

## PRACTICE SEQUENCE BY TERESE IRELAND, CIYT

# FORWARD AND INWARD WITHDRAWAL OF THE SENSES

This *āsana* sequence is designed to help you connect deeper inward to the infinite intelligence of the body that transforms heaviness to lightness.

*Estimated Time: 2 hours*

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### **ADHO MUKHA VIRASANA**

Sit in the saddle of feet and keep the buttocks down (big toes together, knees apart). Walk cupped hands forward, extend arms. Grab sides of mat, bend elbows. Holding sides of mat as you straighten the arms to descend bottom more.

Draw both sides of the lower abdomen in towards the spine to round back more. Broaden across the low back band.



**ADHO**



**MUKHA**



### **SVANASANA** (moving into *Eka Padas*)

Allow back to round as you bring your knee to chest. Extend through the inner heel as the leg straightens.

## ***UTKATASANA***

Extend through inner heels. Weight in heels, descend buttocks as the torso is lifted. Lift abdomen.



## ***PARSVOTTANASANA***

Back heel at wall with foot turned at 45 degree.

Extend torso upward lifting chest. Outer hips gripped. Hands to blocks or floor to extend torso forward. With the right leg in front, move the abdomen from left to right and move toward the spine. This will assist with leveling the hips.

Maintain the press of the back foot and straightness of the legs as arms bend and torso extends over the front leg. Allow the head to rest on one leg. Go inward. Change sides.



## ***UTTANASANA***

Outer feet width of mat. Head resting on support. Withdraw the senses. Remove blocks and grab ankles. Inhale and extend the torso. Exhale, extend torso to floor. Release head and neck. Can do this several times.



## ***PRASARITA PADOTTANASANA***



Head to floor or support. Maintain stability in outer feet and legs. Draw both sides of the navel in to round back and broaden the low back band. Lift shoulders away from ears. As you stay in pose, keep throat, face and jaw soft.

## ***SIRSASANA***

Set up near the wall; round bottom and low back as feet go to the wall. At the wall, peel the paint down the wall as the tailbone ascends to the ceiling. Straighten legs, continuing to lift tailbone and lengthen low back band to ceiling.



**MALASANA** (grabbing ankles)

Grab ankles, extend through inner heels. On an inhalation, extend torso, exhale, bring head to floor or block. Support head to withdraw senses.

As you extend through inner ankles, draw abdomen to spine, round lower back by descending buttocks and broaden low back band. Notice the feeling of becoming smaller and withdrawal of the organs of perception.



**TWISTS ON CHAIR**



Feet elevated on bolster to assist with rounding back. Start with hand at outer knee to begin a twist. Move elbow to outer knee. Hook the outer upper arm and bring the rib cage around. Keep back round and broad as the outer rib cage comes around and forward.

**DWI HASTA BHUJANGASANA** (with chair and full pose).

With a chair, bend forward and place your hands on the floor. If able, grab back of chair. Like above with chair, separate feet, bend forward. Rest forearms on thighs. Take arms one at a time under thighs. Thighs high on upper arm. Descend bottom. Walk feet together touching inner feet. Balance.



## **UPAVISTA KONASANA**



As legs press, extend through the ball of the big toe. Pull on toes and extend torso upwards. Notice release of neck. Exhale and bring head to floor or support. Head needs to be supported to go inward.



## **PASCHIMOTTANASANA**

Similar to Uttanasana, grab feet and extend your torso upwards. Exhale and extend forward. This part can be done a few times. Bring head to support, elbows lifted. Go inward.



## **KURMASANA with bolster under knees**

Move into the final pose. Like we did with twist in chair, bring side ribs down one side at a time and arms under legs.



Use legs to assist moving the torso forward and down. Rest head on floor or support. In Light On Yoga, “this pose prepares the aspirant for the fifth stage of yogic practices, namely, *Pratyahara* (withdrawal of the senses from outside objects).”

### **PURVOTTANASANA**

Lift tailbone extends and open front of torso, from feet pressing to head releasing back.



### **SETUBHANDA SARVANGASANA**

Use block at tailbone, lift chest to chin, relax throat, face and jawline.



### **SUPTA PADANGUSTHASANA 1 & 2**

To release the lower back. Move the abdomen towards the opposite side as the leg goes to the side in *Supta Padangusthasana 2*.



**BHISMASANA** (2 blocks and bolster)

Bottom on bolster, block at bra line longwise. Head resting on the block. Let go.



**SAVASANA**

Bolster under knees. Relax everywhere, let loose everywhere.

