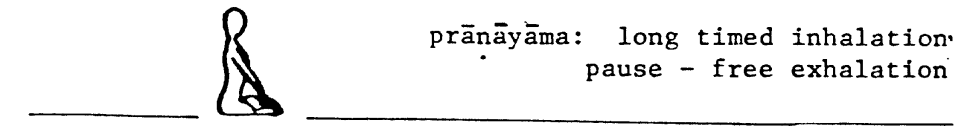
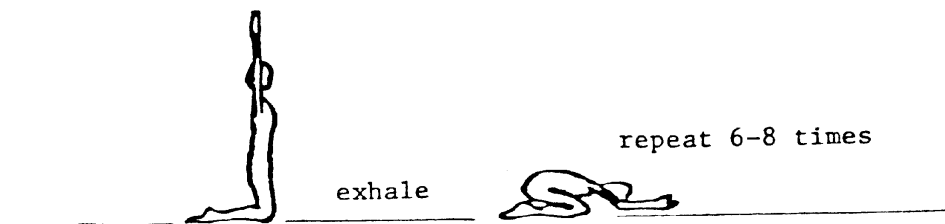
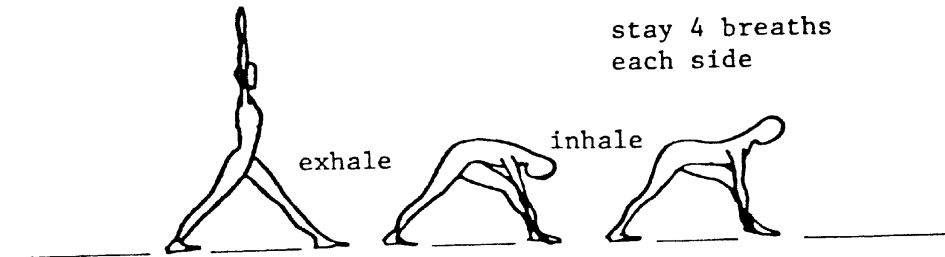
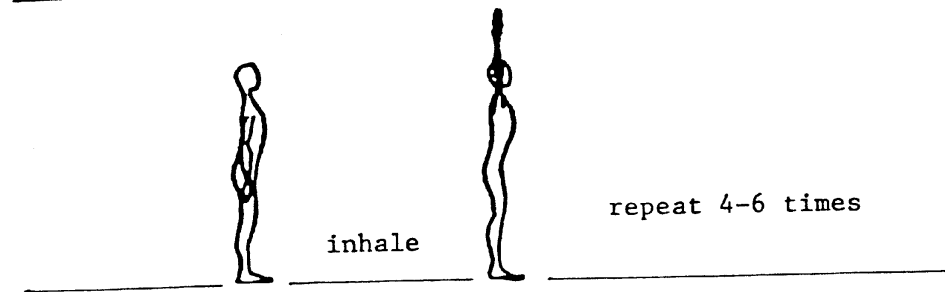
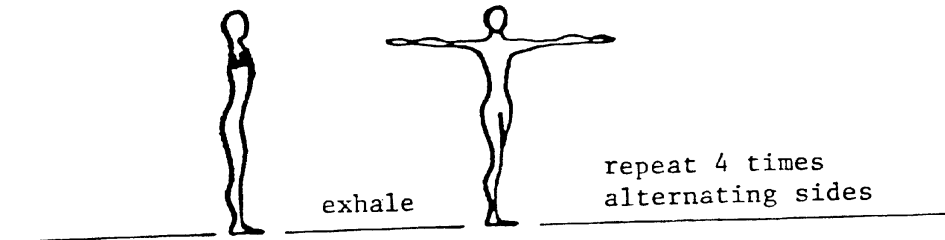
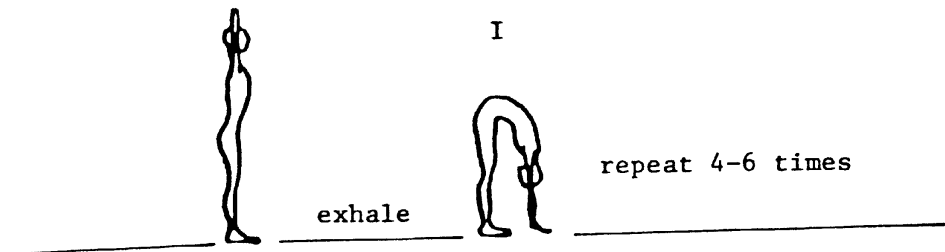
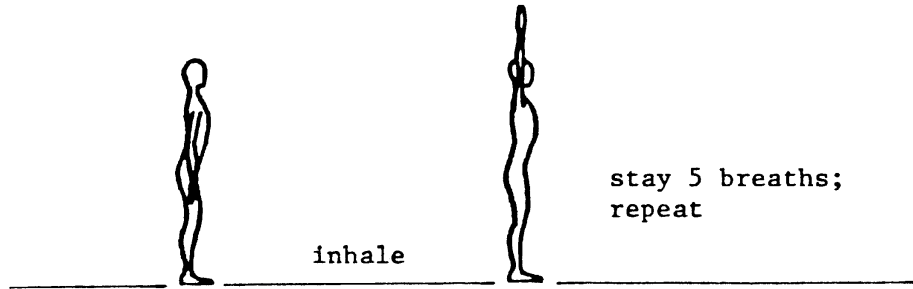


APPENDIX

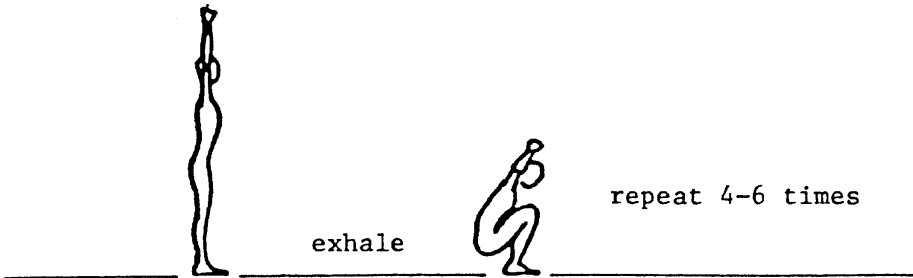
The following āsanas consist of fourteen practice sessions similar to those used by the beginners in the January Special Studies Program. These sequences should not be practiced as exercises in isolation, but in conjunction with knowledge attained either through comprehension of the lectures or, preferably, the direction of a competent teacher.



