

Wake it up

UNBIND THE WINDS

Move all joints through their ranges of motion.

Spectra: extension-flexion, control-release, slow-fast

6 DIRECTIONS

Move the spine through 3 planes, with breath:
coronal (frontal), sagittal (sides), transverse (twisting).

INQUIRY: ACTIVATION & DEACTIVATION

Unhealthy low energy: uplift it

Unhealthy high energy: settle it

Healthy low energy: deepen it

Healthy high energy: sustain it

Work it out

HEALING ĀSANA

Hold or flow through postures that stretch and strengthen the body, loosen sensations of constriction, relieve discomfort wherever possible, and bring energy to numb or frozen places.

Spectra: effort (active-passive)

INQUIRY: INTERVENTION & ACCEPTANCE

Shift what can be shifted now.

Know what cannot be shifted now.

Bring the full body into awareness.

Complete all active impulses, if you can.

Listen for the settling of “I need.”

a Haṭha Yoga sadhana

Love it all

JOYFUL ĀSANA

Hold or flow through postures that brighten energy, express wholesome states, and amplify feelings of vitality, intimacy, and ease.

Spectra: pleasure-pain, kind-unkind

INQUIRY: EXPRESSION & ENTERTAINMENT

Shift motivation from “I need” to “I enjoy.”

Bring attention back to impulse when habit arises.

Bring sensation and feeling into the foreground.

Sustain focus on full body breathing.

Spectra: known-unknown, outward-inward

Let it go

OPEN THE BREATH (PRĀṆĀYĀMA)

Deepen and brighten the breath:
nāḍi śodhana, kapālabhati, ujjayi, bhastrikā.

Contain and channel breath energy:
mūla bandha, uddiyāna bandha, jālandhara bandha, mahā mudrā, khecarī mudrā, śambhavi mudrā.

STEADY THE MIND (SAMĀDHI)

Aware of the whole body, let go toward stillness.

Aware of the heart-mind, let go toward stillness.

Invite all fluctuations to settle toward stillness.

Trust the path of letting go, but sustain focus.

Spectra: focus (continuous-dispersed)