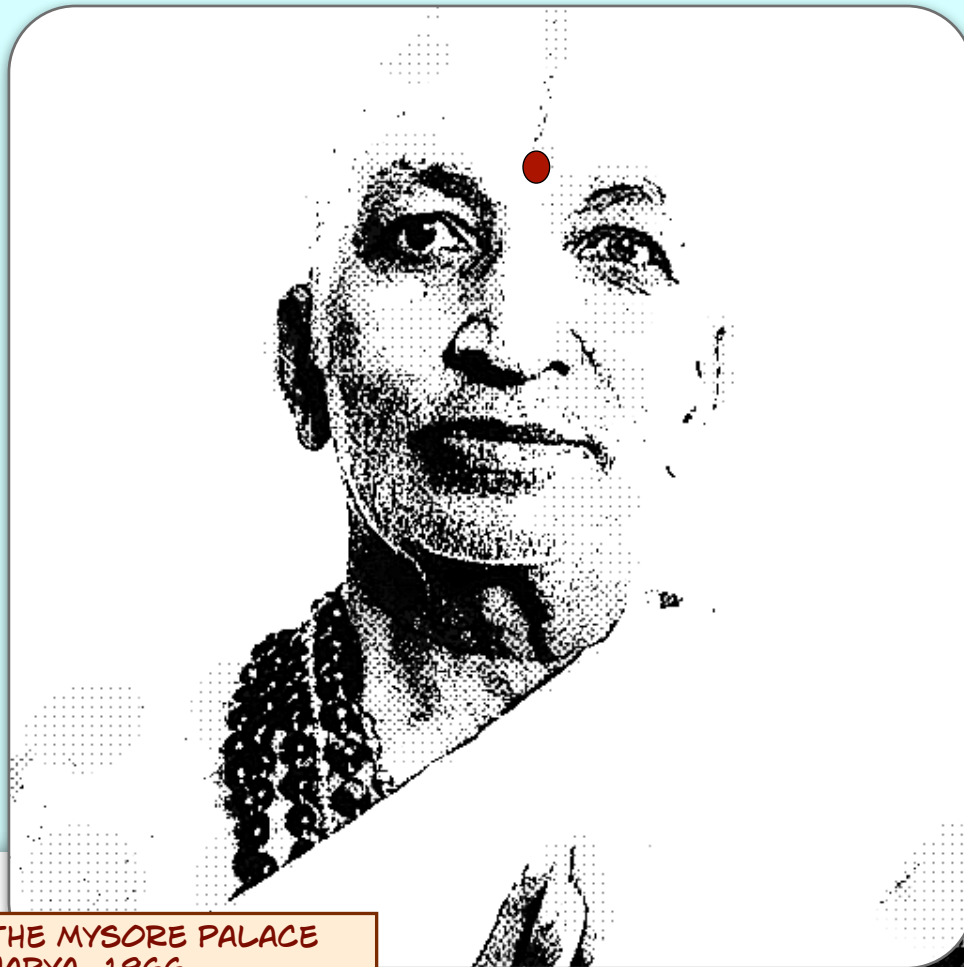


VATI YOGA SHALA SEQUENCE

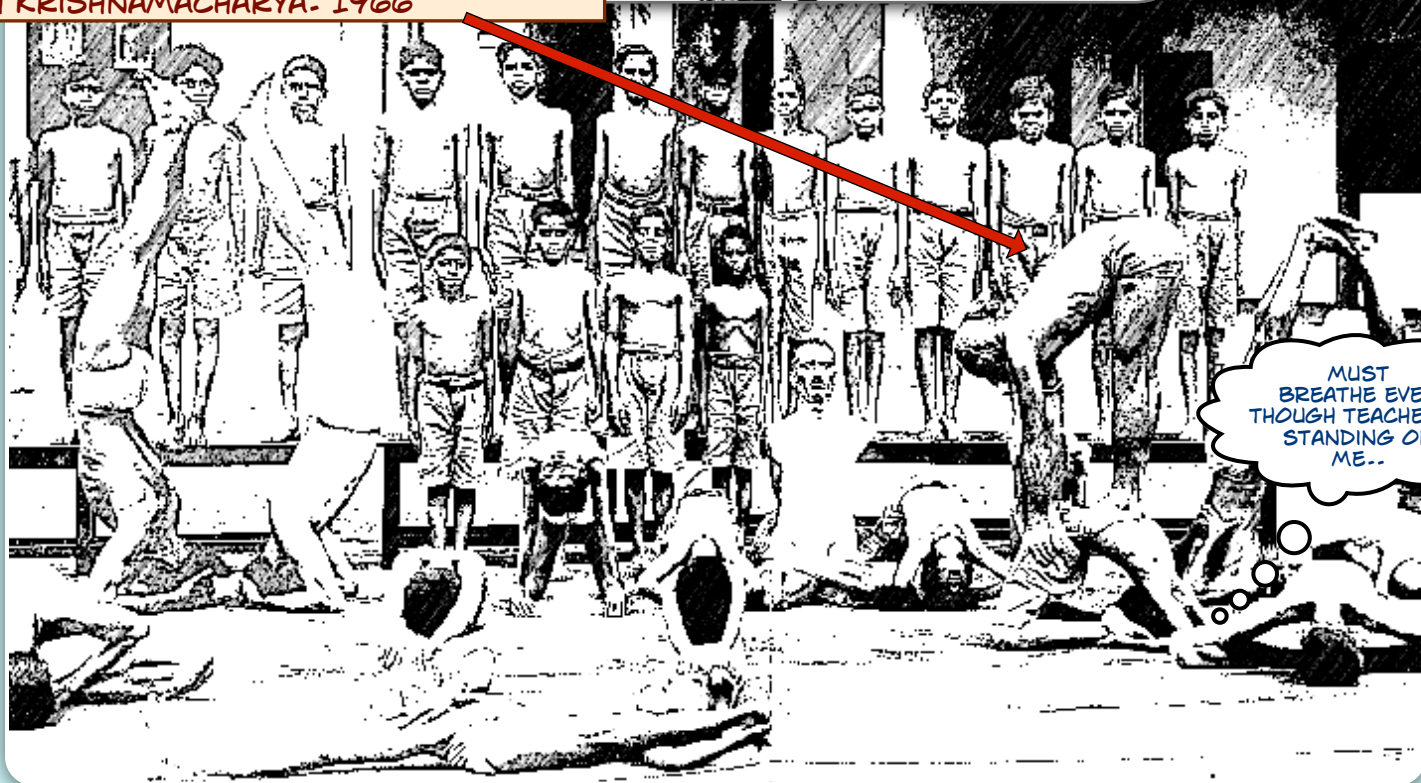
WITH COMMENTARY

BY
ALICE JOANOU



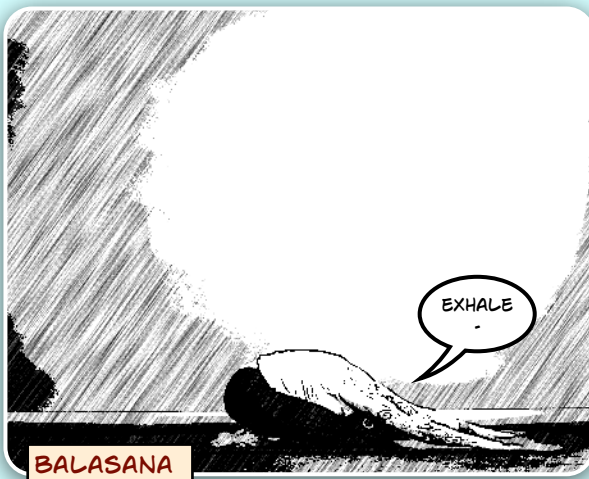


YOGA SCHOOL AT THE MYSORE PALACE WITH KRISHNAMACHARYA- 1966



MUST BREATHE EVEN THOUGH TEACHER IS STANDING ON ME..

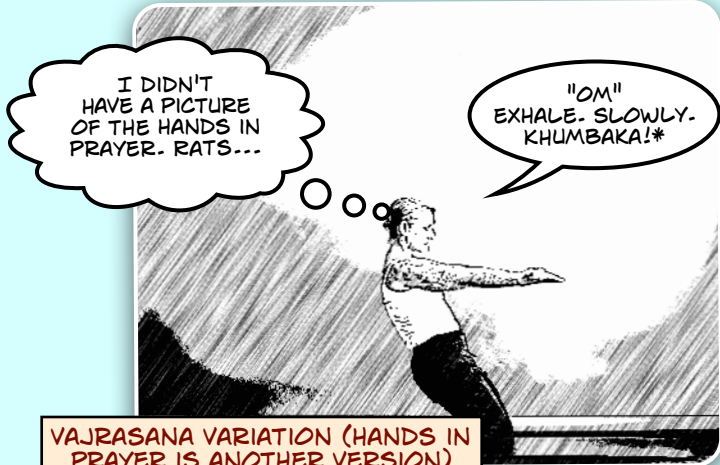
Everything that I have learned in yoga has its source in Tirumalai Krishnamacharya. He was a humble Sanskrit scholar, yoga teacher and wise healer. He wrote poems and made drawings of his spiritual visions. He was a demanding master of the tradition of yoga, but offered this great compassionate insight-yoga must be adapted to the individual. And so we begin with a foundational group of asanas that are meant to be adapted for you with the help of a teacher.



