

# Dynamic Yoga Method

## The Foundations of Internal Awareness

### Class Six

## Bring Breath, Body, Awareness Together - The Bandhas

Pratyahara - withdrawal of the senses - the fifth limb of yoga.

#### Bandhas



Lie on your back. Bring the soles of the feet together and allow the knees to fall out. Relax completely. Slowly empty the lungs and engage mulabandha while you inhale. Maintain for several breaths. Keep the pelvic floor soft and allow it to be drawn up into the body.

Again relax. Allow the breath to run freely. Then gradually deepen the inhalation. When the lungs are as full as possible, with the face, neck, throat and tongue still soft, hold the ribcage open while you exhale. Keep the back of the neck long, chin tucked in, jalandhara bandha and upper abdomen soft. Allow the solar plexus and floating ribs to be sucked in, the whole of the abdomen to become long, soft and hollow. Uddiyana bandha.

Engage the muscles of the pubic abdomen. Draw the ribcage gently but continually away from the pelvis. As the ribcage broadens and lifts keep the whole core of the body soft and allow it to be drawn in and up from the pelvic floor to the crown of the head.

#### Adhomukasvanasan

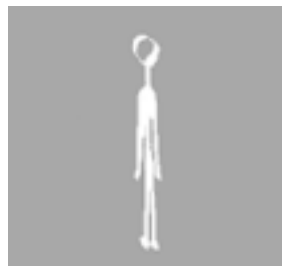


Broaden across the balls of the feet. Release the heels towards the floor allowing the feet and legs to lengthen as you open the backs of the knees. Lengthen the front and back ankles equally and lift the hip bones as you engage mulabandha.

Ground the hands equally. Soften the neck and shoulders and look back towards your feet as you engage jalandhara bandha. Spiral the arms, pivot the pelvis away from you, open and lift the ribcage away from the pelvis, engage uddiyana bandha, and lengthen from the hands to the hips along both sides of the upper body.

Soften the face and pelvic floor muscles and reduce all unnecessary muscular effort to a minimum.

#### Tadasan



Stand with the feet together, big toe joints and ankles touching. Ground, broaden and lengthen the feet. Suck the thigh muscles gently into the bones. Open the knees, lift the hip bones, soften the buttocks and allow the legs to lengthen out of the grounded feet.

Activate the hands. Soften and release the shoulders away from the ears, lengthen the arms. Keep the back of the neck long, the chin tucked in slightly and the gaze level.

Keep the muscles of the face and pelvic floor soft and relaxed.

Engage the bandhas. Allow each inhalation to open and lift the ribcage away from the pelvis and maintain this gentle lift while you exhale.

Let go of all unnecessary muscular activity as you release into stillness.

YOGA IS TO LET GO THE CHATTER OF THE MIND. THEN THE TRUE NATURE OF THE SELF MANIFESTS.

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#### Trikonasan



Ground, broaden and lengthen the feet. Engage the legs by sucking the thigh muscles gently into the bones. Lift the hip bones. Soften the buttocks. Balance the spiralic activity of the legs and feet to bring the pelvis level. Allow the pelvic floor to broaden and lengthen as the feet broaden and lengthen.

Soften the shoulders, broaden the finger bases and extend the fingers slightly towards the ceiling. Allow the arms to spiral and lengthen equally out of the shoulders.

Keep the face and pelvic floor soft and relaxed as you engage the bandhas, open the back, sides and front of the ribcage equally and, softening the upper abdomen, lift the ribcage continually away from the pelvis.

Gaze straight head. Allow the whole body to release.

#### Ardhadandasan



Extend the legs with the balls of the big toes touching and the centre of the heels grounded so that, although the heels may not touch, the toes point towards the ceiling. Part the buttock flesh and separate the sitting bones.

Broaden across the balls of the feet so the ball of the big toe is equally extended as the ball of the little toe and lengthen the feet by extending through the front and back ankle equally. Lengthen the legs equally down the inside and outside of the legs from the heel to the sitting bone.

Open the back of the knees but keep the heels grounded. Avoid forcing the back of the knees to the floor by softening the front of the knees and allow the knees to open equally, front, back inside and outside. Allow the activity of the feet and the legs to pivot the pelvis slightly forward and free the base of the spine. Engage mulabandha.