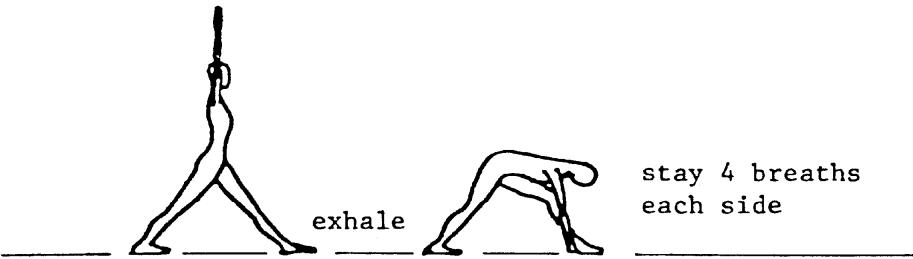
II



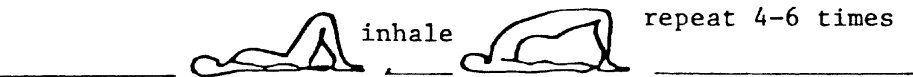
stay 5 breaths;
repeat



repeat 4-6 times



stay 4 breaths
each side



repeat 4-6 times

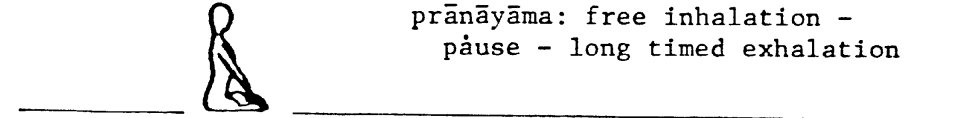


repeat 6-8 times

rest



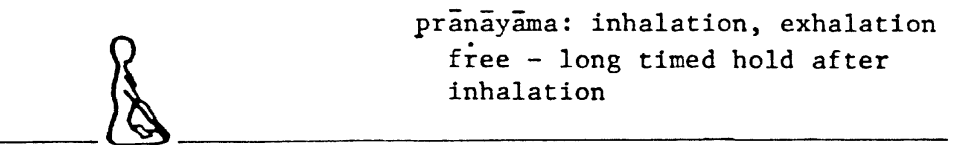
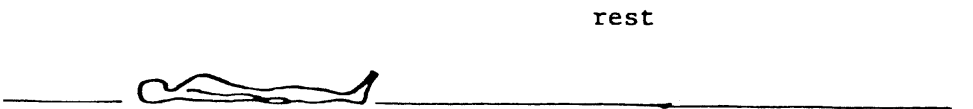
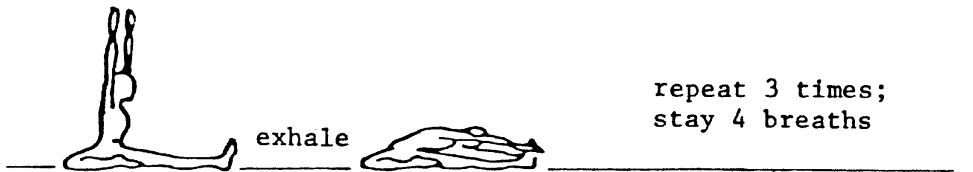
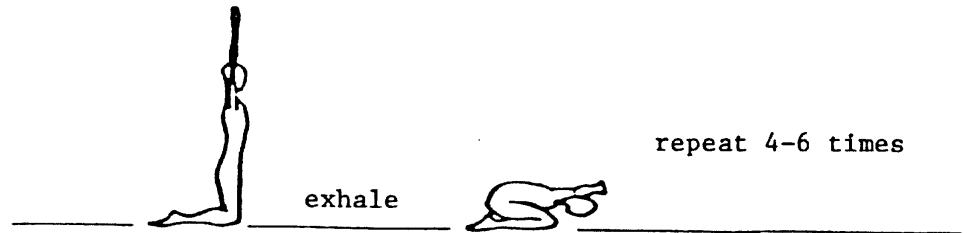
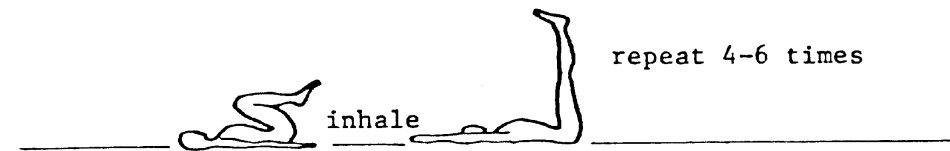
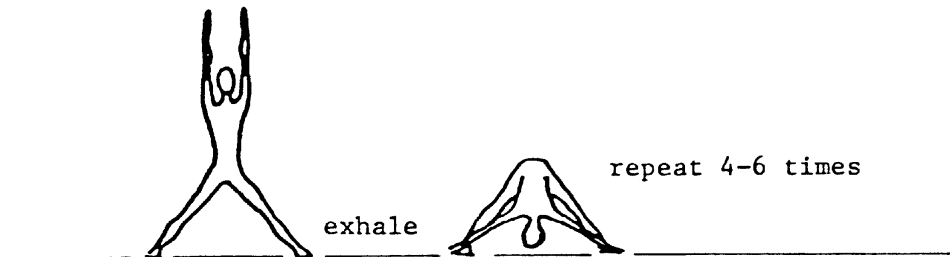
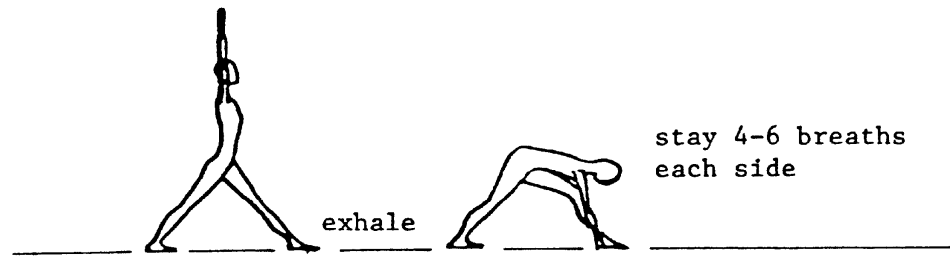
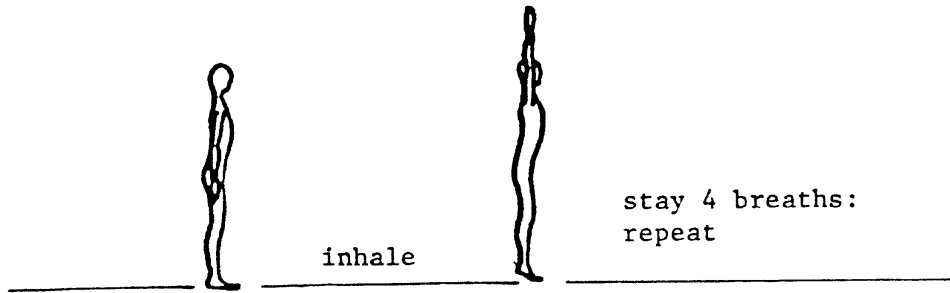
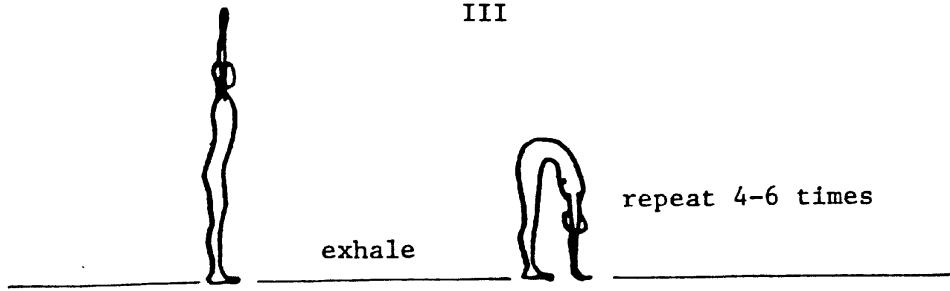
prānāyāma: free inhalation -
pause - long timed exhalation



