

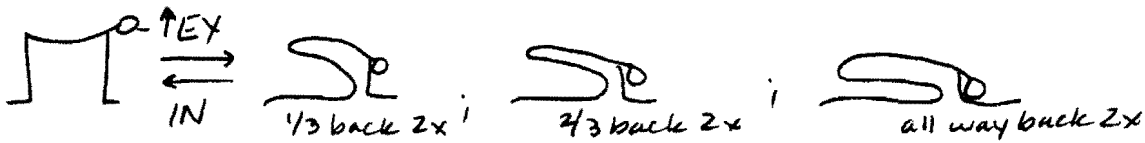
Adapting the Four Parts of the Breath
Good Space Yoga, 2010

****This practice is created to help you develop the four parts of breath – Inhale, Retention (hold after inhale), Exhale, and Suspension (hold after exhale) – within the context of asana to then better prepare you for a simple pranayama practice. Always work within comfortable limits when working with the breath****

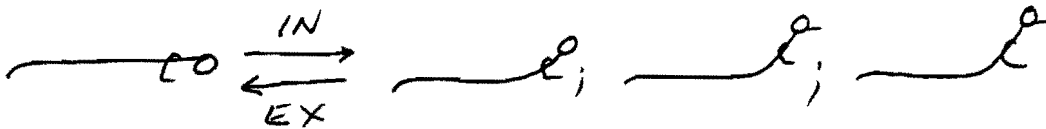
1. Centering//Deepen the breath while increasing inhale and exhale



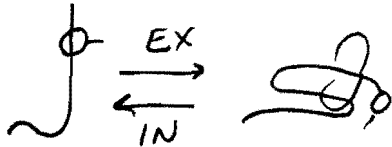
2. Progressive Chakravakasana – Repeat 6X – **increasing exhale** 4, 6, 8 sec with each 2 repetitions



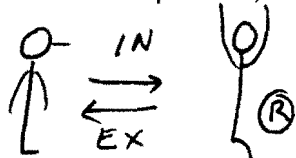
3. Bhujangasana – Repeat 9X, coming up a little higher with each 3 reps



4. Vajrasana – Repeat 6X



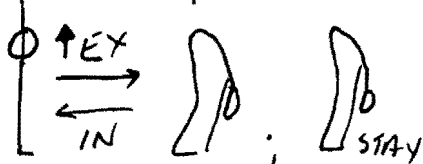
5. Tadasana – Repeat 2X; then 2X with 2 sec. **Retention**; then 2X with 4 sec Retention



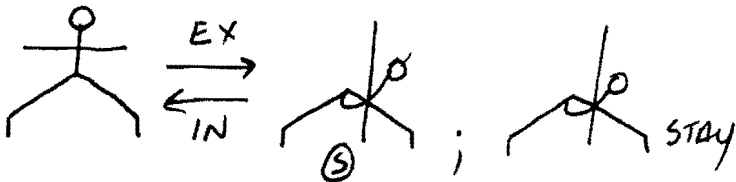
6. Virabhadrasana – Repeat 6X - **increasing inhale** 4, 6, 8 sec with each 2 repetitions. Then stay 2-3 breaths



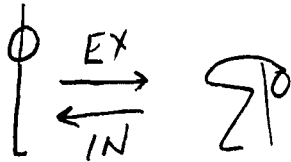
7. Uttanasana – Repeat 6X – **increasing exhale** 4, 6, 8 sec with each 2 repetitions; Then stay 2-3 breaths.



8. Utthita Trikonasana Parivrtti - Repeat 2X with 2 sec. **Suspension**; then 2X with 4 sec Suspension. Stay 2-3 breaths.

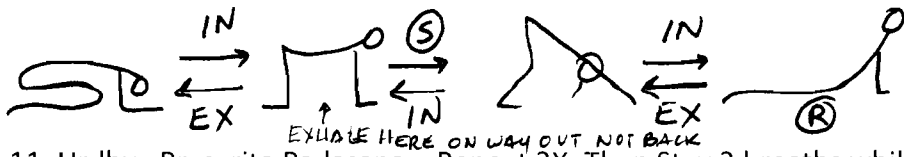


9. Utkatasana – Repeat 6X. Weight in heels and track knees with feet.



10. Vajrasana>Chakravakasana>Down Dog>Up Dog with **moving on suspension and use of retention.**

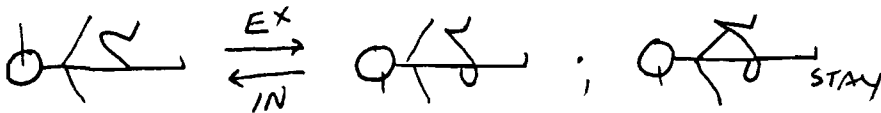
Exhale all your breath in Chakravakasana then move into Down Dog on suspension (with no breath). Stay in down dog for a breath then move into Up Dog. In Up Dog, retain the breath for 2 sec. Repeat sequence 3X.



11. Urdhva Prasarita Padasana – Repeat 3X; Then Stay 3 breaths while **increasing inhale and exhale**



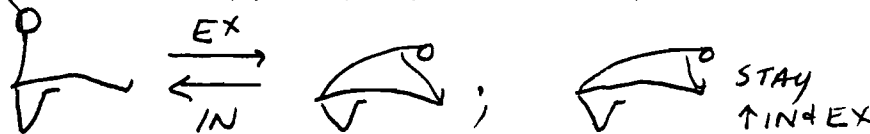
*12. Jathara Parivrtti (optional) – Repeat 3X; then stay 3 breaths



*13. Ardha Matsyendrasana (optional) – Stay for 6 breaths while **increasing suspension.**



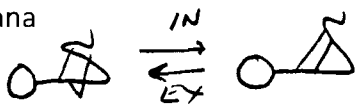
*14. Janu Shirshasana (optional)– Repeat 3X; then stay 3 breaths while **increasing inhale and exhale**



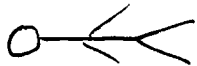
15. Dvi Pada Pitham – Repeat 3X, then stay 3 breaths



16. Apanasana



17. Shavasana



18. Ujjayi Pranayama

IN	R	EX	S	# breaths
8	0	12	0	2x
8	4	12	0	4x
8	4	12	2	4x
8	4	12	4	4x
8	6	12	4	6x
8	0	12	0	2x

