

Pratyahara in asana

“Withdrawing the senses, mind, and consciousness from contact with external objects, and then drawing them inwards toward the seer, is pratyahara. Pratyahara results in the absolute control of the sense organs.” -*Patanjali Yoga Sutras* II.54-55

General guidelines

- These sequences are for experienced practitioners.
- Timings: lateral standing poses 1 minute per side, standing and seated forward extensions and seated poses 2-5 minutes each pose, inversions 5-8 minutes or to capacity, restorative poses 5-10 minutes. Adjust timings for individual limitations/needs.
- Props: Use supports to avoid strain in the poses. Some examples of props are included below. Adapt further based on individual needs.
- Consciously relax the facial muscles and eyes, observe steady even inhale and exhale.

Sequence I

Tadasana - heels down, thighs back, eyes and face passive

Utthita trikonasana - back heel to the wall

Utthita parsvakonasana - back heel to the wall

Prasarita padottanasana - head resting on floor or on a block or folded blanket

Uttanasana - head supported on block or chair

Adho mukha svanasana - supported (for example: hands on blocks, bolster under head)

Adho mukha virasana - head resting (use support if necessary)

Sirsasana - or legs up the wall

Salamba sarvangasana - or supta padangusthasana I

Halasana - or supta padangusthasana II

Janu sirasana - head supported on blankets, bolster, or chair

Paschimottanasana - head supported on blankets, bolster, or chair

Supta baddha konasana - legs belted, thighs supported, may cover the eyes

Savasana supported with Ujjayi I-IV - may cover the eyes and use weights on thighs

Savasana - 10 minutes

Sequence II

Swastikasana - extending forward to right, left, center. Support head on chair or bolster

Virasana and cycle

Dandasana - press thighs down. May use support of a belt on the feet.

Upavistha konasana - extending forward to right, left, center with head support

Baddha konasana - sitting straight (may use support of the wall). Then extending forward

Malasana - heels supported on blanket if necessary

Marichyasana 3 - or simple twist sitting on a chair

Jathara parivartanasana - legs bent or straight

Adho mukha svanasana - with support as necessary

Setu bandha on brick - knees bent or legs extended

Savasana - 10 minutes