

Finishing Sequence

| | | | | | | | | | |
|---------|----------------------|----------------------|----------|-----------------|------------------|-----------|------------|-----------------|-----|
| DRṢṬI | | | | | | | | | |
| | nose | nose | nose | nose | nose | nose | 3. eye | 3. eye | |
| UJJĀYI | 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 | Sālamba Sarvāṅgāsana | Halāsana | Karṇa Piṇḍāsana | Ūrdhva Padmāsana | Piṇḍāsana | Matsyāsana | Uttāna Pādāsana | |

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|---------|-----------|-----------|------------------|------------------------------|----------|------------------|--------------|--------------|----------|---------------------|
| DRṢṬI | | | | | | | | | | |
| | nose | noble | nose | nose | nose | nose | 3. eye | nose | nose | close eyes |
| UJJĀYI | in 10-25x | ex 10-25x | ex 8 in | 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 | Śīrṣāsana | Ūrdhva Daṇḍāsana | (1-20x Beine heben & senken) | Bālāsana | Baddha Padmāsana | Yoga Mudrā | Padmāsana | Utplutiḥ | Śāvāsana |

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 (Śāvāsana) 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

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|---------|-------|-------|------|--------|-------|----------|
| DRṢṬI | | | | | | |
| | nose | nose | nose | 3. eye | noble | nose |
| UJJĀYI | in ex | in | ex | in | ex | in |
| VINYĀSA | 1 | 2 | 3 | 4 | 5 | 6 |
| DRṢṬI | | | | | | |
| | nose | nose | nose | 3. eye | noble | nose |
| UJJĀYI | ex | in ex | in | in | ex | in ex in |
| VINYĀSA | 1 | 2 | 3 | 4 | 4 | 4 |