

## Day 2- Foundations of Ashtanga Vinyasa Yoga

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The five foundations of ashtanga vinyasa yoga, as codified by Patanjali and passed down through a long lineage of yogis, are:

1. Ujjayi Pranayama: Controlled regulated victorious breath. A type of pranayama in which the lungs are fully expanded and the chest is puffed up with air. It serves to energize the body and oxygenate the blood supply and also creates a deep rhythmic soothing sound that focuses the mind. The sound has an oceanic quality.
2. Mula, Uddiyana and Jalandhara Bandhas: These are the energy locks- they serve to control the flow of Prana/ energy in the body during asanas. These Bhandas correspond to three of the seven chakras- Mula- base of the spine- A posture where the body from the anus to the navel is contracted and lifted up towards the spine. Uddiyana- lower abdomen draws in to the spine and Jalandhara- Is the posture where the neck and throat are contracted and the chin is rested in the notch between the collar bones at the top of the breast bone.
3. Drishti: a gazeless gaze- a point on which to concentrate and focus- can be down the length of your nose, can be a point in front of you that could help to direct your focus inwards, concentrating the mind, narrowing down your focus.
4. Vinyasa: breathing is synchronized with movement- linking the deep consciousness- deep rhythmic breathing with asanas/ postures- creates a true body mind connection and allows you to go deeper into your pose. The vinyasa flow awakens your senses stimulating the central nervous system and purifies the mind and body with the flow that partake in.
5. Upekka: a sanskrit word that means equanimity- the Ashtanga Vinyasa Yoga flow cultivates an blissful equanimity in the mind.