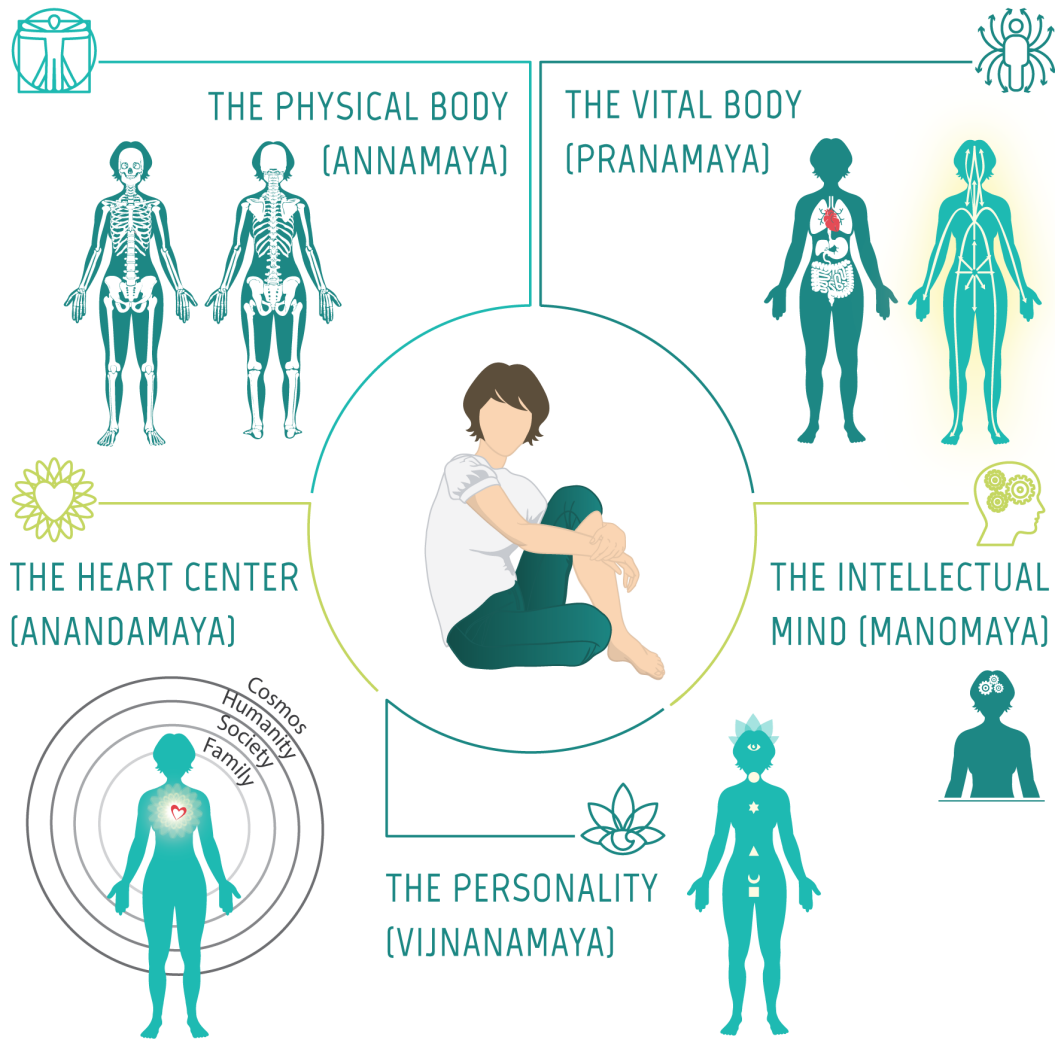



YOGA PRACTICE IDEAS BASED ON THE PANCHAMAYA MODEL



	ANNAMAYA (THE PHYSICAL BODY)	
	All aspects of the physical body must be nourished	
	MAIN IDEAS	PRACTICE IDEAS
	No aches and pains	<ul style="list-style-type: none"> • Body-focused practices (neck, shoulders, hips, knees, etc.) • Focus on directional movement of the spine (exploring forward bends, back bends, twists, etc.) • Core pose practices (investigating one complex posture, preparing and compensating for it)
	Feeling of lightness in the body	<ul style="list-style-type: none"> • Breath-centered flow practices • Brhmana (energy-building) practices
	Ability to withstand change	<ul style="list-style-type: none"> • Balance-focused practices (exploring specific balance poses) • Practices with longer holds in more difficult postures
	Sense of stability and ease	<ul style="list-style-type: none"> • Dynamic balance practices (ability to maintain balance during movement) • Exploring flexibility vs stability within the practice • “I am stable, I am at ease” practices (based on Yoga Sutra 2.46 Sthira sukham asanam)
	MAIN TOOL: ASANA	



PRANAMAYA (THE VITAL BODY)