BALASANA



VAJRASANA

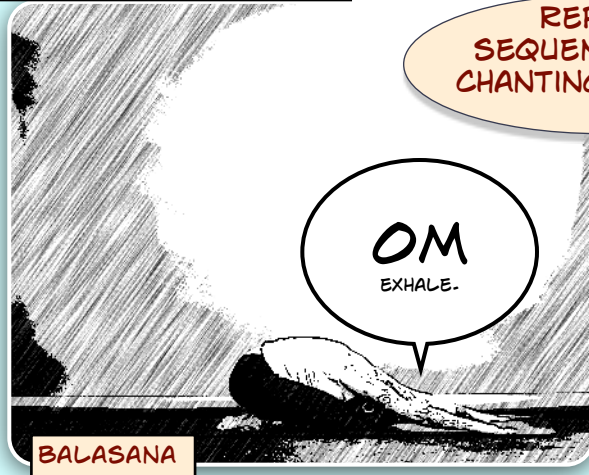


VAJRASANA VARIATION (HANDS IN PRAYER IS ANOTHER VERSION)

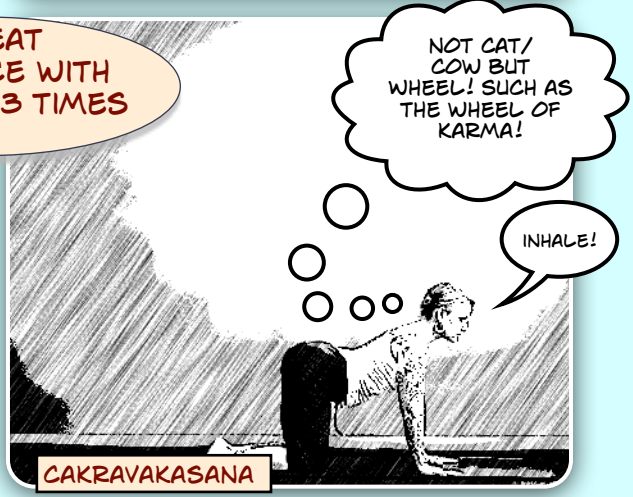


VAJRASANA

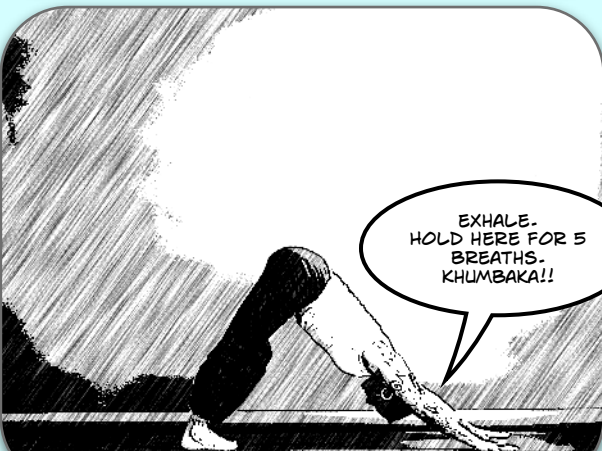
REPEAT SEQUENCE WITH CHANTING 3 TIMES



BALASANA



CAKRAVAKASANA

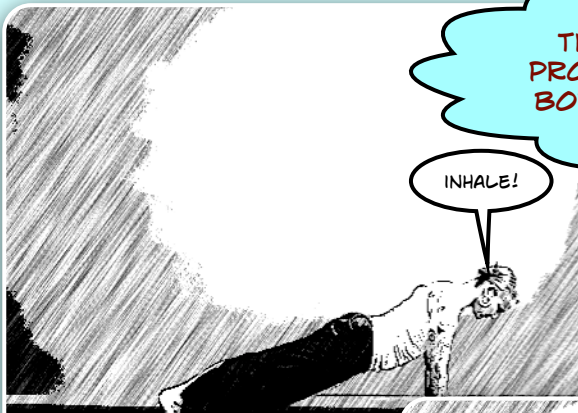


What follows are two modified Suryanamaskara vinyasa. Suryanamaskara is a ritualized bowing sequence, traditionally done to honor the continual return of the sun with all it's generous life-giving properties. Do three cycles of the next sequence. Please and Thank You.

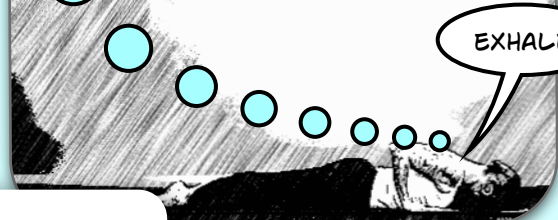
*BAYA KHUMBAKA MEANS "EMPTY POT" IN SANSKRIT. KHUMBAKA IS THE PRACTICE OF RETAINING THE BREATH ON EITHER INHALATION OR EXHALATION. BAYA KHUMBAKA IS THE GENTLE REST OF BREATH AT THE END OF THE EXHALATION.

REMEMBER THAT THIS MOVEMENT IS A PROSTRATION. A FULL BODIED BOW TO WHAT YOU REGARD AS SACRED.

INHALE!

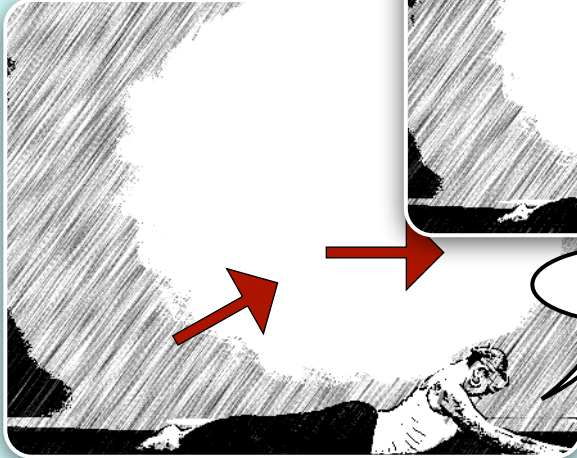


EXHALE



CHATARAUNGA DANDASANA

EXHALE



INHALE!

LONG EXHALE



BALASANA

INHALE!



EXHALE.



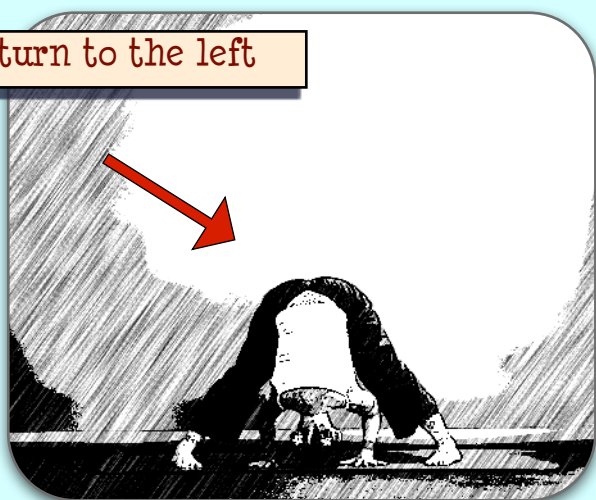
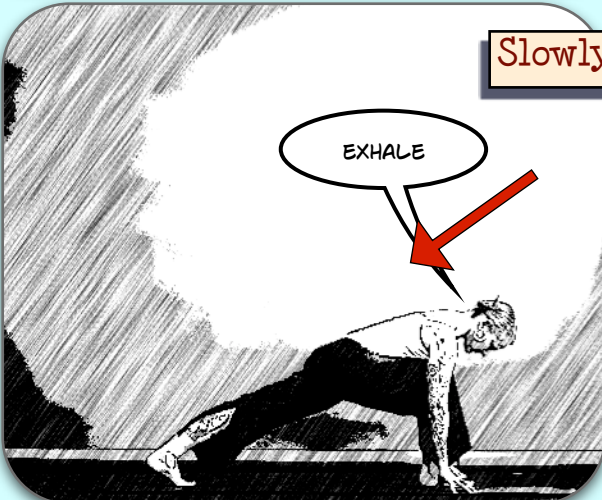
ADHO MUKHA SAVANNAS

INHALE!



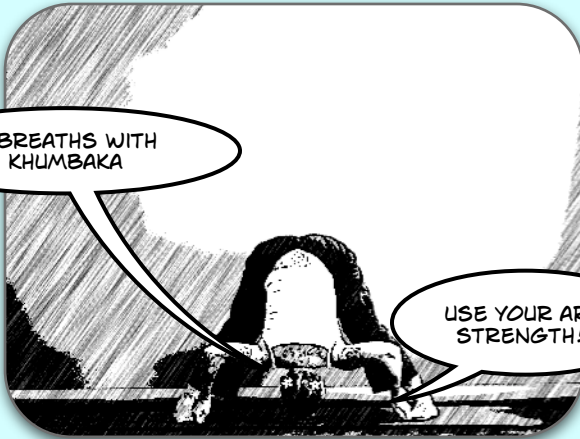
Slowly turn to the left

EXHALE



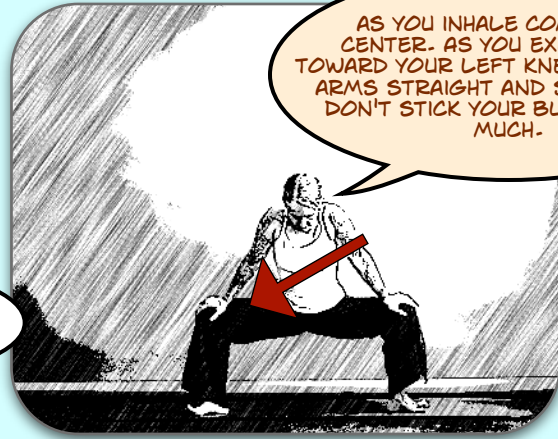
PRASARITA PADATONASANA

3 BREATHS WITH KHUMBAKA

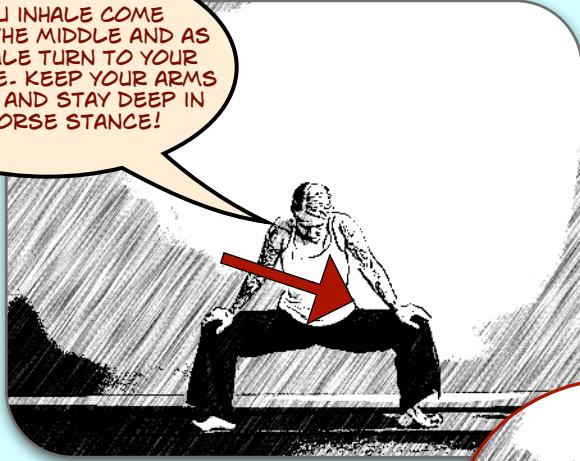


USE YOUR ARM STRENGTH!!

AS YOU INHALE COME UP TO CENTER. AS YOU EXHALE TURN TOWARD YOUR LEFT KNEE. KEEP BOTH ARMS STRAIGHT AND SPINE LONG. DON'T STICK YOUR BUTT OUT TOO MUCH.



AS YOU INHALE COME BACK TO THE MIDDLE AND AS YOU EXHALE TURN TO YOUR RIGHT KNEE. KEEP YOUR ARMS STRAIGHT AND STAY DEEP IN THE HORSE STANCE!



