


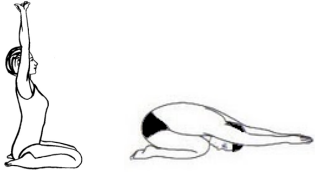



## Dave's Abdominal Engine Sequence - Searching for knowledge, easing effort, and absorption in the infinite

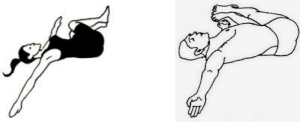
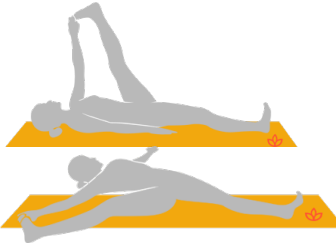




YS III.3o

By samyama on the navel plexus of the body comes knowledge of the arrangement of the body.

YS II.47

Such posture should be attained by the relaxation of effort and absorption in the infinite.

<p>Invocation to Sage Patanjali</p>	<p>Sit quietly for a bit to prepare for your practice</p>	
<p>Virasana and cycle</p>	<p>Make space in abdomen when you raise your arms in baddhanguliyasana Draw in abdomen to help fold forward</p>	
<p>Ardha Navasana</p>	<p>Press into back of thighs when lifting legs Pin legs together as though they were a single plank of wood Notice where the effort comes in abdomen</p>	
<p>Paripurna Navasana</p>	<p>Same action with the legs Notice what's different in the abdomen</p>	
<p>Urdhva Prasarita Padasana</p>	<p>Use your abdomen to press your lower back into the floor Feel as though your thigh bones are being pounded like post holes into the floor Arms can be by hips, or stretched behind head</p>	

<p>Jathara Parivartanasana</p>	<p>With bent knees, or straight if advanced. Pin the thighs together on the way over and back up. Maintain the pressure of both straight arms on the floor.</p>	
<p>Supta Padangusthasana 1 and 2.</p>	<p>Control both stages with your abdomen. Notice the changes. Lower the leg to the side in stage 2 only so far as you can go without rolling. Spend some time on these two stages.</p>	
<p>Adho Mukha Svanasana</p>	<p>Feel the lift of the abdomen here. You can sense this even if you relax (see sutra above).</p>	
<p>Salamba Sirsasana</p>	<p>Lift your shoulders and make your best pose, first. Then notice the easy, relaxed engagement of the abdomen. It should feel as though something is automatically/naturally lifting you.</p>	
<p>Salamba Sarvangasana</p>	<p>Lift through the insides of your legs but relax the abdomen. See how much soft space you can create in the abdomen.</p>	
<p>Janu Sirsasana</p>	<p>Press the straight leg firmly onto the mat, but keep your abdomen soft and relaxed. We're finishing.</p>	
<p>Savasana</p>	<p>Spread and soften the abdomen horizontally.</p>	