Physiological function + energy

MAIN IDEAS	PRACTICE IDEAS
Organ function	<ul style="list-style-type: none"> Working with specific physiological systems (digestion, elimination, reproduction, circulation, immunity, etc.) Working with Vayus (energy currents) that govern the function of physiological systems (prana, apana, vyana, samana, udana) and/or ideas they represent (intake, elimination of waste, distribution, processing, growth)
Sleep patterns	<ul style="list-style-type: none"> Practices that help unwind before bed (langhana) Practices that help build energy in the morning (brhmana) Practices that help clear the mind of mental chatter
Stress management	<ul style="list-style-type: none"> Active strong practices that help flush stress hormones Breath-centered practices (deepening the breath + lengthening exhalation) Practices with chanting to help “digest our neurosis” Establishing control vs letting go of control practices “Change in perspective” practices that encourage students to look at the big picture
Energy and vitality	<ul style="list-style-type: none"> Any breath-centered practice Pranayama technique-centered practices (picking one breathing technique and spending the entire practice to prepare for it) Building the energy up (brhmana) or releasing excess energy (langhana) practices

MAIN TOOLS: PRANAYAMA, BREATH-CENTERED ASANA



MANOMAYA (THE INTELLECTUAL MIND)

The intellectual mind has tremendous power to influence the entire system

MAIN IDEAS	PRACTICE IDEAS
Direct and maintain attention	<ul style="list-style-type: none"> Balance practices to train focus “Mismatched movement” practices for right-left hemisphere integration “Unexpected movement” practices to break expectations
Make educated choices	<ul style="list-style-type: none"> Text-study practices (based on Yoga Sutras and other texts) to explain yogic ideas and give frame of reference
Acquire knowledge (Learning)	<ul style="list-style-type: none"> Idea-focused practices that illustrate and embody specific ideas that are relevant to all students and help them better understand the “human condition” “Why practices” that help students understand specific yogic techniques and how they are relevant to their experience
Retain information (Memory)	<ul style="list-style-type: none"> Chanting or recitation-based practices that encourage the students to remember specific words Any practice that encourages students to memorize something – specific movements, breathing patterns, imagery, ideas, words, etc.

MAIN TOOLS: CHANT, TEXT STUDY



VIJNANAMAYA (THE PERSONALITY)

The personality is formed based on inherent tendencies and is affected by our experience and conditioning. It has great potential for transformation. The Chakra model can serve as a map of personality.

MAIN IDEAS	PRACTICE IDEAS
Spiritual	<ul style="list-style-type: none"> • Practices that connect us to the yogic lineage • Practices that connect us to something greater than ourselves • Practices that inspire spiritual discipline via ritual and prayer
Intuitive, wise	<ul style="list-style-type: none"> • Imaginative practices with a lot of imagery • Practices built around the sense of vision • Art therapy-like practices
Expressive, truthful	<ul style="list-style-type: none"> • Practices that emphasize vibration in the throat (via Ujjayi breath, humming bee breath, vocalization) • Jalandhara bandha-like practices (chin lock) • Practices that release tension in the neck • Any practice that promotes self-expression (verbal or other) • Practices with emphasis on truthful, clear, elevating speech
Loving, connected	<ul style="list-style-type: none"> • Practices that emphasize the ideas of openness and receptivity, compassion and gratitude • Practices that cultivate connection with other humans, society, universe • Yoga of relationships + ideas of love, including self-love • Any practice that creates the feeling of peace • Practices revolving around the images of air
Powerful, decisive	<ul style="list-style-type: none"> • Energetic practices that build personal power and a sense of control over one's life • Uddiyana bandha-like practices (abdominal lock) • Practices that encourage discipline and build self-esteem • Practices that give the sense of purpose • Any practice that supports the process of self-transformation • Practices revolving around the images of fire and light
Vital, creative	<ul style="list-style-type: none"> • Flow practices that encourage graceful movement • Practices that encourage creative expression • Practices that deal with emotions • Practices that encourage nurture of self and others • Practices that focus on establishing healthy boundaries • Practice that investigate the ability to experience pleasure • Practices revolving around the image of water
Stable, secure	<ul style="list-style-type: none"> • Grounding practices that emphasize stability • Mula bandha-like practices (root lock) • Practices that explore the ideas of trust, safety and security • Practices that emphasize connection to the body and the idea of nourishment • Practices revolving around the images of earth, roots, trees, mountains

MAIN TOOLS: MEDITATION, SELF-REFLECTION



ANANDAMAYA (THE HEART CENTER)

Through the heart we are able to relate to others and find joy and fulfillment.

MAIN IDEAS	PRACTICE IDEAS
Family	<ul style="list-style-type: none">• Practices that encourage us to connect with family• Love and forgiveness-focused practices
Society	<ul style="list-style-type: none">• Practices that encourage us to accept other points of view• Practices that connect us to the yogic lineage
Humanity	<ul style="list-style-type: none">• Idea-focused practices that illustrate and embody specific ideas that are relevant to all students and help them better understand the “human condition”• Practices that emphasize the ideas of openness and receptivity, compassion and gratitude
Cosmos	<ul style="list-style-type: none">• Practices that connect us to something greater than ourselves• Practices that inspire spiritual discipline via ritual and prayer• Practices that encourage us to surrender
Joy	<ul style="list-style-type: none">• Practices that give the sense of joy• Practices that encourage students to be playful• Practices that take us beyond ourselves

MAIN TOOLS: RITUAL, PRAYER