INHALE

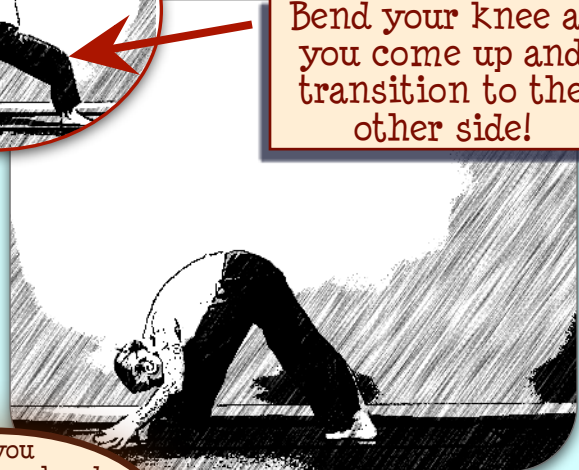
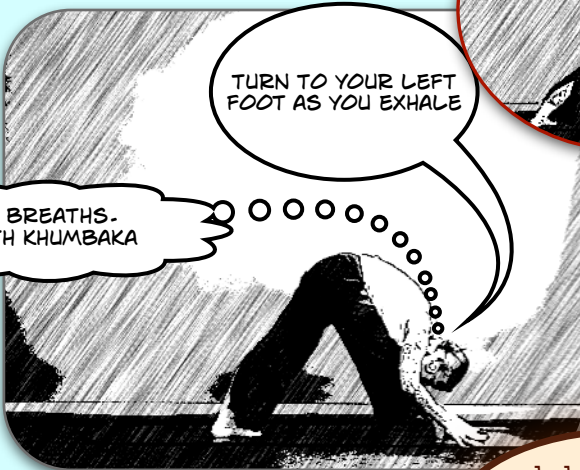


TURN TO YOUR LEFT FOOT AS YOU EXHALE



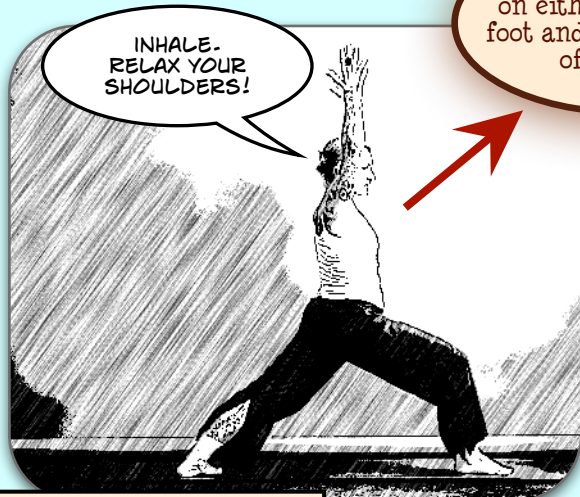
Bend your knee as you come up and transition to the other side!

3 BREATHS WITH KHUMBAKA

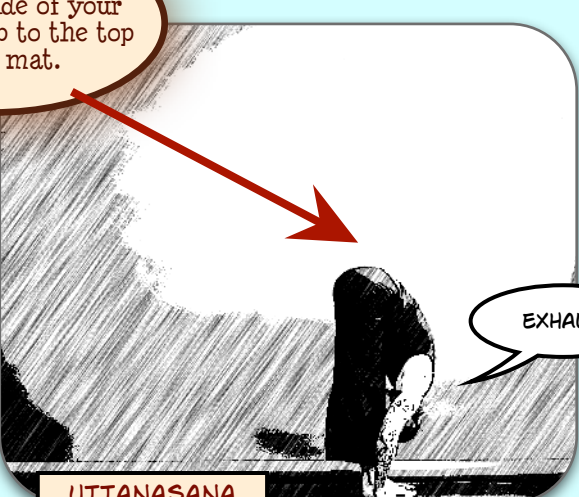


As you exhale, place hands on either side of your foot and step to the top of the mat.

INHALE. RELAX YOUR SHOULDERS!

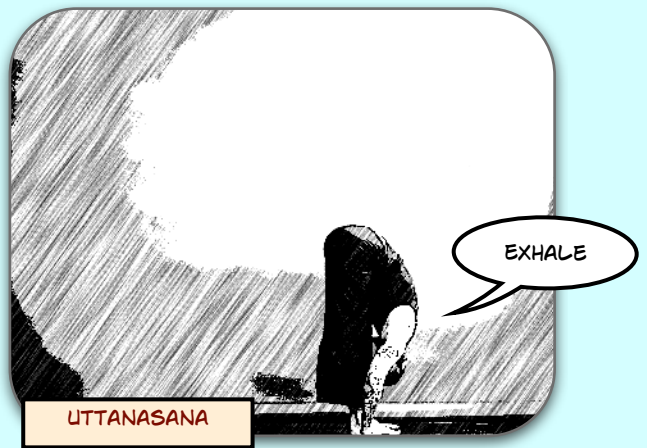
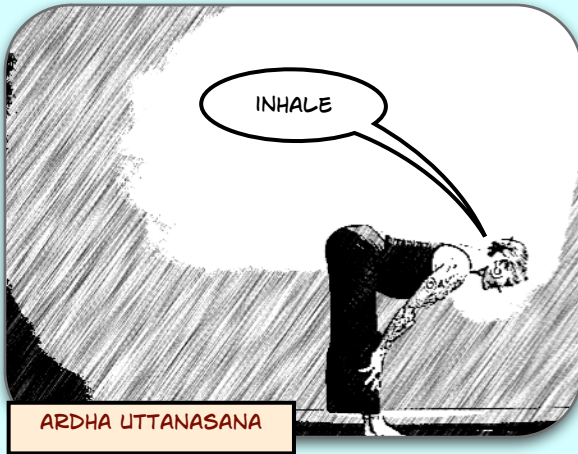


EXHALE

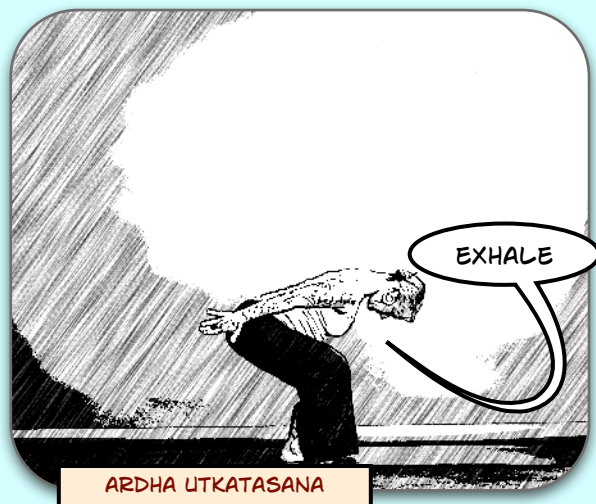
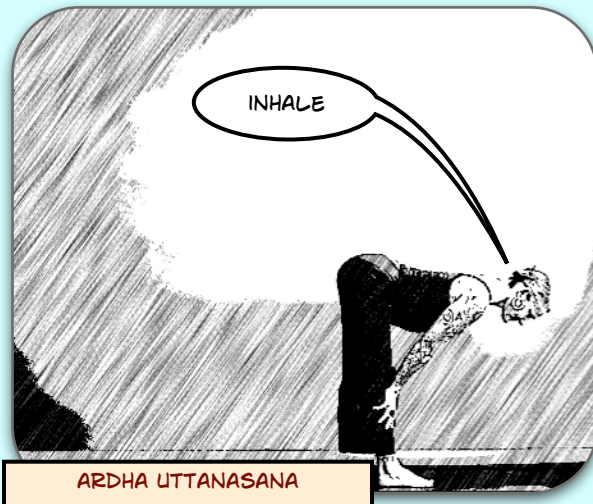
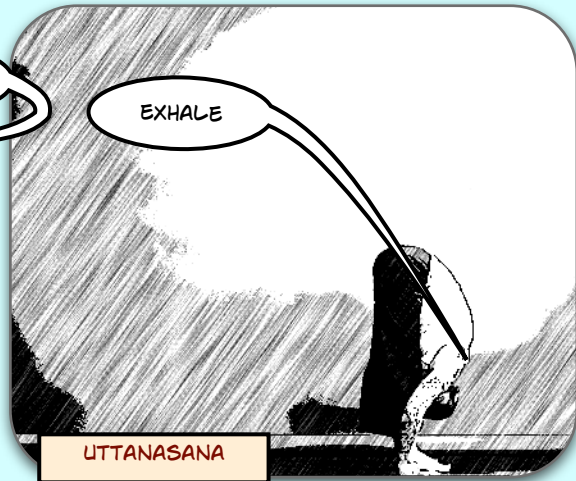


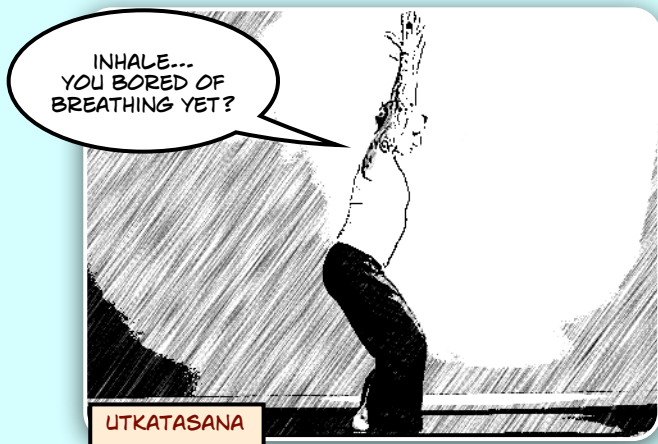
VIRABHADRASANA "A"

UTTANASANA



When you complete a cycle, bring your hands into Anjali Mudra-prayer position over your heart. Anjali translates as "offering" in Sanskrit. What is your yoga offering you? What are you offering your yoga?
I have found that when I give honestly to the yoga, it returns the gift 1000 fold. Offer yourself fully to your practice and see what happens!



