramp and can relax fully after each exhale. This gets more and more challenging when increasing the number of “puffs” | Easy Example (1-1-1-1 ratio) Inhale 4 seconds - Hold 4 seconds Exhale 4 seconds - Hold 4 seconds Repeat at least 5 rounds. More difficult ratios 1-1-2-1 (E.g.: 4-4-8-4 seconds) 1-2-2-1 (E.g.: 4-8-8-4 seconds) 1-2-2-2 (E.g.: 4-8-8-8 seconds) Traditional ratio 1-4-2-2 (E.g. 4-16-8-8 seconds) |
| Too easy? | - Increase duration of each parcel - Increase number of portions | - Increase length of inhale and exhale | - Increase number of “puffs” up to 40, 50, 60... etc. - Increase the frequency | - Learn the different ratios - Increase the base count - Example: 10-20-10-10 seconds |