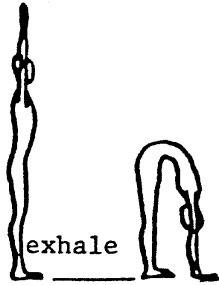
rest



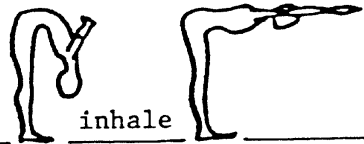
III



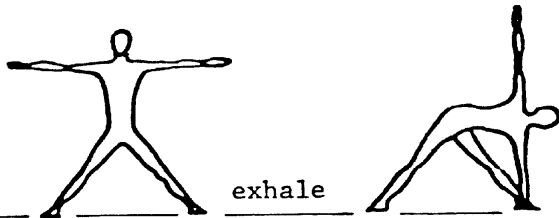
IV



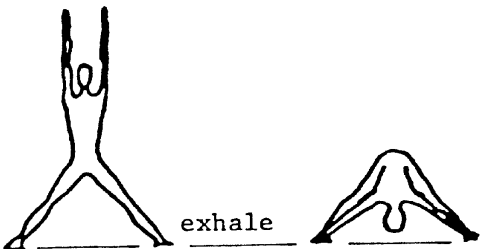
repeat 2 times;
stay 4-6 breaths



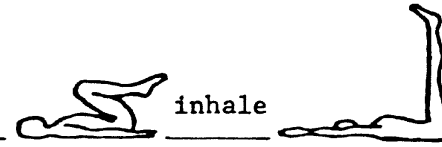
repeat 4-6 times



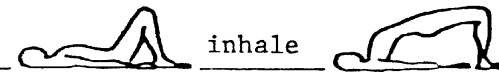
repeat 4 times
alternating
sides



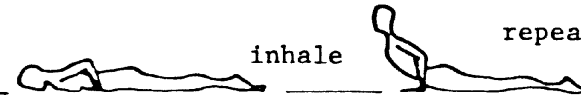
counterpose



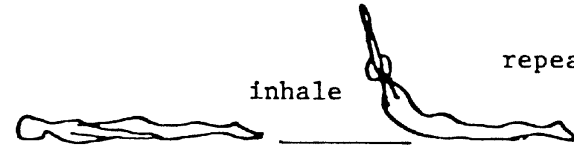
repeat 3 times; stay 1
breath legs straight;
repeat



repeat 2 times; stay
4 breaths



repeat 4-6 times



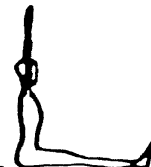
repeat 4-6 times



counterpose for back



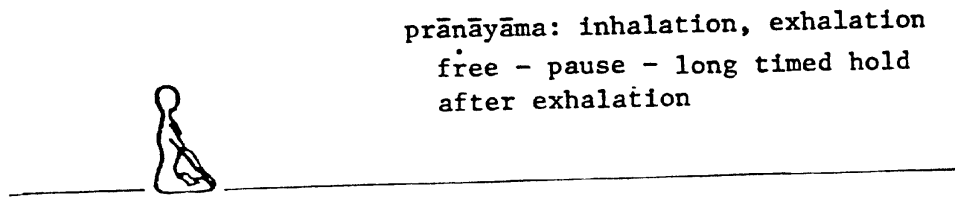
counterpose for
neck



repeat 4 times;
stay 4 breaths



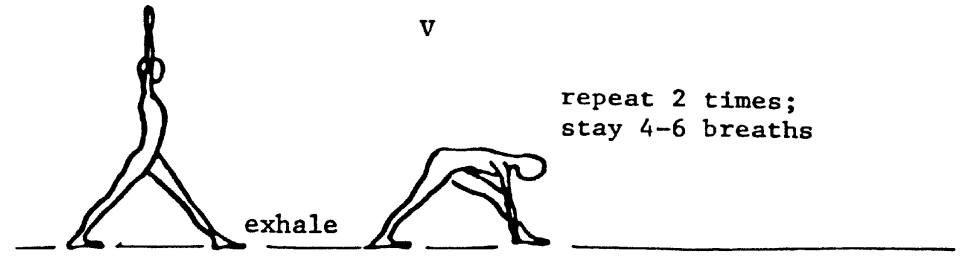
rest



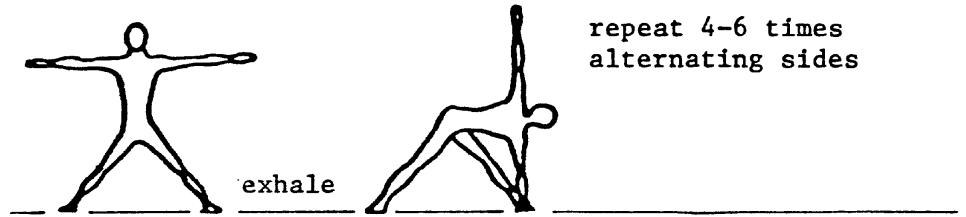
prānāyāma: inhalation, exhalation
free - pause - long timed hold
after exhalation