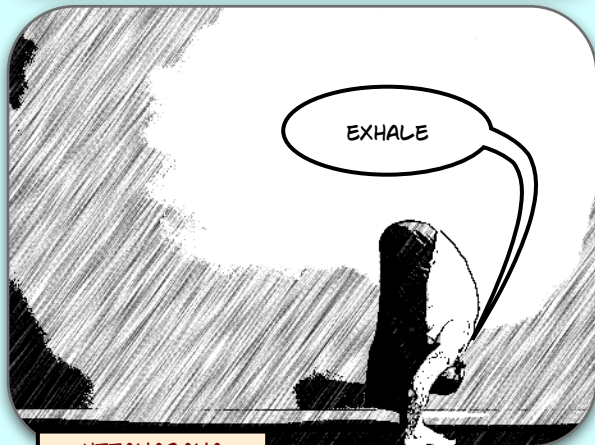


UTKATASANA

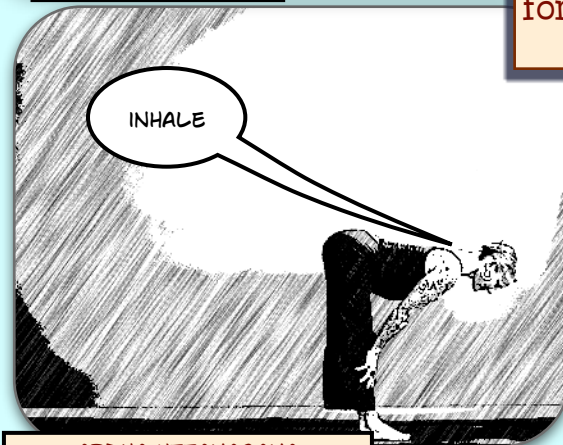


URDVHA HASTASANA

Come to the tip toes as you inhale extending your body as long as it will go. Spread your toes! They will love you for it.



UTTANASANA

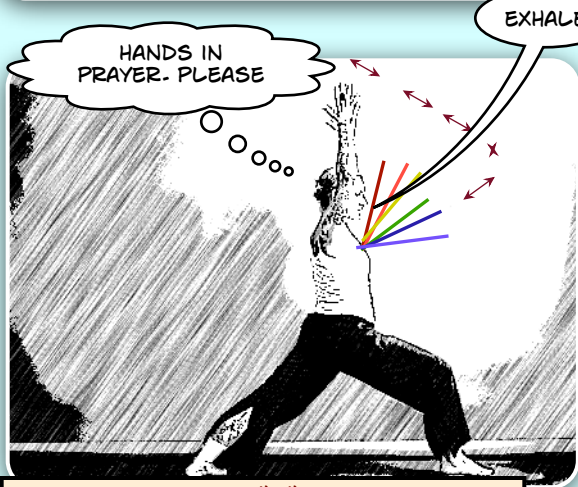


ARDHA UTTANASANA

CONTINUE EXHALING AS YOU STEP BACK. KHUMBAKA!



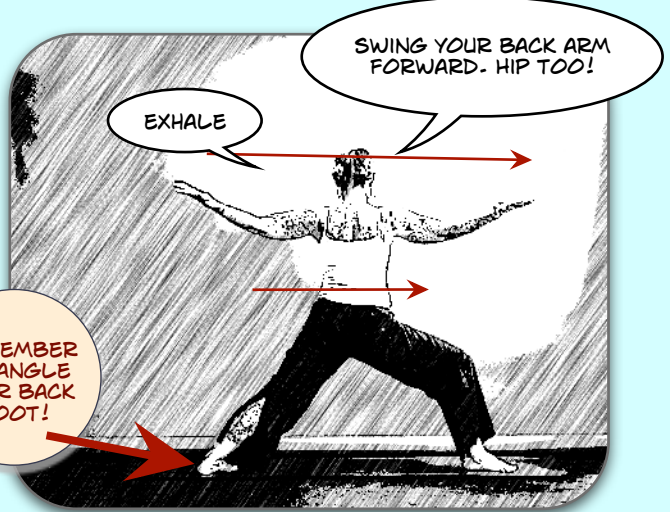
VIRABHADRASANA "A"



VIRABHADRASANA "A" WITH HANDS IN PRAYER. THIS HELPS YOU REMEMBER THAT THIS IS A MOVING MEDITATION!



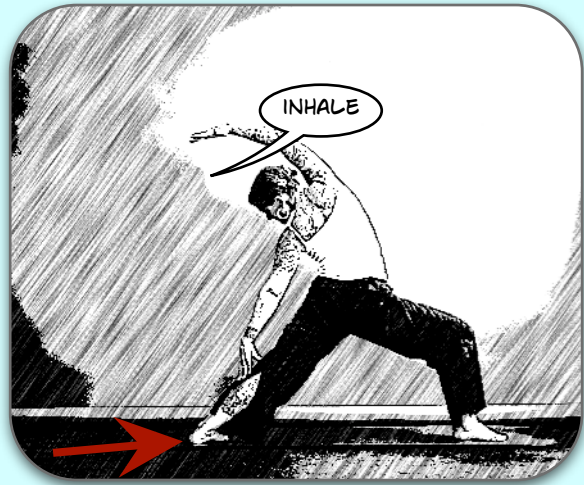
VIRABHADRASANA "A"



REMEMBER TO ANGLE YOUR BACK FOOT!



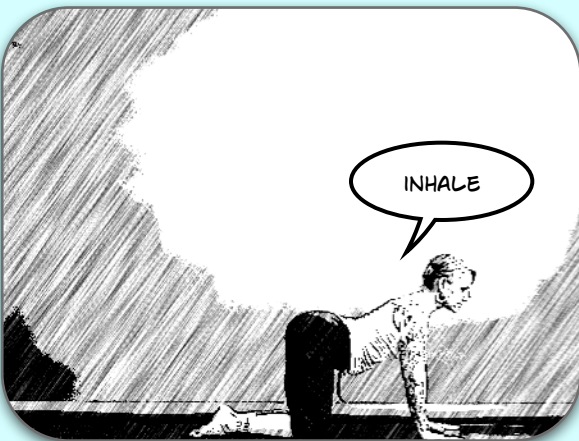
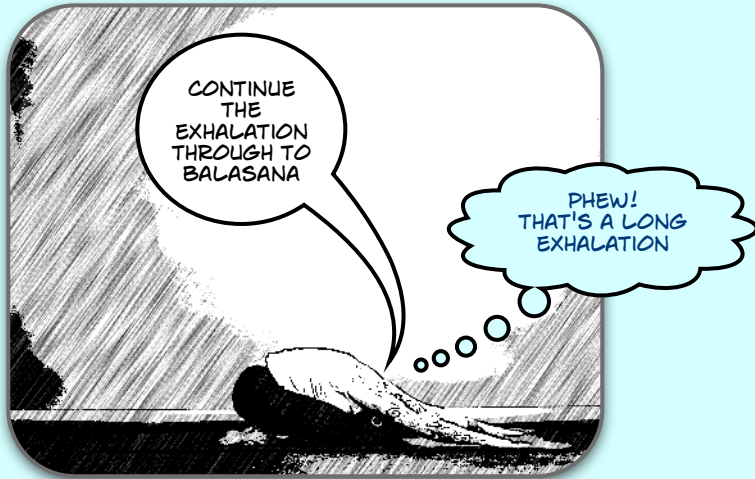
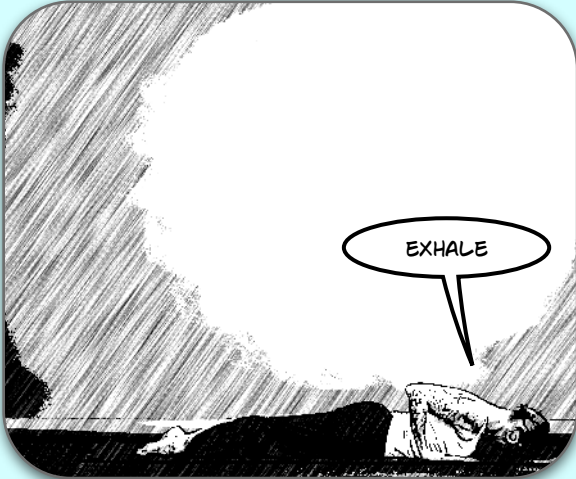
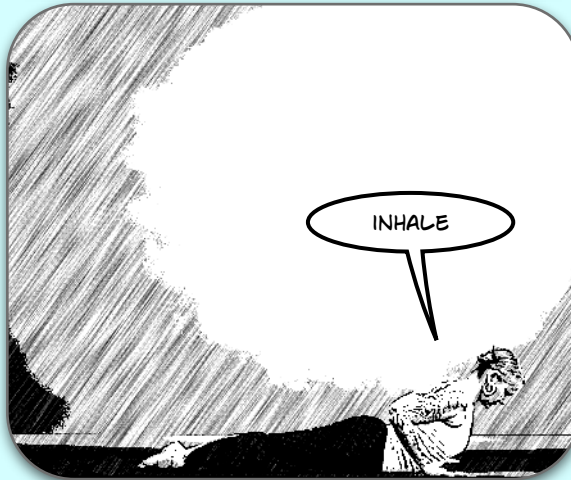
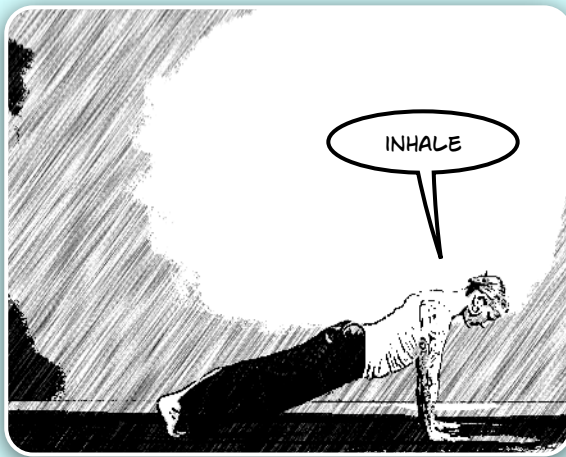
AND KEEP IT STABLE!

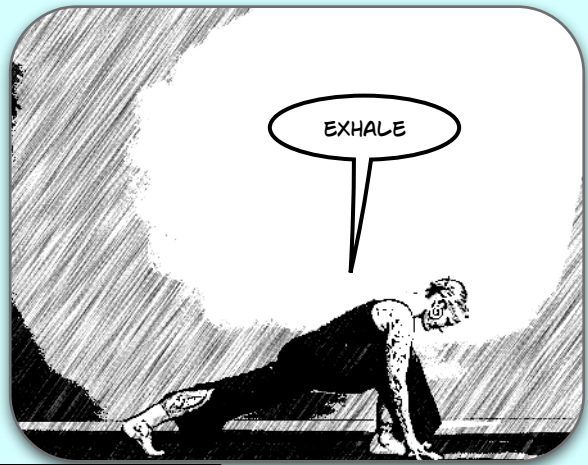


Continue with this sequence I call Arjuna's sequence. It is dedicated to the Super Star of the Bhagavad Gita . . . Well him and of course the God, Krishna. We practice this sequence twice in the Vati program. It is great for breath stamina, strength and above all to cultivate devotion. In the Upanisads the archer's bow is the human vessel, the arrow is the prayer and the target is the Divine.

