



Balanced Practice Categories in a Classical Progression:

- 1. Joint and General Limbering**
- 2. Heating Movement and Vinyasas**
- 3. Pelvic Centering**
- 4. Whole Body Integration**
- 5. Standing**
- 6. Balance**
- 7. Side Bending**
- 8. Backward Bending**
- 9. Twisting**
- 10. Forward Bending**
- 11. Hip Mobility**
- 12. Inversions**
- 13. Relaxation**
- 14. *Pranayama**

How Asana Fits into a Classical Yoga Practice:

Yama and Niyama

Yama and niyama are the broader behavioral guidance for the yoga practice of “life”!

Asana

A classical balanced asana/vinyasa practice includes at least one practice per category, however some poses can fall into more than one practice category. Great variety of style can be achieved within this formula which can be altered for the specifics individual purpose or special need.

***Pranayama**

These practices are done with asana/vinyasa or separate from them. When done as independent practices in relation to asana practice, they may be done at the beginning, at the transition from standing to the floor, or at the end prior to relaxation. This helps one to identify the effects of each practice.

Relaxation

Done at the beginning and the end of asana/vinyasa practice, it can be interspersed anytime within a practice as well for a particular purpose. Ten minutes is a good time limit of practice done in a class.

Meditation

Students of meditation should explore various sitting postures then choose one and keep that pose. “So hum”, is a good universal mantra. It is coordinated with the inhale and exhale respectively. The best times for meditation practice are before breakfast, lunch and dinner, and prior to sleep if it does not keep one from sleeping. Keeping the practice at the same time each day helps to build the habit. It is best to begin with a limited, reasonable amount of time so as not to create resistance to the practice.