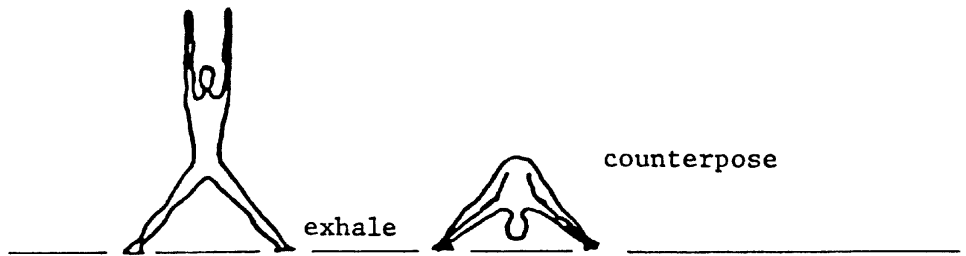
rest



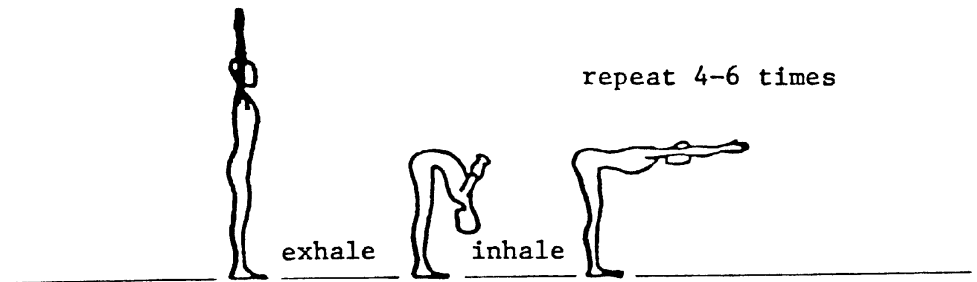
repeat 2 times;
stay 4-6 breaths



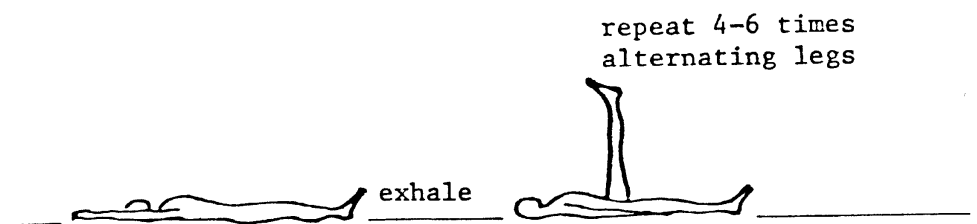
repeat 4-6 times
alternating sides



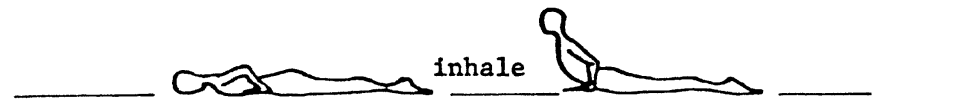
counterpose



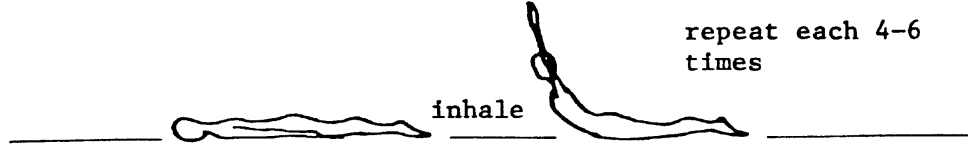
repeat 4-6 times



repeat 4-6 times
alternating legs



inhale

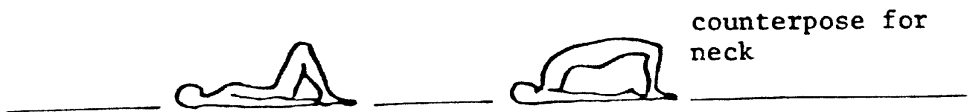


inhale

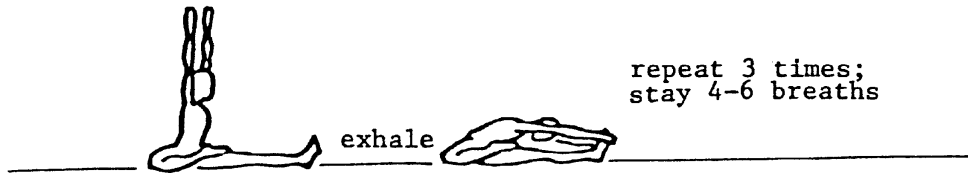
repeat each 4-6 times



counterpose for back



counterpose for neck



exhale

repeat 3 times;
stay 4-6 breaths

rest



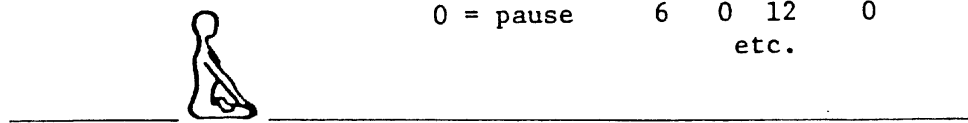
prānāyāma: inhale, exhale 1:2

examples: 4 0 8 0

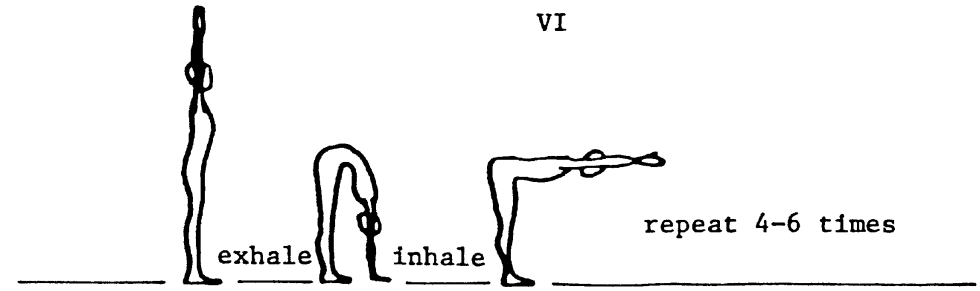
5 0 10 0

0 = pause 6 0 12 0

etc.



