

Ashtanga Vinyasa Yoga

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Definitions			Eight limbs of Ashtanga Yoga (Patanjali Yoga Sutras, circa 400 BC)						
Ashtanga Vinyasa Yoga	The yoga method popularised by the late Shri K. Pattabhi Jois (Gurujii) in Mysore, India. Pattabhi Jois (1915-2009) was a direct student of Tirumalai Krishnamacharya (1888-1989), who is widely regarded as 'the Father of Modern Yoga'.		Outer	1	Yama	Ethical Discipline	1.1	Ahimsa	Non-violence
	On the outer level it is a dynamic physical practice in which the body flows through a set series of postures. On a deeper level, it is a method for working towards the goal of Yoga: complete liberation, transcendent freedom, <i>Kaivalya Samadhi</i> .	1.2					Satya	Truthfulness	
1.3		Asteya					Non-stealing		
1.4	Brahmacharya	Preserving vital fluids							
1.5	Aparigraha	Non-possessiveness							
Yoga	To 'yoke', 'union'. The state when all activities (of body, speech and mind) come into alignment with the flow of life and the laws of nature or 'universal truth'. As defined in the <i>Yoga Sutras of Patanjali</i> : 1.2: <i>Yogash citta vritti nirodha</i> Yoga is the cessation of fluctuations of mind 1.3: <i>tada drashtuh svarupe avasthanam</i> Then the seer abides in its own true nature	2	Niyama	Self-Discipline	2.1	Saucha	Purity		
					2.2	Santosa	Contentment		
					2.3	Tapas	Discipline		
					2.4	Swadhyaya	Self-study		
					2.5	Ishwara-pranidhana	Letting go into the 'source'		
	3	Asana		Physical posture / seat					
		4		Pranayama		Breath / vital energy control			
		5		Pratyahara		Sense control			
	Inner	6		Dharana		Concentration			
		7		Dhyana		Meditation			
8		Samadhi		Absorption					
Ashtanga	'Eight Limbs'. Refers to a systematic methodology for achieving the goal of Yoga as prescribed in The Yoga Sutras of Patanjali, circa 400 BC)		Tristana: Components of the Practice						
Vinyasa	Coordinated flow of breath and movement (between postures) with awareness. Like meditating with the support of a mala (beads on a thread), vinyasa is in essence a dynamic mediation, where asana are the beads and the continuum of breath-awareness is the thread. Vinyasa teaches us to experience life as a series of transitions, to let go of fixation, the cause of all suffering.		Component	Meaning	Description				
	Physical posture / seat, the 3 rd limb of Ashtanga Yoga and the entry point of the Ashtanga Vinyasa Yoga method. According to <i>Patanjali's</i> Yoga Sutras: 2.46: <i>sthira sukham asanam</i> Asana (posture) should be steady and comfortable. 2.47: <i>prayatna shaithilya ananta samapattibhyam</i> Posture is perfected by releasing all effort and allowing awareness to merge with the infinite. 2.48: <i>tatah dvandva anabhighata</i> By perfecting posture, we achieve unimpeded freedom from the suffering caused by dualities.		Ujjayi Pranayama	Free / 'Victorious' Breath	A smooth, full, natural breath, characterised by: i. Balanced inhale and exhale ii. Soft sibilant sound (caused by subtle contraction of the glottis) iii. Even expansion of the rib cage, rather than the abdomen.				
			Bandha	Lock / Seal	A series of internal, dynamic 'holds' applied on the physical, energetic and awareness levels. There are 3 primary bandha: i. Mula Bandha, located at the pelvic floor ii. Uddiyana Bandha, located at the abdomen iii. Jalandhara Bandha, located at the throat				
Asana	Dristi		Looking Place	A soft but alert gaze with the eyes directed toward a prescribed focal point which varies for each asana.					
			Opening Mantra			Closing Mantra			
			Om Vande Gurunam Charanaravinde Sandarshita Svatma Sukava Bodhe Nih Sreyase Jangalikayamane Samsara Halahala Mohashantyai Abahu Purushakaram Shankhacakrsi Dharinam Sahasra Sirasam Svetam Pranamami Patanjalinam Om			Om Svasthi Praja Bhyaha Pari Pala Yantam Nya Yena Margena Mahim Mahishaha Go Brahmanebhyaha Shubamastu Nityam Lokah Samastah Sukhino Bhavantu Om Shanti Shanti Shantihi			
Pancha-Koshas	5 (Illusory) 'Sheaths'	Annamaya	Physical (food) sheath		I pray to the lotus feet of the supreme Guru, Who teaches the good knowledge, showing the way To knowing the self-awakening great happiness, Who is the doctor of the jungle, able to remove The poison of the ignorance of conditioned existence. In his guise as the divine servant, With 1000 white radiant heads, Human in form below the shoulders, Holding the sword of discrimination, The fire wheel of time, And the conch of divine sound, To the sage Patanjali I prostrate.				
		Pranamaya	Energetic sheath						
		Manomaya	Mental sheath (dualistic)						
		Vijnanamaya	Discerning wisdom sheath						
		Anandamaya	(Transcendent) bliss sheath						
Primary Nadis/ Energy Channels	Ida		Left – feminine / moon						
	Pingala		Right – masculine / sun						
	Sushumna		Central – nondual / self-eclipsed						
				Let prosperity be glorified, Let the rulers rule the world with law and justice; Let divinity and erudition be protected, Let the people of the world be happy and prosperous.					