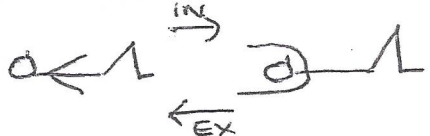
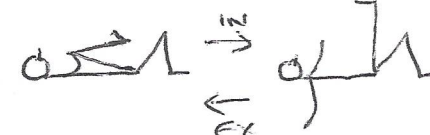
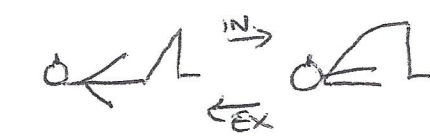
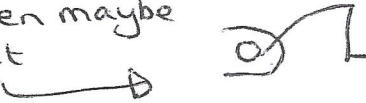
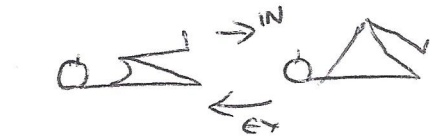







# CYTA workshop (21 November 2020)



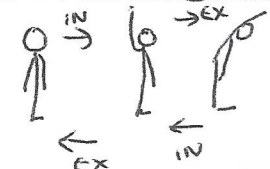
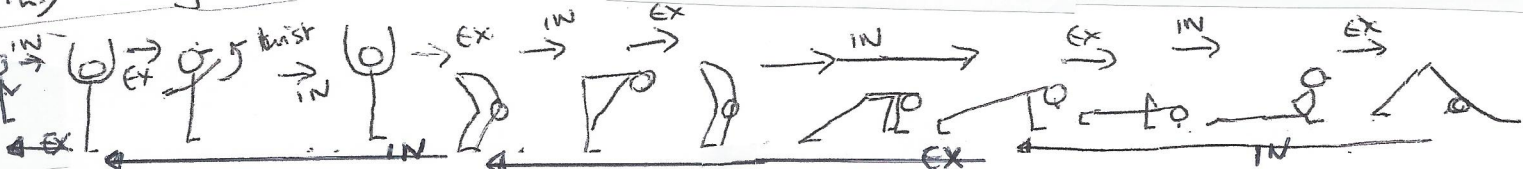
- Welcome and introduction - Saṅga / sangha  
 (association, community, assembly, company)  
 - Satsang (to associate with or to be in the company of true people)

Shared practice - considering Sthira / Sukha (YS II-46)  
 - from "Embodying the Yoga Sutra" (Ranjo Roy and Dave Charlton) p.162  
 "With the correct stability in a posture spaciousness arises."

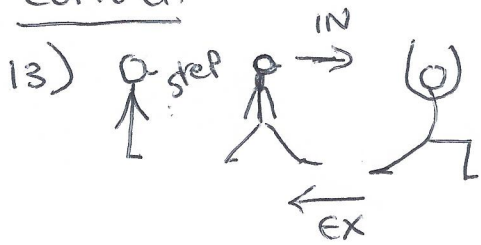
## Exploration / preparation

- 1.)  stay 0/1/2/3 breaths  
 (IN = INHALE / EX = EXHALE)
- 2.)  A few repetitions on each side then both legs together
- 3.)  A few repetitions, then maybe add arm movement 
- 4.)  Apanāsana 4-6 breaths
- 5.)  Supta baddha Konasana Stay a few breaths.
- 6.)  Gentle spinal twist (jathāra parivṛtti) Alternating sides with the breath, then stay a few breaths on each side.
- 7.)  Rest/observe
- 8.)  Cat stretch
- 9.)  How are you feeling?

## Moving towards Virabhadraṣana (Warriors) and prāṇāyāma

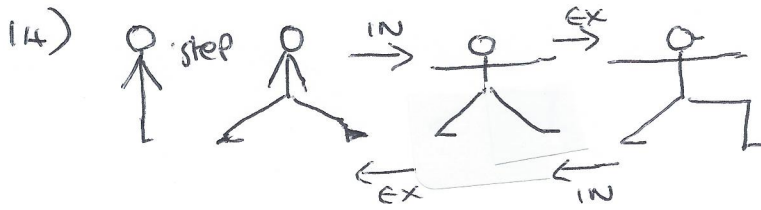
- 9.)  Attentive Standing (samāsthiti)
- 10.)  Tādāsana (mountain pose)
- 11.)  Half moon pose (Ardha Chandrasana)
- 12.) Surya namaskāra (with a twist)  


Cont'd.