rest

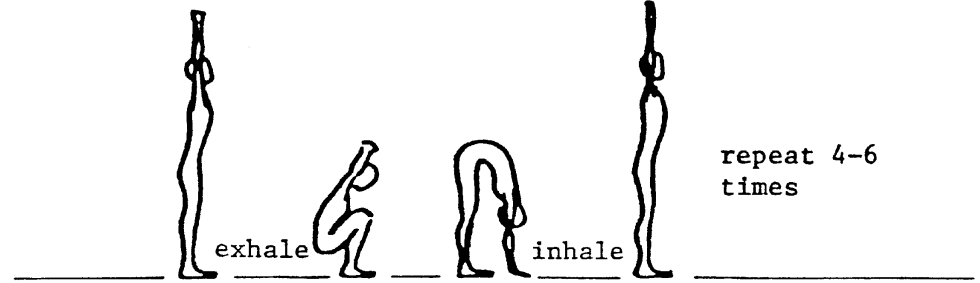


VI

exhale

inhale

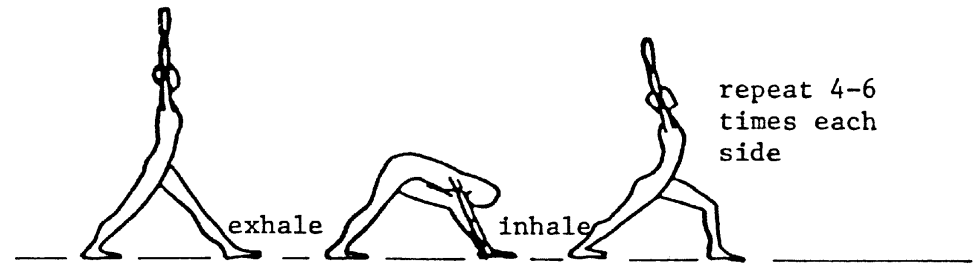
repeat 4-6 times



exhale

inhale

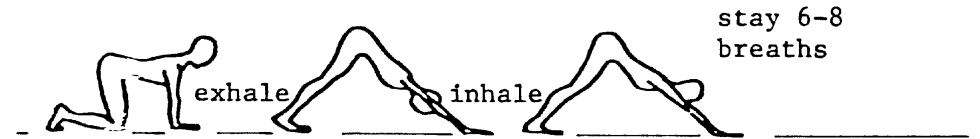
repeat 4-6 times



exhale

inhale

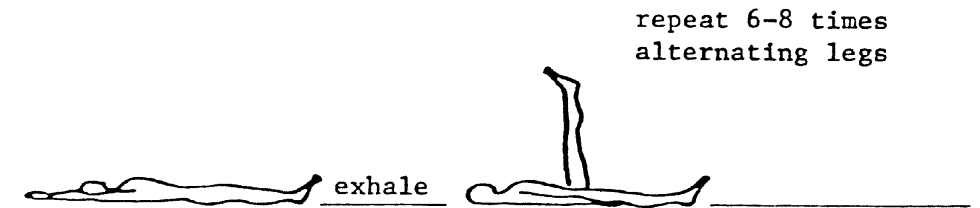
repeat 4-6 times each side



exhale

inhale

stay 6-8 breaths



exhale

repeat 6-8 times alternating legs

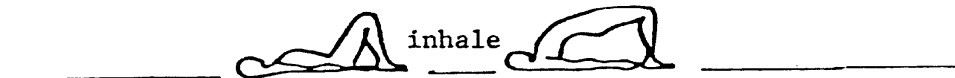
repeat 6-8 times
alternating legs



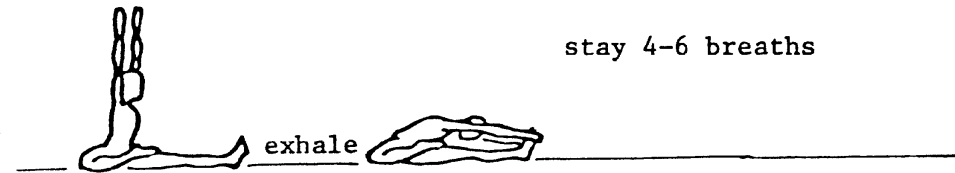
counterpose for back



counterpose for neck



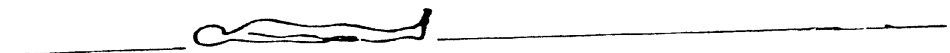
stay 4-6 breaths



repeat 4-6 times

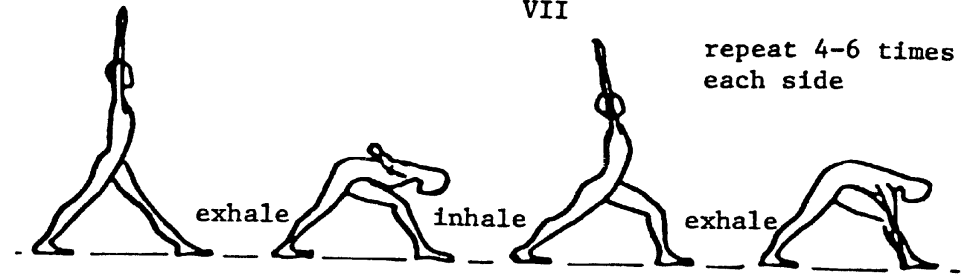


rest



VII

repeat 4-6 times
each side



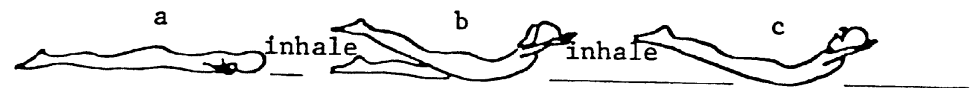
repeat 4-6 times



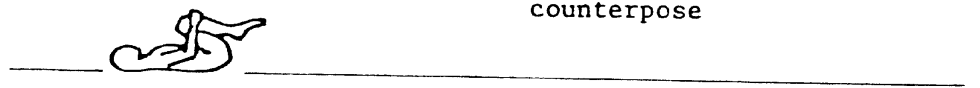
stay 4 breaths;
repeat



repeat a, b 4 times
alternating legs;
repeat a, c 4 times



counterpose



repeat 4 times;
stay 4 breaths



repeat 4 times



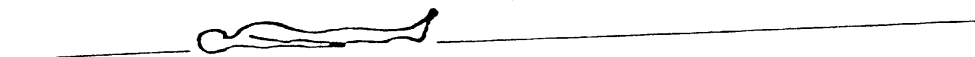
rest



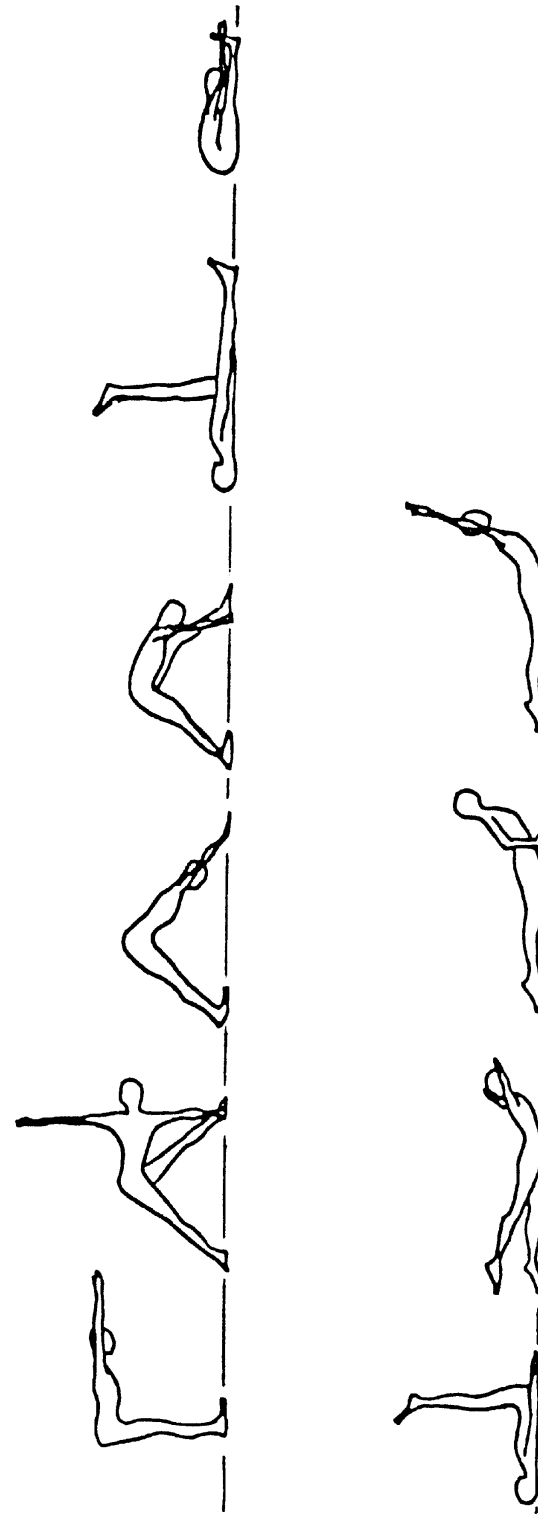
prānāyāma: inhale, exhale 1:2
examples 4 0 8 0
 5 0 10 0
 6 0 12 0
 etc.