Place the hands behind you, at least hip width apart, fingers facing forward. Soften the shoulders, release them away from the ears, tuck the chin in slightly and extend through the back of the neck to the crown of the head. Engage jalandhara bandha.

Lengthen the arms out of the shoulders. Ground the four points of the palms equally. Roll the upper arms out and away from the body opening the front of the ribcage and resist that with the inward rotation of the forearms, opening the back of the ribcage.

Allow the activity of the hands and the arms, together with the inhalation, to open the back, sides and front of the ribcage equally and lift it away from the pelvis. Engage uddiyana bandha.

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#### Sitting



Use enough support to ensure your hips are higher than your knees. Use something firm, blocks or books covered with a blanket. Ensure the knees are supported; on the floor, on your feet or on cushions, so the legs can relax.

Sit towards the front edge of your support and come forward on your sitting bones, allowing the pelvis to rotate forward a little and release the lumbar spine.

Rest your hands or wrists on your knees and relax your shoulders. Tuck your chin in slightly and extend the crown of your head towards the ceiling. Keep the whole of the spine erect, do not allow the head to loll forwards.

Relax your belly and allow the wall of the abdomen to move out, away from the spine, as you inhale and back, towards the spine, as you exhale.

Relax as completely as possible while keeping the spine erect. In particular, relax the face and pelvic floor. With each exhalation allow the pelvic floor to soften, the pelvis and hips to open, the legs and feet to relax further. Allow the whole of your foundation to open like a bowl.

Focus on the tip of the tailbone, allowing it to feel comfortably rooted in the soft, open bowl of your foundation. Allow each inhalation to travel the whole length of your spine, from the tip of the tailbone to the crown of the head, energetically lifting the whole of the spine.

Allow each exhalation to cascade down the outside of the body, from the crown of the head, releasing you further into the soft, open bowl of your foundation.

Return your awareness gently, but persistently, to the breath each time you notice it starts to wander.

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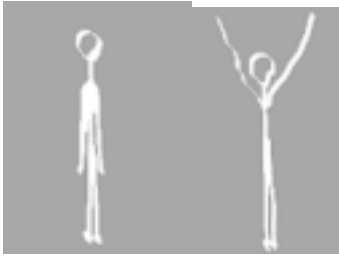
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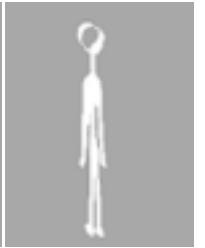
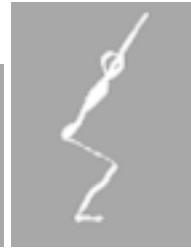
## Foundation Posture Sequence - Class Six

Open Hands

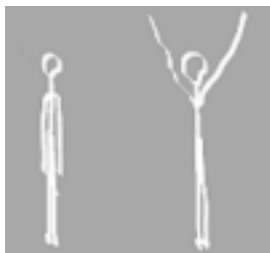
Activate Bandhas



Suryanamaskar



Urdhvahastullola



Hastatadasana



Uttanasana



Hastatrikonasana



Trikonasana



Utktasana



Padottanullola



Padottansana 2 and 3



Sukhasana



Sukhavinyasa



Dandasana



Sukhavinyasa



Pascimullola



Sukhavinyasa



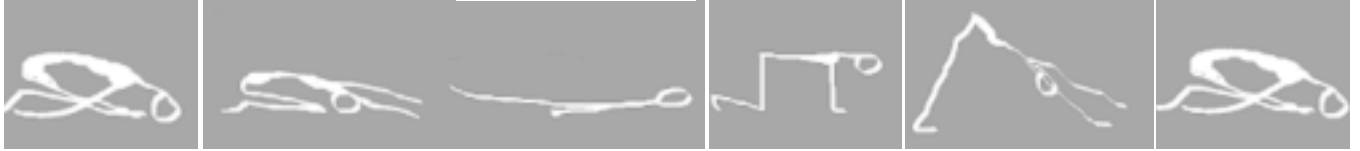
Adomukhasvansana



# Dynamic Yoga Method

## Foundation Posture Sequence - Class Six

Ardhasalabasana



Suptaparivritasana



Bujadanullola



Pelvic Pivot



Activate Bandhas



Savasana