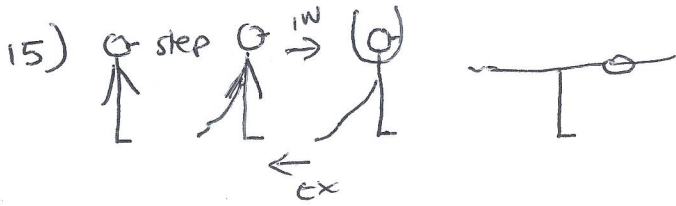
stay 0/1/2/3 breaths  
then repeat to  
other side

Virabhadrasana I  
(warrior 1)



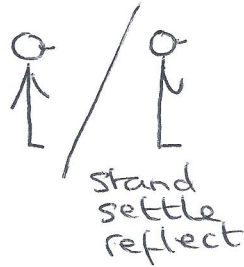
stay a  
few breaths  
then repeat to  
other side

Virabhadrasana II  
(warrior 2)

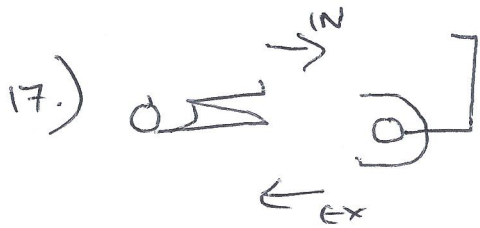


Simple step  
vinyasa to Virabhadrasana III  
stay a few breaths  
(sthira / sukha)

16) consider  
words  
associated  
with  
Virabhadrasana



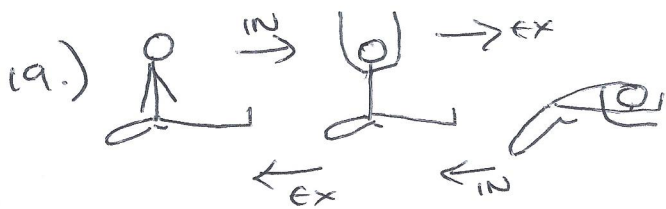
e.g. strength, courage, resilience  
fortitude (all things we need  
especially at difficult times)



Counterpose



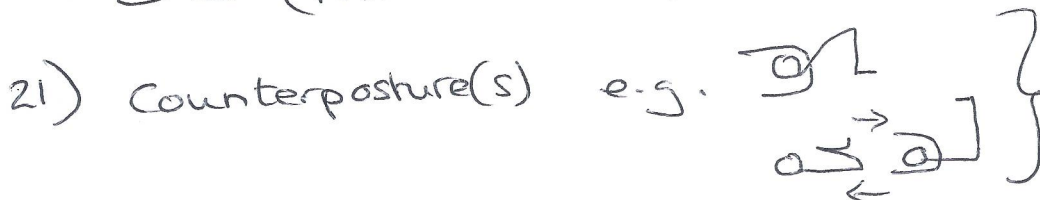
Brief rest



Repeat a few times  
then stay a few breaths.  
Repeat to other side.

20) Alternate nostril breathing  
(Nadi shodhana)

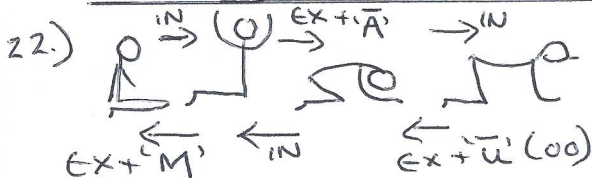
Free inhalation  
lengthen exhalation



[BREAK.]

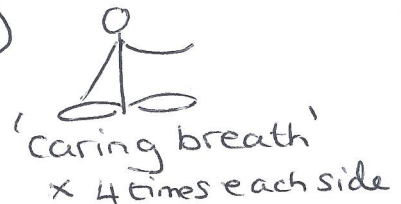
≈ 15 min.

Moving towards meditation.



Repeat x 3 times

23)



'caring breath'  
x 4 times each side

24) Loving Kindness practice

25) Counterposture(s)

26) Relaxation

27) Chanting together (Asato mā sadgamaya...)