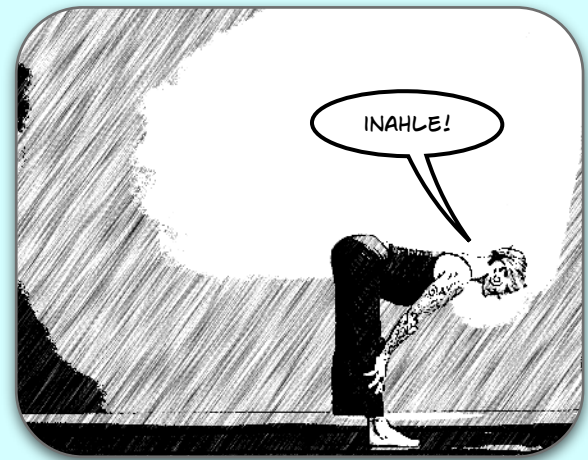
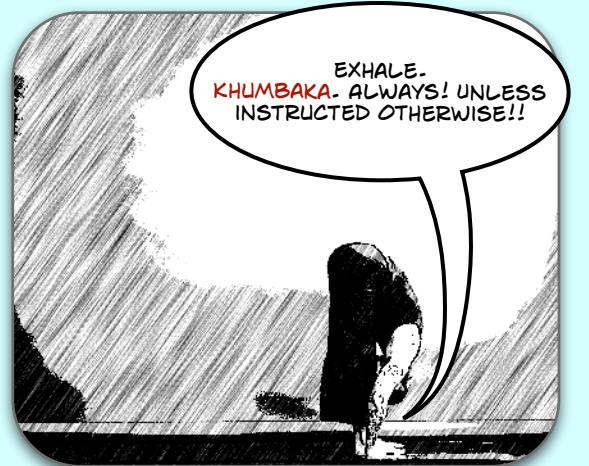
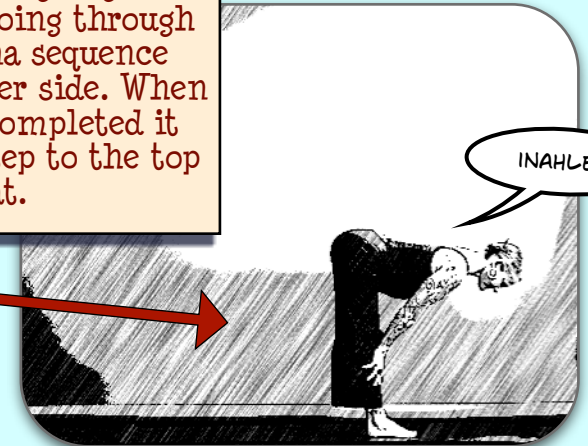


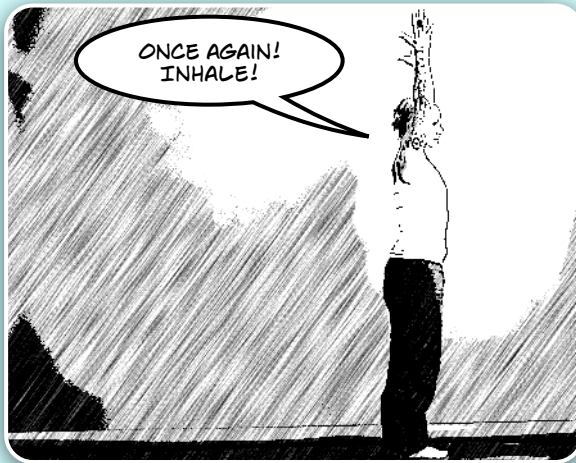
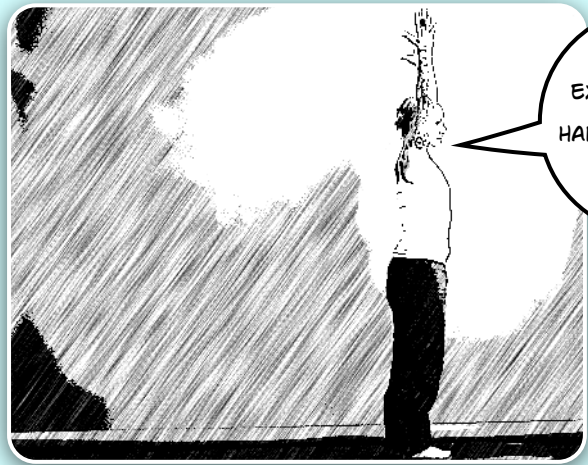
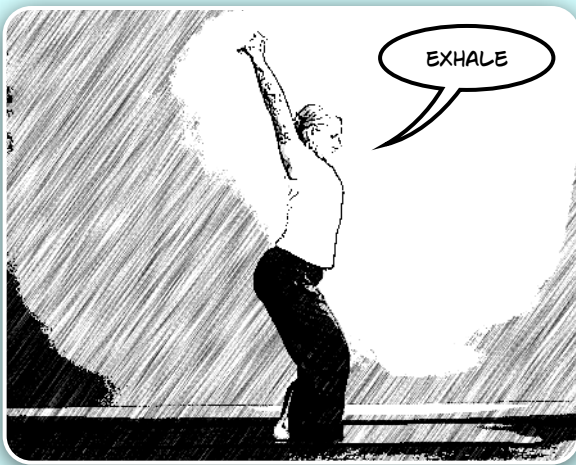
ADHO MUKHA SVANASANA



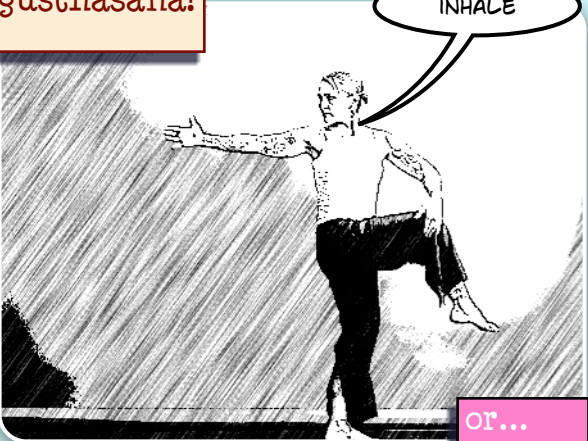
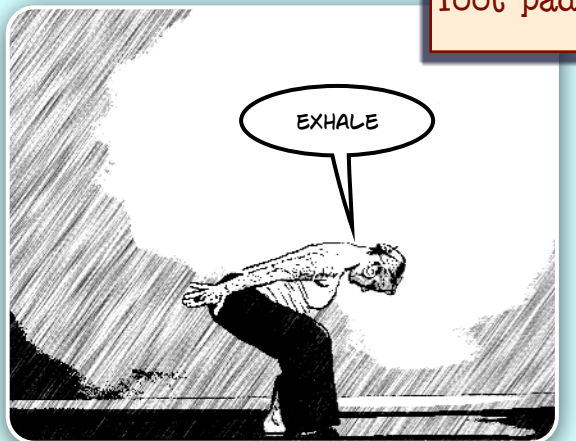


Now you are going to continue going through the Arujuna sequence on the other side. When you have completed it you will step to the top of your mat.





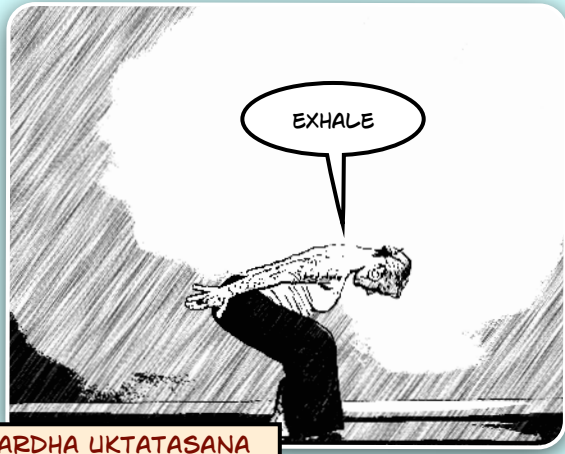
Here are some variations on the one-legged poses. You can also simply extend your leg on the first pose-yoga dandansana. We can work towards taking your hand to your foot-padangusthasana!



or...



ARDHA CHANDRASANA

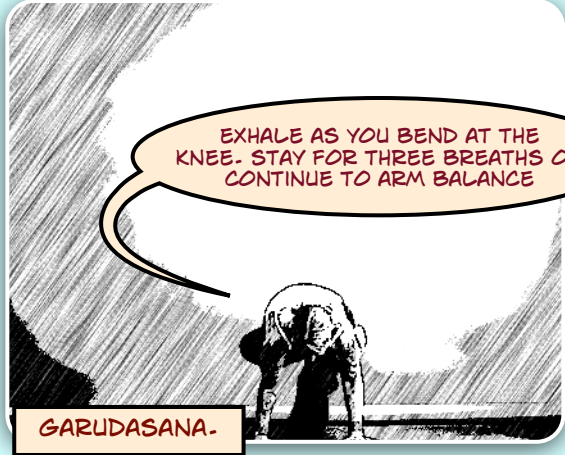


ARDHA UKTATASANA

EXHALE



GARUDASANA



GARUDASANA-

EXHALE AS YOU BEND AT THE KNEE. STAY FOR THREE BREATHS OR CONTINUE TO ARM BALANCE



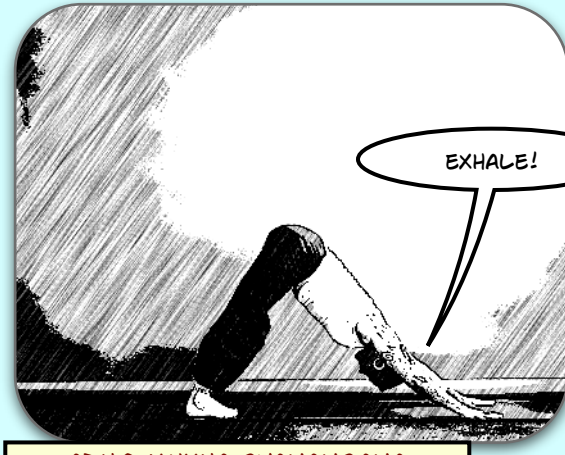
PREP FOR EKA PADA GALAVASANA

KEEP BREATHING...



