

Finishing Sequence

DRṢṬI									
	nose	nose	nose	nose	nose	nose	3. eye	3. eye	
UJJĀYI									
VINYĀSA	7	8	8	8	9	9	8	8	...
	Sālamba Sarvāṅgāsana	Sālamba Sarvāṅgāsana	Halāsana	Karṇa Piṇḍāsana	Ūrdhva Padmāsana	Piṇḍāsana	Matsyāsana	Uttāna Pādāsana	...

DRṢṬI										
	nose	noble	nose	nose	nose	nose	3. eye	nose	nose	close eyes
UJJĀYI										
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) leads you inward, subtle muscle contractions (Bandha) activate the flow of energy (Prāṇa), and the focus of perception (Dṛṣṭi) 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) or backwards roll (Cakrāsana) hold the underlying dynamics of the practice up.

Vinyāsa & Cakrāsana

DRṢṬI							
	nose	nose	nose	3. eye	noble	noble	nose
UJJĀYI							
VINYĀSA	1	2	3	4	5	6	6
DRṢṬI							
	nose	nose	nose	3. eye	noble	noble	nose
UJJĀYI							
VINYĀSA	1	2	3	4	4	4	4