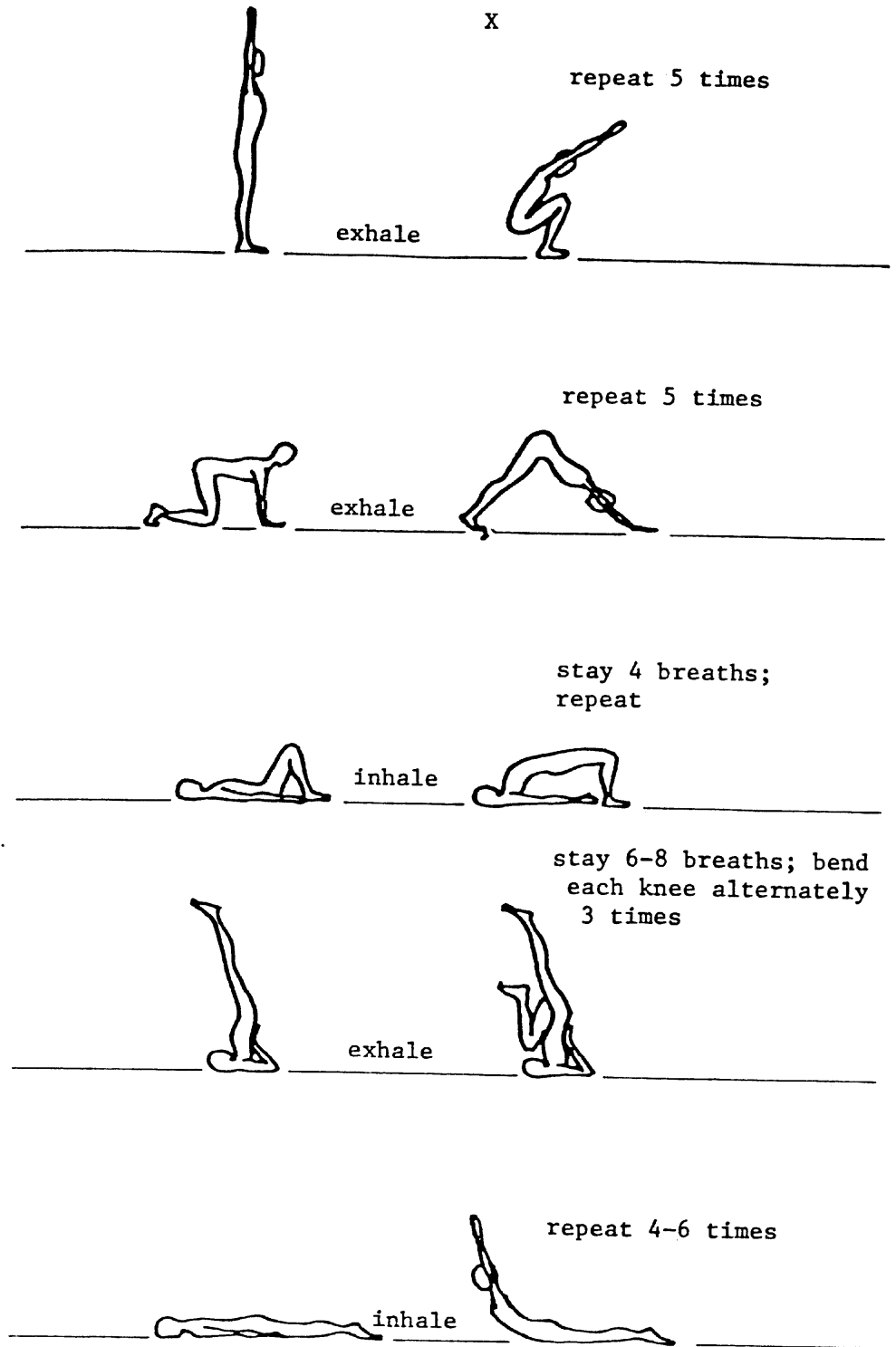
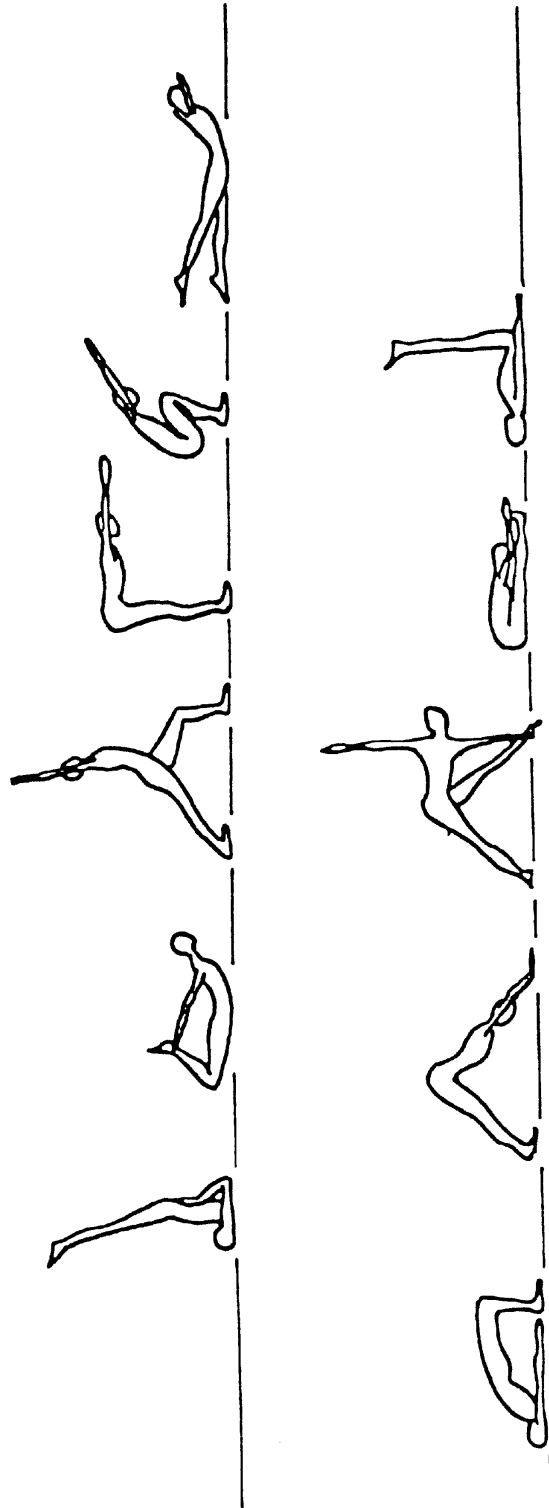
rest