EKA PADA GALAVASANA

KEEP BREATHING...



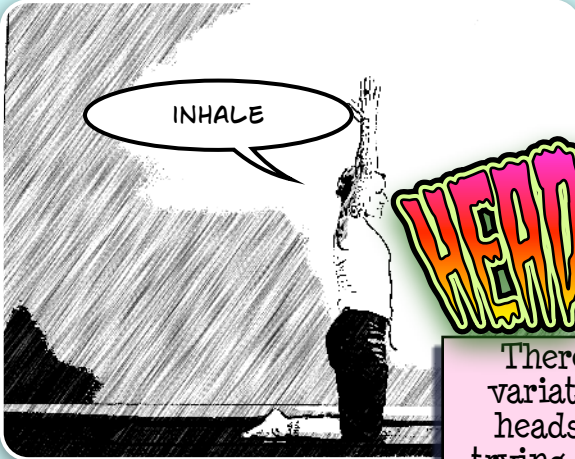
ADHO MUKHA SVANANSANA

EXHALE!



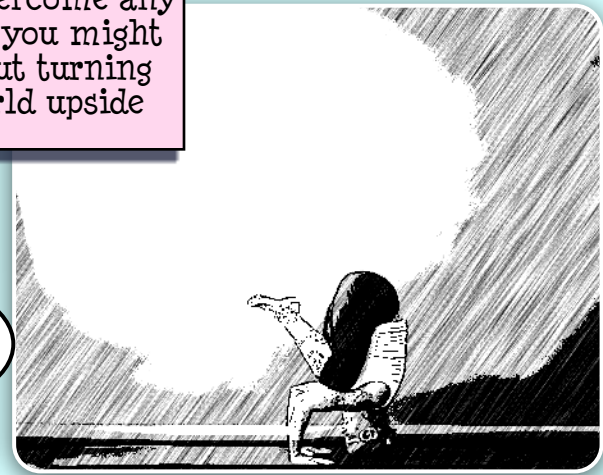
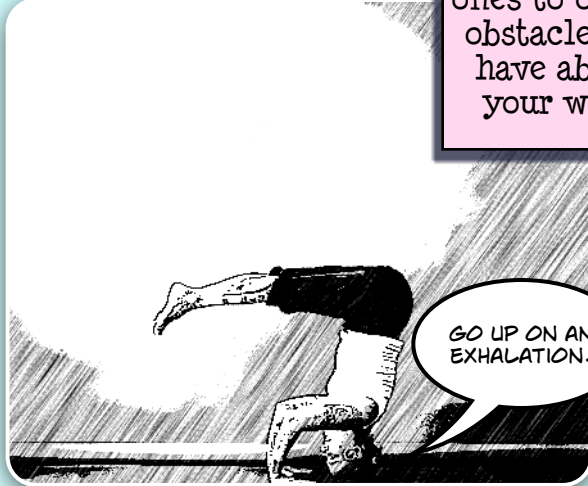
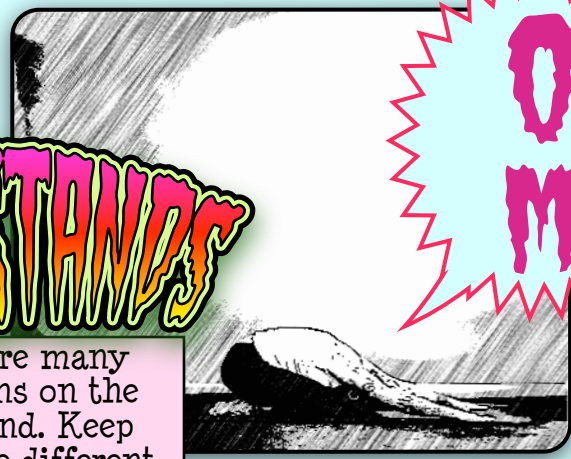
BALASANA

AHHH. SWEET RELIEF.

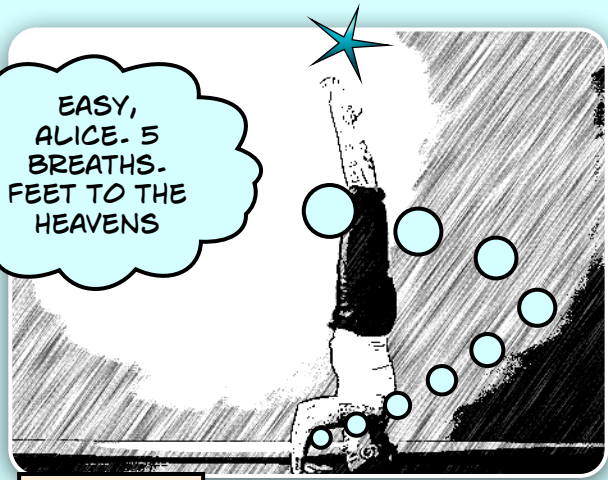


HEADSTANDS

There are many variations on the headstand. Keep trying the different ones to overcome any obstacles you might have about turning your world upside



EASY, ALICE. 5 BREATHS. FEET TO THE HEAVENS



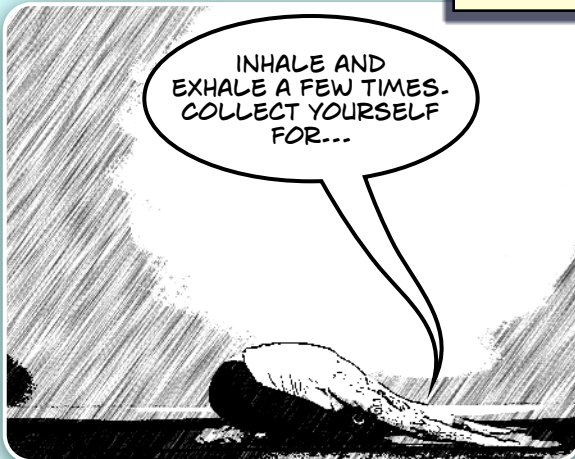
SIRSASANA

ALWAYS GO UP AND GO DOWN WITH AN EXHALATION



3 more headstands!

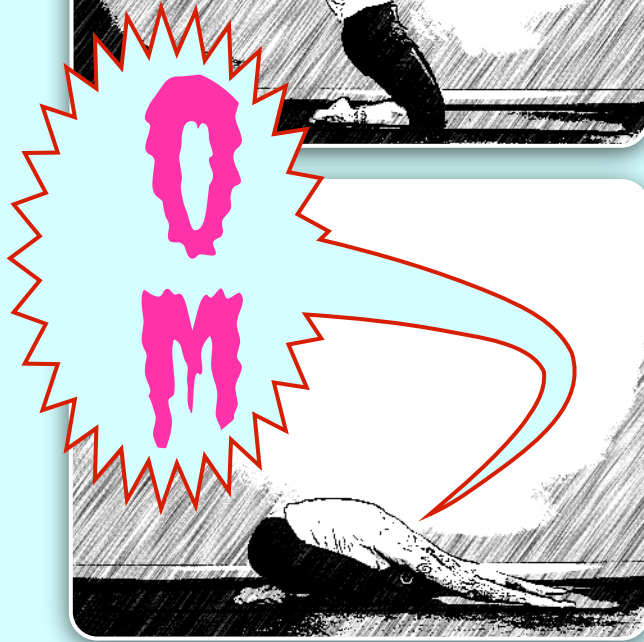
INHALE AND EXHALE A FEW TIMES. COLLECT YOURSELF FOR...



INHALE

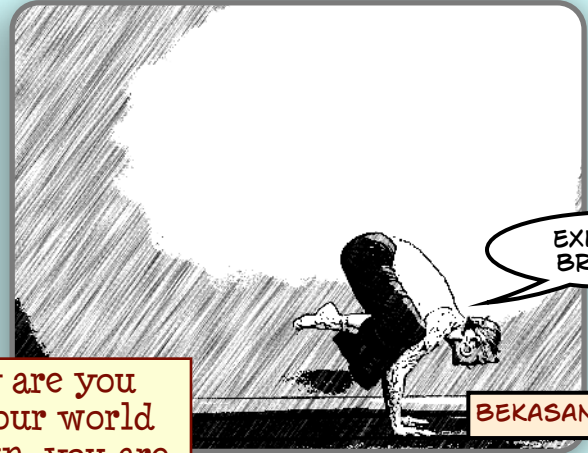


INHALE



EXHALE





EXHALE. 3 BREATHS.

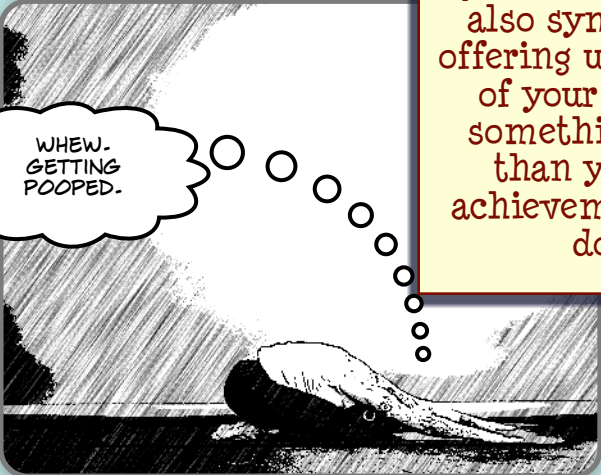
BEKASANA

Not only are you turning your world upside-down, you are also symbolically offering up the fruits of your labors to something higher than your own achievement. Well-done!

