



Observe events, Report findings practice sheet.





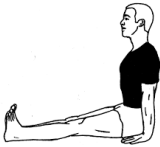

Recite the invocation or sit quietly for a bit recognizing the importance of scientific inquiry as we try to live a mindful and informed life.

Seated Poses with seated twists. Do the poses with your established knowledge of correct alignment and form.

1st attempt use the sacrum and lumbar as the epicenter of the pose. Your efforts could originate from the posterior lower spine or culminate there. Observe the effect of using this point as center of your poses. Articulate your observations to yourself.

2nd attempt you will use the center front chest sternum area as the epicenter of your pose. Form a hypothesis regarding if this will be easier or different in some way. Repeat the set with the new focus testing your prediction. Report your findings to yourself.




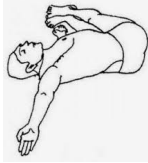

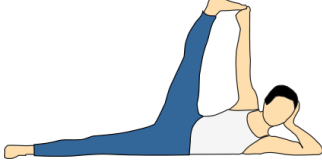
Repeat the experiment again if you have time. Compare first findings with second. Feel free to edit poses out of the sets or add appropriate additions as you like. You can even edit out sets if needed.

Virasana with arm work	Use appropriate height under hips	
Bharadvajasana I	Use height under hips Use block or wall and belt to assist twist Inhale heighten, exhale revolve	
Malasana 1	Use support under heels if needed Squat upright, use block for arms if helpful	
Marichyasana I	Use height under hips Block and belt to assist your twist Inhale heighten, exhale revolve	
Dandasana	Use height under hips Hold for 30 sec to a minute Draw leg muscles into the bone	
Parsva Dandasana	Use height under hips Inhale heighten, exhale revolve Use block for back hand	

Supine Abdominal and Supine twists – Do your best form learned from earlier training as the baseline for the experiment.

1st attempt – Use your abdominal cavity to anchor your lumbar. Observe the effect of using this area as the center of your poses. Describe the results to yourself, or even jot them down if you like.

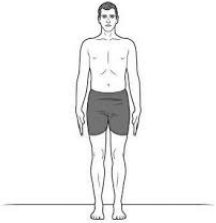




2nd attempt – you will use your shoulder blades as a stable anchor in the poses. Predict how this will affect your practice of the same set of poses. Test your prediction. Report to yourself your findings.

Supta Padangusthasana 1 and 2	Keep floor leg active and stable Use belt for lifted leg	
Urdhva Prasarita Padottanasana	Use blanket under head if needed Keep leg muscles contracted to the bone	
Jathara Parivartanasna Bent legs	Both of the above focus points are needed Try to prioritize them in separate attempts	
Jathara Parivartanasna Straight legs, or straight going down, bent coming up	Keep the muscles of the legs firm Knees straight if legs are straight Knees and thighs joined if bent knees	
Paripurna Navasana	Both of the above focus points are needed Try to prioritize them in separate attempts	
Anantasana	Both of the above focus points are needed Try to prioritize them in separate attempts	

Standing Asanas – Perform with accurate attention to alignment including all your usual details in additions to having an assigned epicenter from which to begin work, and where to culminate your work.

1st attempt – Use the pelvis as the epicenter of your poses. Include abdominal tone and elongation of the tailbone. This approach calls for anterior and posterior spinal awareness. Observe the effects of using the lower spine to control all your actions and refinements. Describe the effects to yourself. Returning to Tadasana between sides and after each pose will give you time for reflecting on your observations.




2nd attempt – Choose to activate all actions and refinements from sternum awareness. You can combine the sternum focus with effort assigned also to the shoulder blades. This approach requires anterior and posterior awareness of the upper spine and chest. Predict how this change will affect your standing poses. Observe objectively. Was your prediction realized or proved incorrect?

