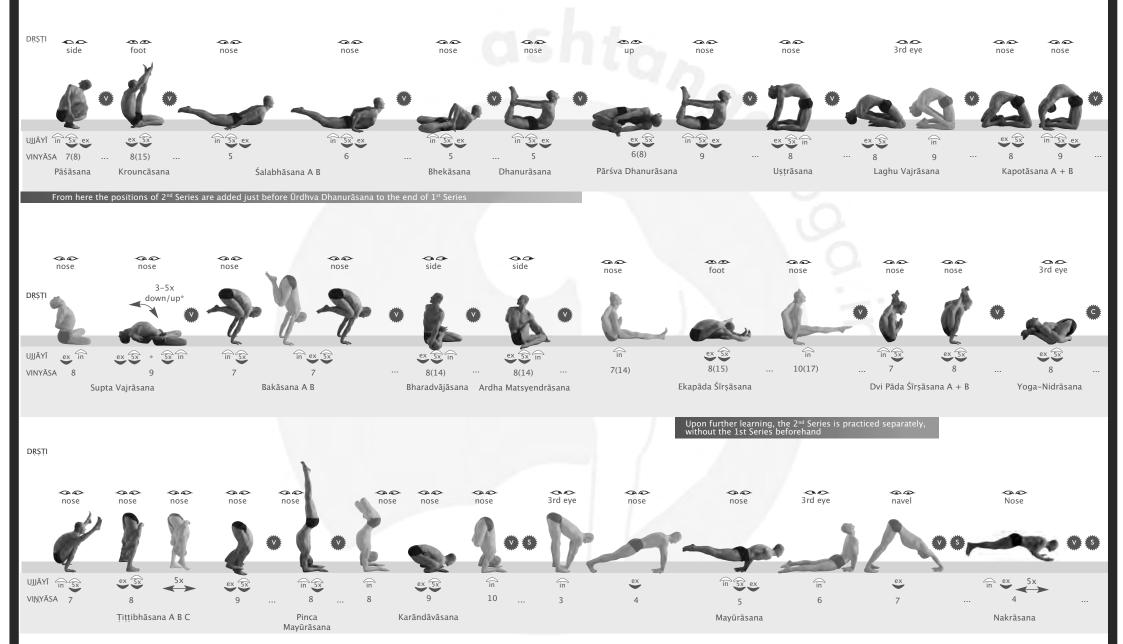
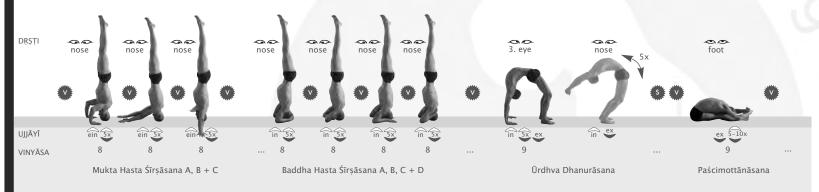
Nāḍi Śodhana - 2nd Series (Sheet 1)



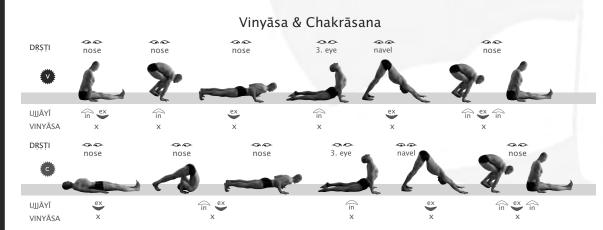


Nāḍi Śodhana - 2nd Series (Sheet 2)





Replaces Ūrdhva Dhanurāsana as practiced in 1st Series



After about two years of constant practice a new energetic dimension unfolds for you. This phase on the path of Yoga is called Nāḍi Śodhana, the cleansing of the energetic channels. Breath (Ujjāyī $\stackrel{\text{in}}{=} \stackrel{\text{or}}{=} \stackrel{\text{or}}{=})$, energy control (Bandha) and focus (Pṛṣti $\stackrel{\text{or}}{=} \stackrel{\text{or}}{=})$ become continuously more deep in experience. Sometimes at this point the physical body is so flexible and powerful that the 1st Series (see there) is no longer adequate as a field for learning. Then 2nd Series forms a new opportunity for practice.

The transitions between positions follow the same logic as in the series before. The new positions of 2^{nd} Series are added (Sunday to Thursday, except on moon days) to the 1^{st} Series just before \bar{U} rdhva Dhanur \bar{a} sana. Following the outlined steps, you can build up your practice, together with an experienced teacher. In this manner 2^{nd} Series will slowly replace 1^{st} Series on five days per week.