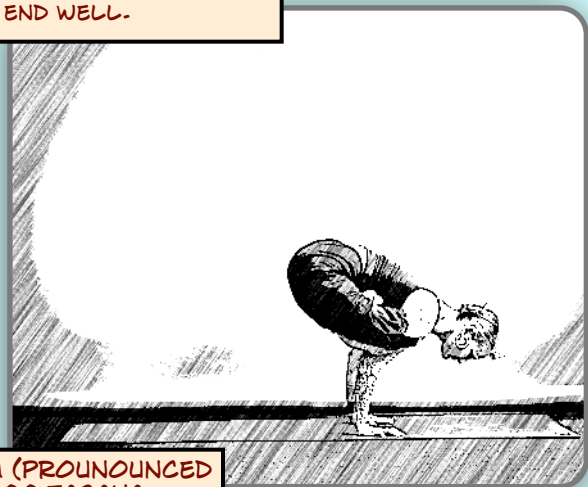
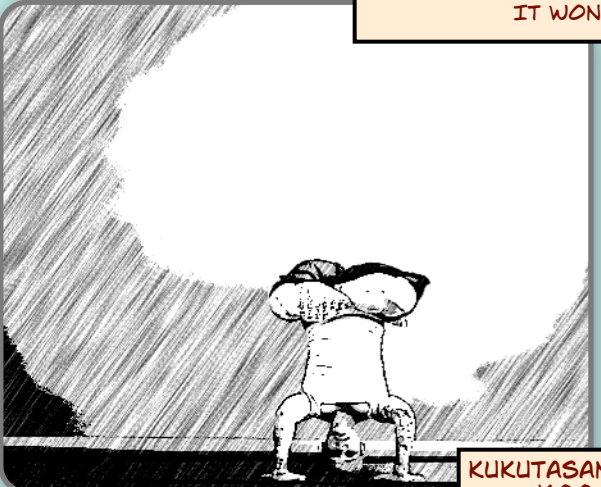
OM

Why chant here? Well because you've just probably exerted yourself pretty hard. Chanting this profound primordial sound will bring you back to purposeful movement. Or at least that's the hope.

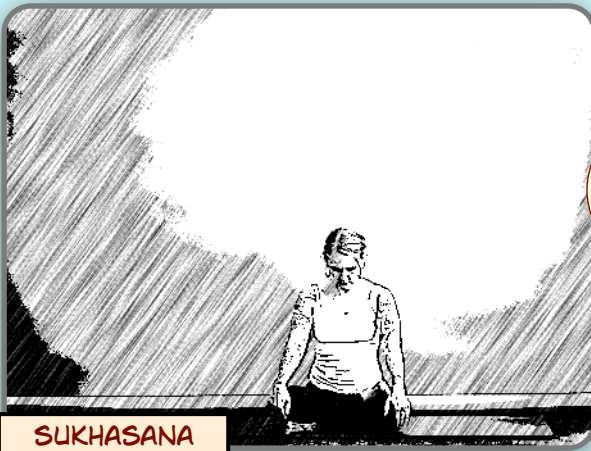
WHEW. GETTING POOPED.



DON'T TRY THIS AT A PARTY. IT WON'T END WELL.

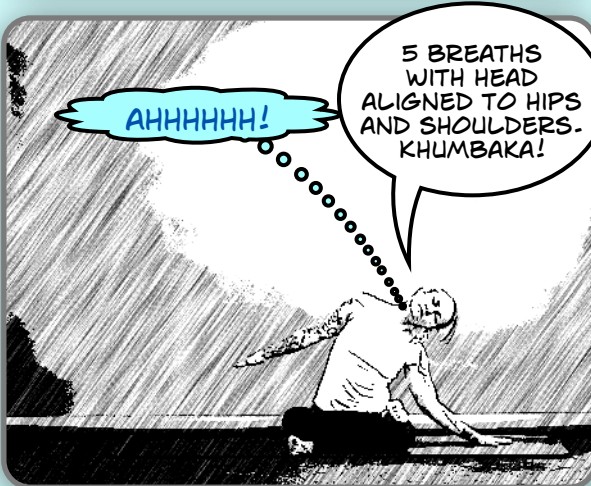


KUKUTASANA (PROUNOUNCED KOO-KOO TASANA)

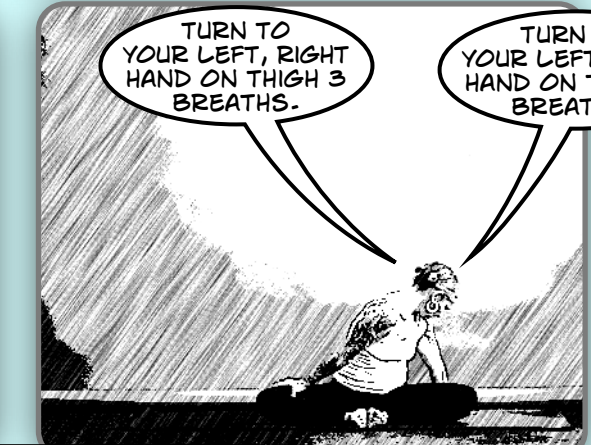


SUKHASANA

I do not have photos of the next two parts of the seated sequence. They are twists and neck release poses that counter the head standing. Please kindly refer to the living teacher Alice for reference on the two parts of the sequence that precede the side neck release.

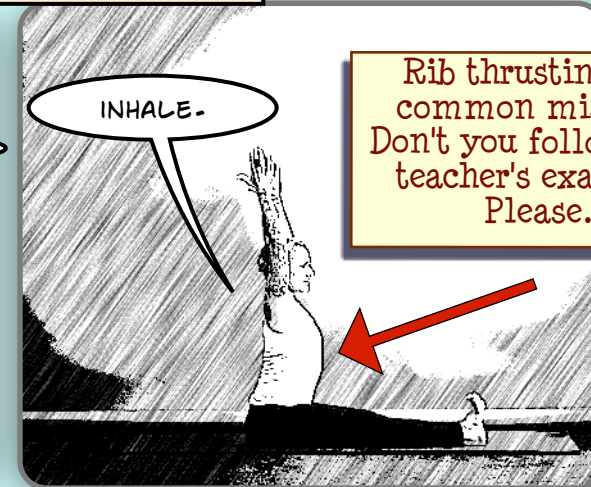
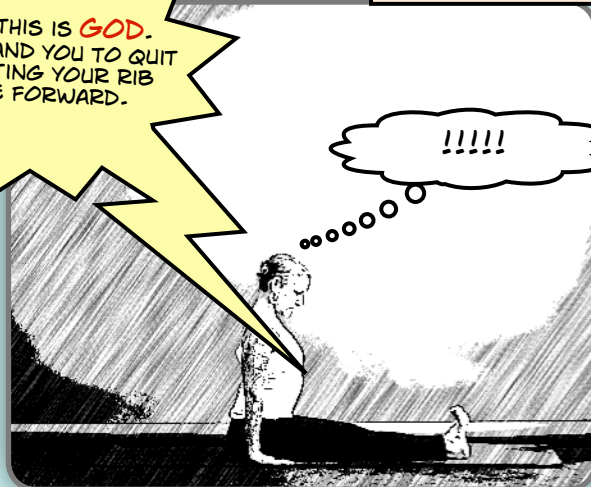


BADDHOKONASANA

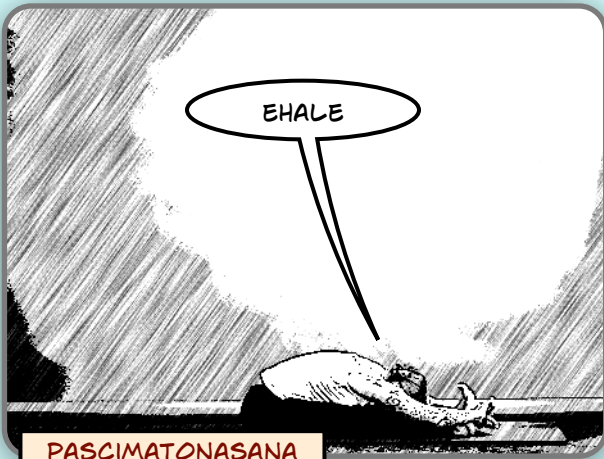


BADDHOKONASANA VARIATIONS

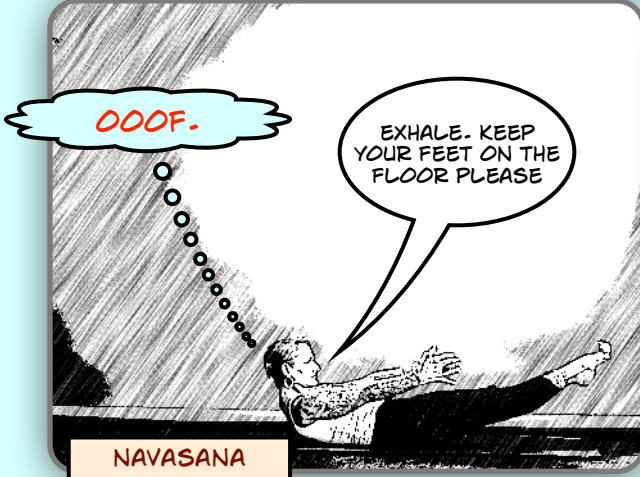
ALICE, THIS IS GOD. I COMMAND YOU TO QUIT THRUSTING YOUR RIB CAGE FORWARD.



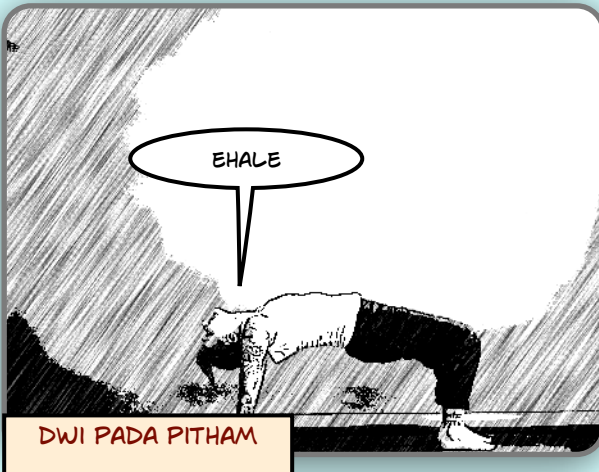
Rib thrusting is a common mistake. Don't you follow your teacher's example. Please.



PASCIMATONASANA



NAVASANA



DWI PADA PITHAM

Swing your hips back. Don't touch the mat with your hips. Pretend the mat is Hot Lava!! Remember to flex your feet right as you begin to move and bring your chin to your chest.



YOGA DANDASANA

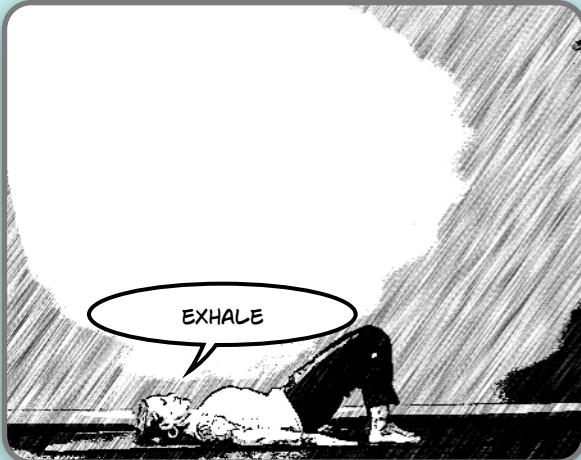


OR...