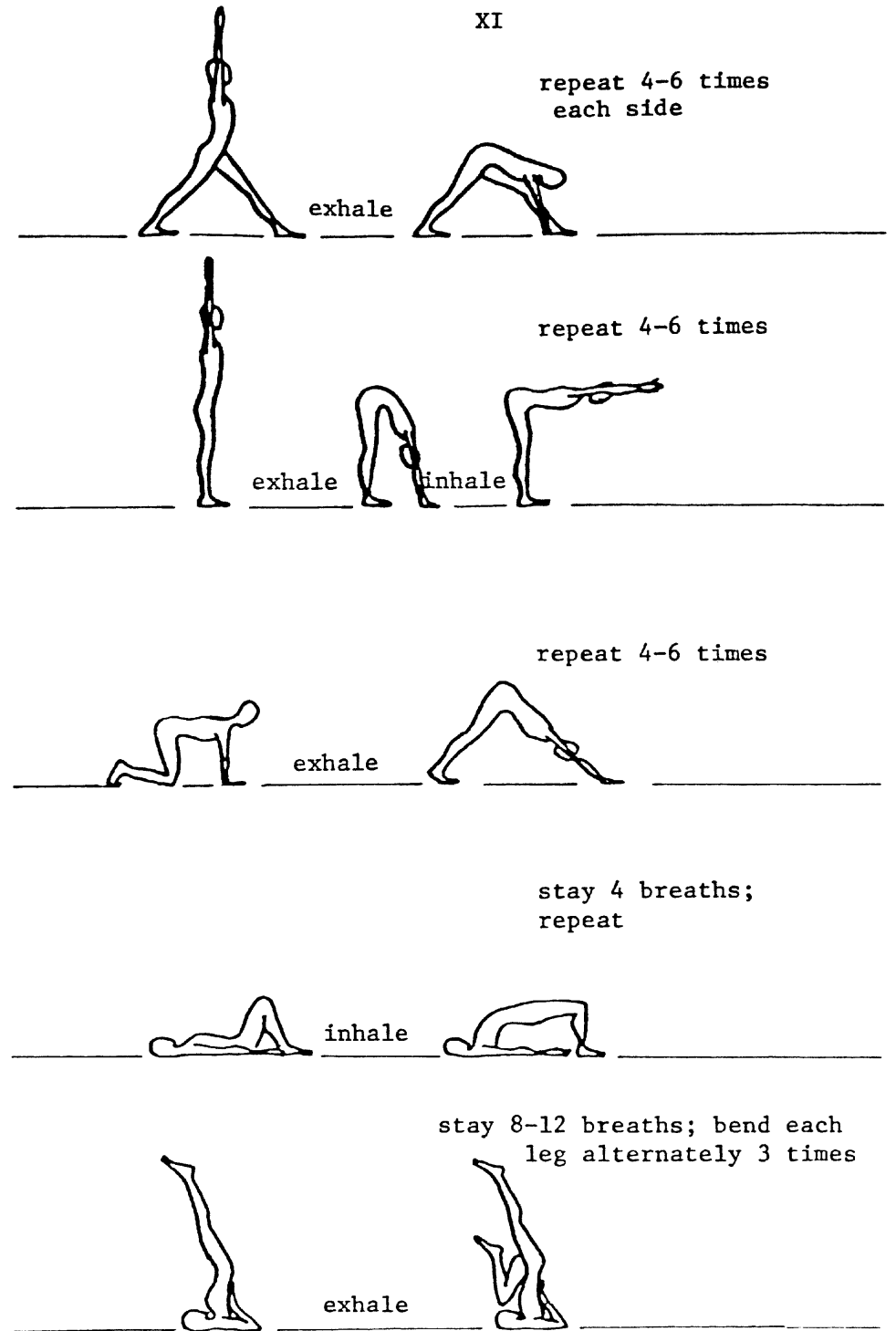
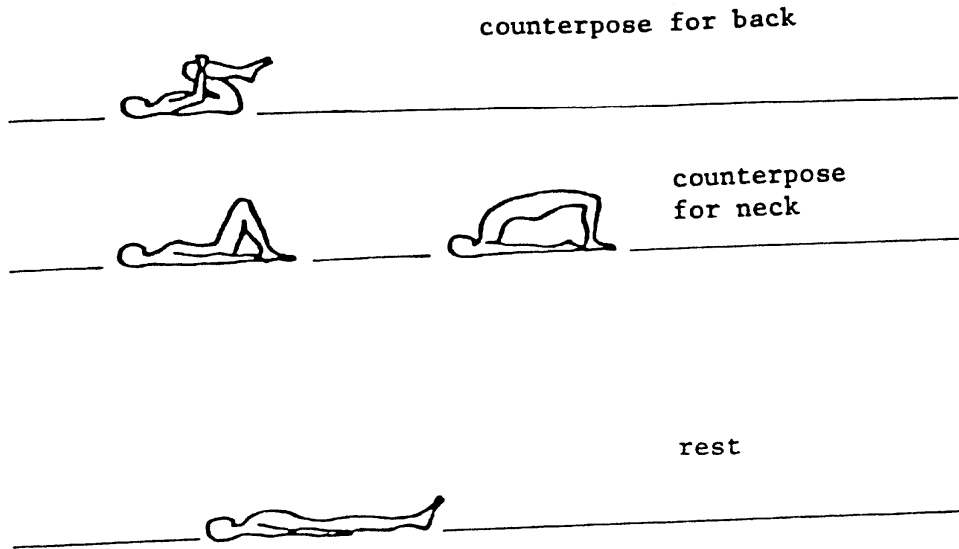


