

Finishing Sequence

DRŚTI	nose		nose		nose		nose		nose		nose		3. eye		3. eye		
UJJĀYĪ	in 5x		in 10-25x		in 5-10x		in 5-10x		in 5-10x		ex 5-10x		in 5-10x		in 5-10x ex		...
VINYĀSA	7		8		8		8		9		9		8		8		...
	Sālamba Sarvāṅgāsana				Halāsana		Kārṇa Pīḍāsana		Ūrdhva Padmāsana		Pīṇḍāsana		Matsyāsana		Uttāna Pādāsana		

DRŚTI	nose		nabile		nose		nose		nose		3. eye		nose		nose		close eyes	
UJJĀYĪ	in 10-25x		ex 10-25x		ex 10-25x		ex 5x in		in 0-10x		ex 5-10x		in 10-25x ex		in 10-25x in		ex relax 10-20 minutes	
VINYĀSA	8		8		8		8		8		9		8		9		7	
	Śīrṣāsana		Ūrdhva Daṇḍāsana		(1-20x Beine heben & senken)		Bālāsana		Baddha Padmāsana		Yoga Mudrā		Padmāsana		Utplutiḥ		Śavāsana	

With the Finishing Sequence, the Aṣṭāṅga Yoga practice comes to its energetic culmination. The steady audible breathing (Ujjāyī in ex) leads you inward, subtle muscle contractions (Bandha) activate the flow of energy (Prāṇa), and the focus of perception (Dṛṣṭi nose) brings mental peace.

For novices, the sequence consists of only one sitting posture (Padmāsana), followed by the Closing Mantra (see there), and finally a relaxation posture (Śavāsana) until attention and breathing subside, and the last drop of sweat evaporates. With cumulative experience in practice, further tranquil positions (Āsana) are gradually added to complete the Finishing Sequence. Only a few movement sequences through a plank pose (Vinyāsa V) or backwards roll (Cakrāsana C) hold the underlying dynamics of the practice up.

Vinyāsa & Cakrāsana

DRŚTI	nose		nose		nose		3. eye		nabile		nose	
UJJĀYĪ	in ex		in		ex		in		ex		in ex in	
VINYĀSA	X		X		X		X		X		X	
DRŚTI	nose		nose		nose		3. eye		nabile		nose	
UJJĀYĪ	ex		in ex		in		in		ex		in ex in	
VINYĀSA	X		X		X		X		X		X	