

The Art of Vinyasa: Awakening Body and Mind through the Practice of Ashtanga Yoga

BUILDING SŪRYA NAMASKĀRA • 101

to the process that manifests in sitting meditation, except here you're standing.

1. The radiant seed-point of the inhaling pattern is in the heart. Its extended pattern all through the body is experienced as a feeling of upward expanding and floating. The seed-point of the exhaling pattern is the center of the pelvic floor, and that pattern gives the feeling of downward contracting and grounding throughout the body. When you inhale, you pull your attention like a thread up through the seed of the exhalation at the middle of the pelvic floor. When you exhale, you release the upper back of the palate to keep the heart open. Every time you inhale, you concentrate on the residue of the exhalation and with each exhalation your mind rests in the feelings and sensations of the inhalation.

Hold this position for five to ten rounds of the breath, with the hands folded in *Añjali Mudrā* (prayer position) in front of the heart. At this point, you may chant invocations to center the mind and begin the practice. (See Appendix 1.)

4. Standing like this in *Samasthiti* is *prāṇāyāma* practice, and essentially that's what you do in all of the poses. *Yoga āsana*, when practiced in a contemplative manner with the poses strung together like jewels on the thread of the breath, is nothing less than *prāṇāyāma* in motion. The technique of relishing the essence of the inhalation as you exhale and delighting in the essence of the exhalation as you draw breath in is the root of all your practices.

EKAM

Ekam, or "one," is the first position of *Sūrya Namaskāra*, and it begins the *vinyāsa* process of moving in sync with the breath and the gaze.

1. Standing in *Samasthiti*, inhale as you lift the arms up and out slightly in front of the body. Spin the arms by reaching up toward the ceiling and placing the palms together.
2. As you reach up through the arms, they should feel as though they are extensions of a spreading in the back of the diaphragm, the kidney wings, and by keeping awareness



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