VIII. Plan a course with 8 of the following postures, using a maximum of 100 breaths.



IX. Plan a course with 6 of the following postures, including the first two.



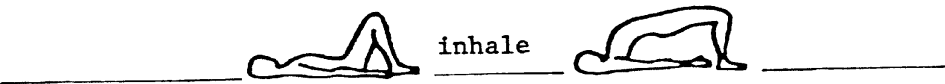


repeat 6 times



inhale

counterpose for neck

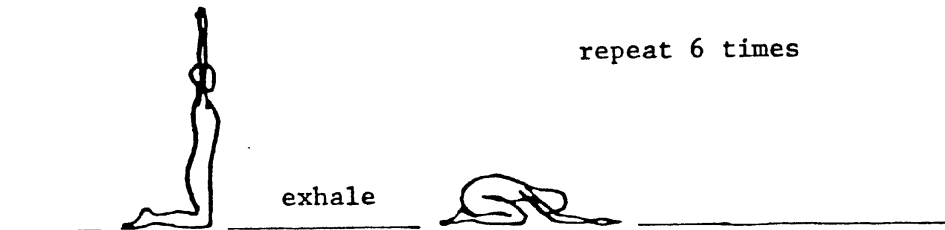


inhale

counterpose for back



repeat 6 times

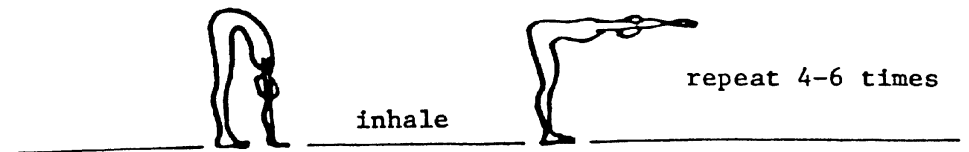


exhale

rest

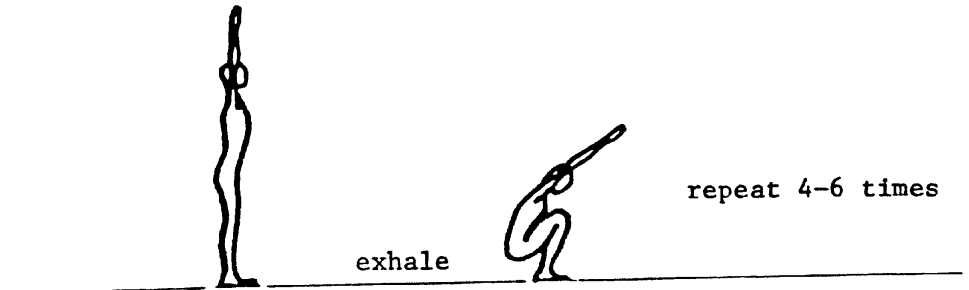


XII
Preparation for Shoulderstand



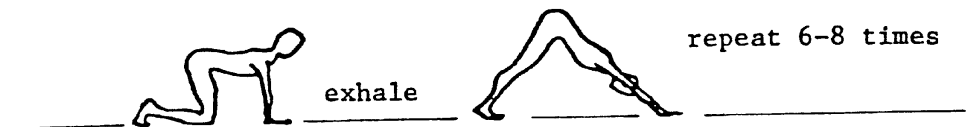
inhale

repeat 4-6 times



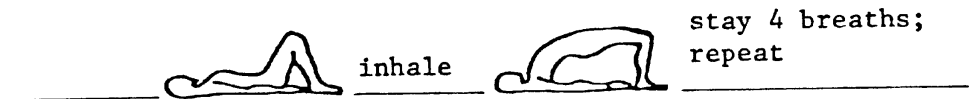
exhale

repeat 4-6 times



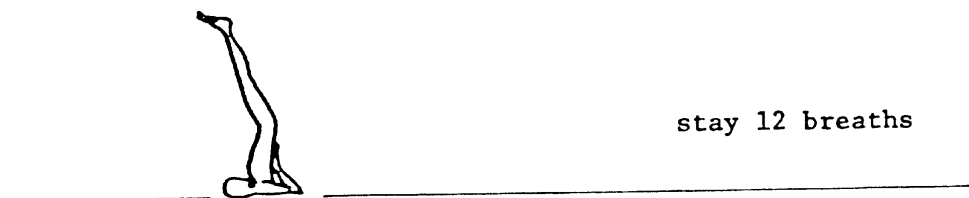
exhale

repeat 6-8 times



inhale

stay 4 breaths;
repeat

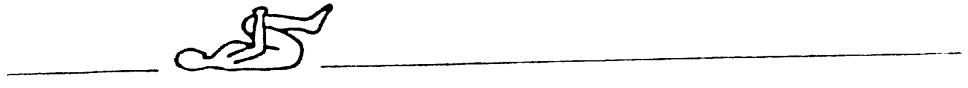


stay 12 breaths

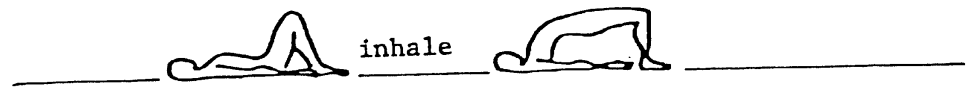
counterpose for shoulderstand -
repeat 4-6 times



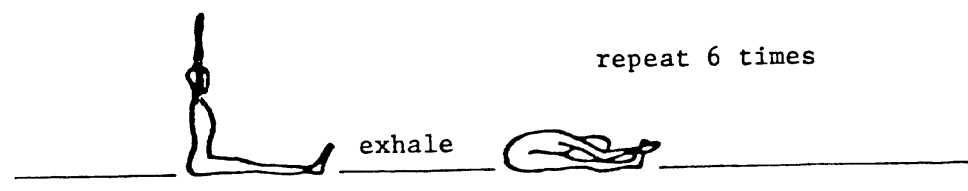
counterpose for back



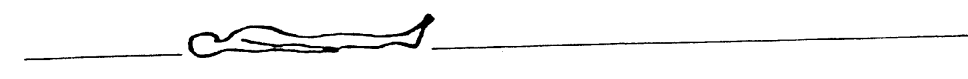
counterpose for
neck



repeat 6 times

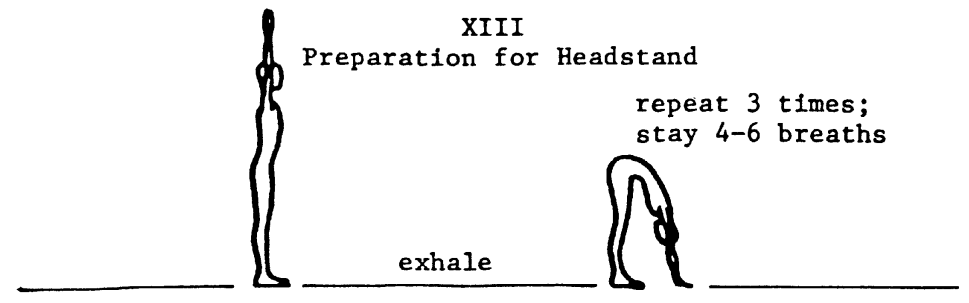


rest

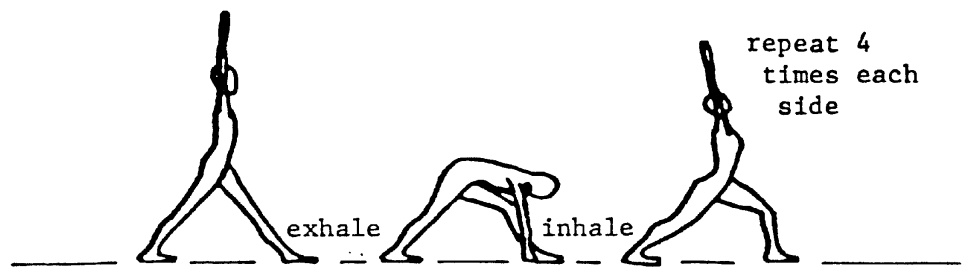


XIII
Preparation for Headstand

repeat 3 times;
stay 4-6 breaths



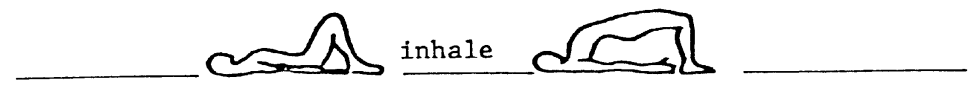
repeat 4
times each
side



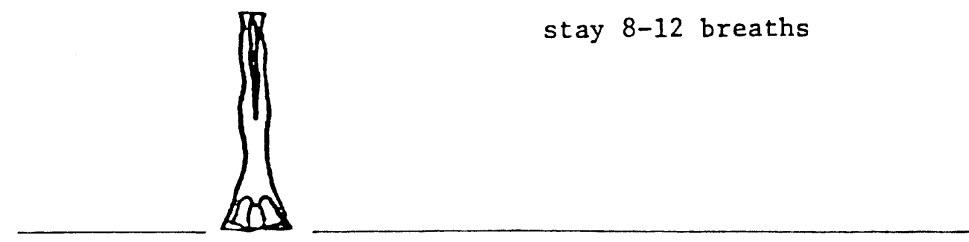
repeat 4-6 times



stay 4 breaths;
repeat



stay 8-12 breaths



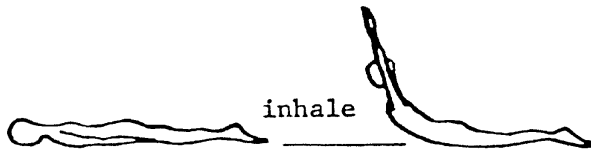
stay 8-12 breaths;
repeat 3 times
alternating legs



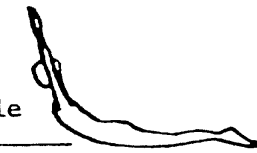
exhale



repeat 4-6 times



inhale



counterpose for back



counterpose
for neck



rest



prāṇāyāma: inhale, exhale 1:2

See Course VII



rest



XIV
Preparation for Prānāyāma



exhale



repeat 4-6 times

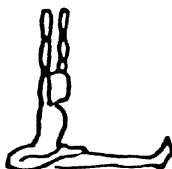
stay 4 breaths;
repeat



inhale



repeat 3 times;
stay 4 breaths each
side



exhale



rest



prānāyāma:

	inhale	hold	exhale	hold	breaths
	5	0	10	0	6
example	5	5	10	0	6
	5	5	10	5	6
	5	0	10	0	6



rest



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