Tadasana	Expand the soles of your feet. Equally distribute your weight Return to Tadasana between each pose and each side to reset	
Vrksasana	Expand sole of standing leg foot Extend from groin to knee with bent leg Return to Tadasana	
Utthita Parsva konasana	Extend into back leg Extend from groin to knee on bent leg Return to Tadasana	
Utthita Trikonasana	Expand the soles of both feet Deepen groin on front leg	
Ardha Chandrasana	Expand the sole of standing foot Keep muscles of the legs firm to the bone Spend a minute appreciating the astronomers' quest to know the heavens	

Sirsasana set – Use wall as needed. Be sure to do all the details you know in addition to the theme of changing the mental focus with two attempts. Do just the first two of the set in you don't do headstand.

1st attempt – Elongate the sides of the trunk and connect the shoulders blades into the back ribs. Hold, or do and repeat each pose for 3-5 minutes.





2nd attempt – Follow the movement of your breath in the soft and deep abdomen. Predict how this will/may change your headstand set. Try to observe while doing the poses and also the after effect of the set done both ways.

Uttanasana	Use wall for hips or spine Or do independently Keep muscles of legs firm to the bone	
Adho Mukha Svanasana	Use wall for hands or feet Or do independently Keep muscles of the legs firm to the bone	
Salamba Sirsasana	Place hands and forearms carefully Keep muscles of the legs firm to the bone The second attempt of course requires the first attempts focus, but try to prioritize the 2 nd attempt when you get to it	

Backbend Set – You can edit the set as you see fit. But do try to observe the post headstand backbend paradigm. When we place categories of poses before or after headstand, they have a different modality. They can be repeated a few times with each attempt.

1st attempt -Place your focus primarily on lifting the chest and sternum. Use front and back body awareness as you did in the standing poses.


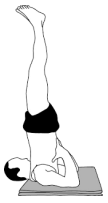


2nd attempt – Activate your backbends from the origin of your abdomen/sacrum/tailbone area. Hypothesize how the change in focus will affect your experience with these backbends. Describe to yourself the different experience of the same set using different epicenter. Add or edit other backbends as you like.

Ustrasana	Kneel on blanket if ankles cannot settle	
Urdhva Mukha Svanasana	Use blocks for hands for better lift	
Dhanurasana	Delay lifting knees until you have maximum chest expansion and lift	
Urdhva Dhanurasana	Use blocks against wall if needed	

Sarvangasana Set – Use wall to help lift if needed. Use enough blankets for neck. Use chair or stool for plough post if needed. Employ all the technicalities and safety concerns you have been taught in addition to the mental confinement experiment. Don't rush this set. Rest calmly a bit between the 2 attempts.

1st attempt – keep your mind on elongating the sides of your chest

2nd attempt – Use your thighs internally rotated as a primary concern. Consider this before you attempt. Predict how this will affect your shoulder stand set. Discuss with yourself your findings.

Setubandha Sarvangasana	Use blocks, bed, bolsters, laundry basket	
Salamba Sarvangasana	Keep you breathing soft in addition to the focus of 1 st and 2 nd attempt	
Halasasna	Keep you breathing soft in addition to the focus of 1st and 2nd attempt	
Paschimottanasana	Keep your breathing soft Use head support	

Savasana – Take time to carefully align yourself in this pose. Use bolster, chair or floor only as you wish. Don't do multiple attempts but move your mental confinement to 3 different locations every three minutes or so.

1. 1st Breath location – Breath softly with your mind settled into your upper chest regions. Watch the effect on the mind. This area is known to be our emotional region of the “heart”.
2. 2nd Breath location - After some time move your awareness to the abdominal area. This area is known to be the locus of our passions/creativity/determination. Slowly extend the duration of your exhalations to calm down that type of energy and become quieter.
3. 3rd Breath location - Finally move your attention to face and nostrils. Breath as softly as possible. Let the mind relax to an ethereal place. Slowly turn to the right, rest there before sitting up.