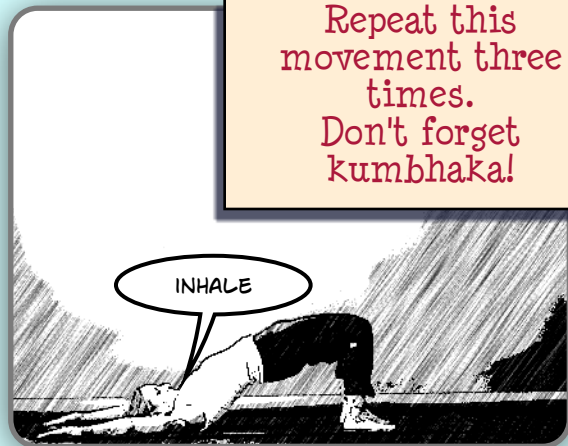


YOGA DANDASANA VARIATION

I do not have a picture of the psoas release posture as it is not a traditional asana. However, it is vitally important that we learn to love our ilio psoas muscles-after-all without them we would not have been able to run away from Saber Toothed Cats and stuff like that. Thanks psoas! You're a great runner! Now and again it's important to give the psoas a much needed break from all labor it does both conscious and unconscious. So, take a load of fanny! Relax your arms to your sides. Let your bent knee fall to the side, let your foot rest naturally on the ground. Take deep breaths and thank your psoas for all the heavy lifting that it does for you in and day out.



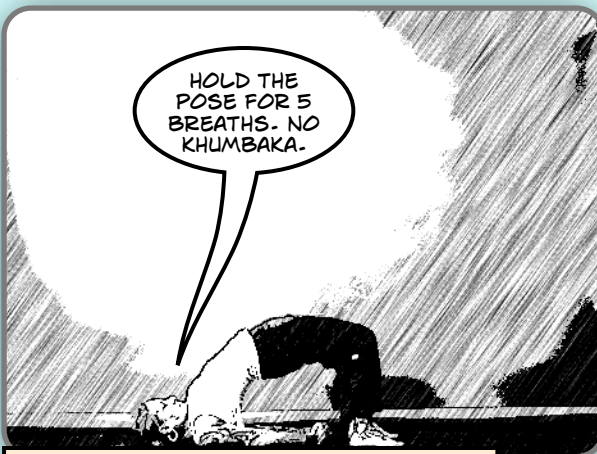
EXHALE



INHALE

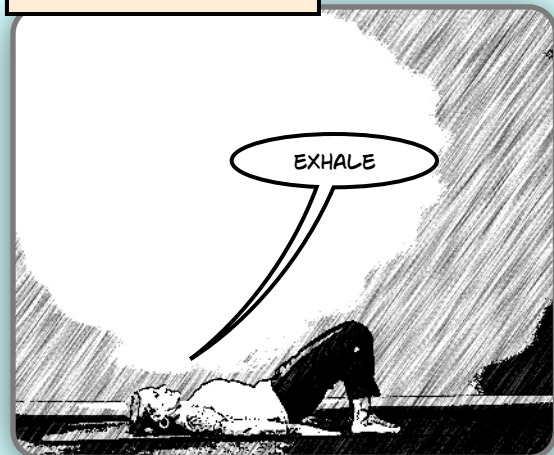
Repeat this movement three times. Don't forget kumbhaka!

SETU BANDHASANA

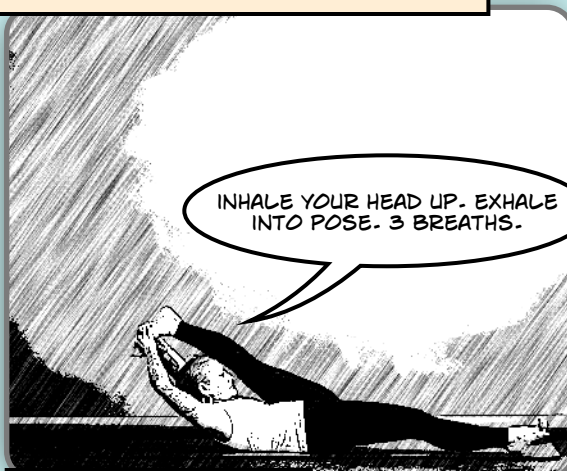


HOLD THE POSE FOR 5 BREATHS. NO KHUMBAKA.

SETU BANDHASANA VARIATION

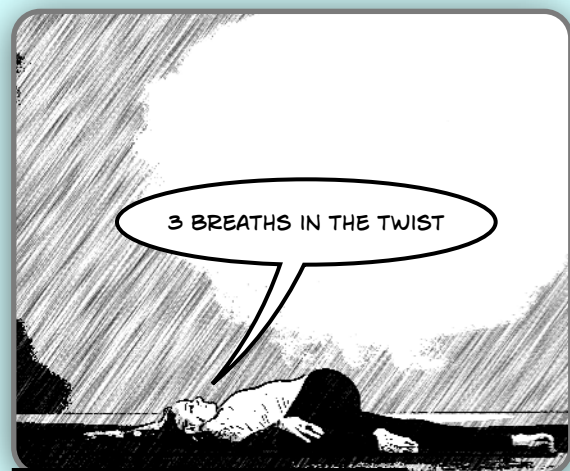


EXHALE



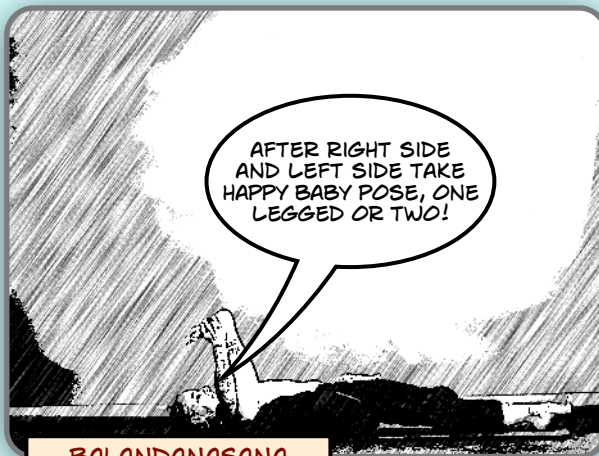
INHALE YOUR HEAD UP. EXHALE INTO POSE. 3 BREATHS.

PADANGHUSTASANA



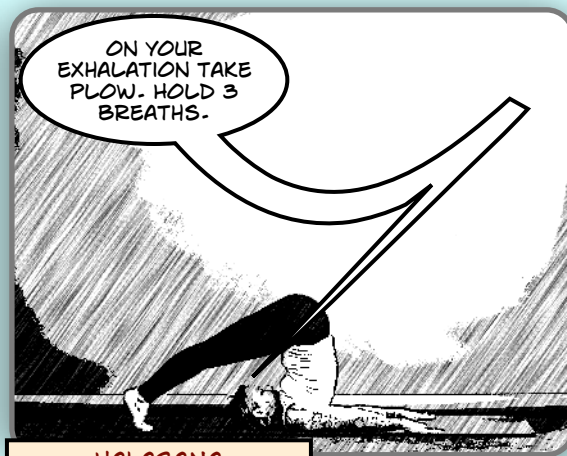
3 BREATHS IN THE TWIST

SUPTA ARDHA CHANDRASANA



AFTER RIGHT SIDE AND LEFT SIDE TAKE HAPPY BABY POSE, ONE LEGGED OR TWO!

BALANDANASANA



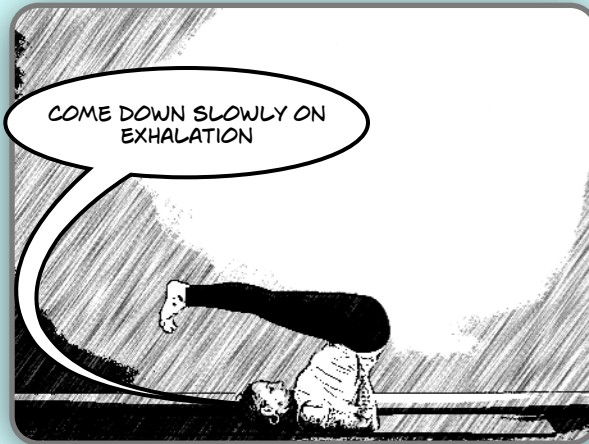
ON YOUR EXHALATION TAKE PLOW. HOLD 3 BREATHS.

HALASANA

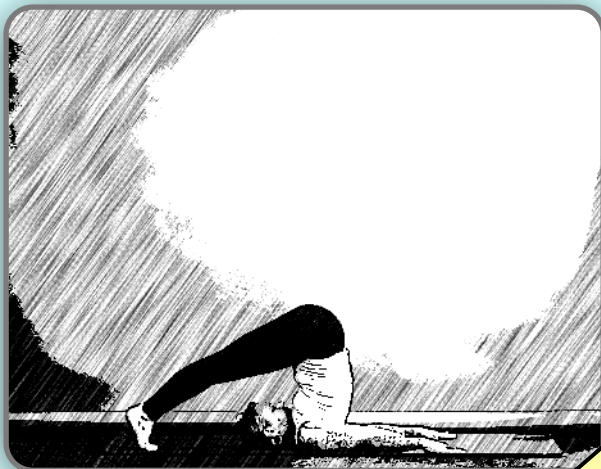


8 BREATHS. NO KHUMBAKA.

SALAMBA SARVANGASANA



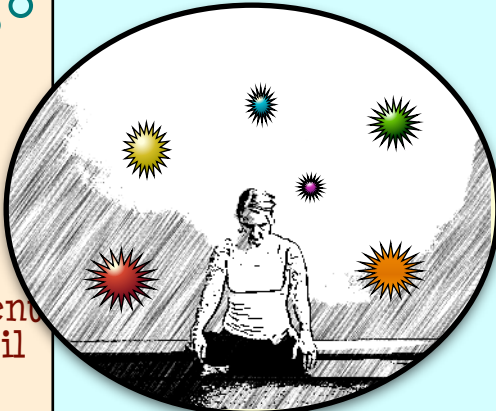
COME DOWN SLOWLY ON EXHALATION



kriya

SAVASANA

We complete the asana with kriya—a cleansing breath and lock technique meant to sort of seal in the work of the asana practice. Kriya must be taught in person by a licensed joyologist or proficient teacher. After kriya, rest in savasana until you hear the bell...



THE END. UNTIL TOMORROW...