

# Nāḍi Śodhana – 2<sup>nd</sup> Series (1<sup>st</sup> Sheet)

|         |          |             |                 |           |             |                    |           |                 |                  |         |         |          |   |
|---------|----------|-------------|-----------------|-----------|-------------|--------------------|-----------|-----------------|------------------|---------|---------|----------|---|
| DRṢṬĪ   | Side     | Foot        | Nose            | Nose      | Nose        | Nose               | up        | Nose            | 3rd eye          | 3rd eye | 3rd eye | 3rd eye  |   |
|         |          |             |                 |           |             |                    |           |                 |                  |         |         |          |   |
| UJJĀYĪ  | in 5x ex | ex 3x in    | in 5x ex        | in 5x ex  | in 5x ex    | ex 5x              | in 5x ex  | ex 5x in        | ex 5x in         | in      | ex 5x   | in 5x ex |   |
| VINYĀSA | 7(8)     | 8(15)       | 5               | 6         | 5           | 5                  | 6(8)      | 9               | 8                | 8       | 9       | 8        | 9 |
|         | Pāśāsana | Krouncāsana | Śalabhāsana A B | Bhekāśana | Dhanurāsana | Pārsva Dhanurāsana | Uṣṭrāsana | Laghu Vajrāsana | Kapotāsana A + B |         |         |          |   |

From here the positions of 2nd Series are added just before Ūrdhva Dhanurāsana to the end of 1st Series

|         |                 |               |                |                      |                    |                          |                |       |       |        |      |         |   |
|---------|-----------------|---------------|----------------|----------------------|--------------------|--------------------------|----------------|-------|-------|--------|------|---------|---|
| DRṢṬĪ   | Nose            | Nose          | Nose           | Nose                 | Side               | Side                     | Nose           | Foot  | Nose  | Nose   | Nose | 3rd eye |   |
|         |                 |               |                |                      |                    |                          |                |       |       |        |      |         |   |
| UJJĀYĪ  | in              | ex 5x * ex 5x | in 5x          | in ex 5x             | ex 5x in           | ex 5x in                 | in             | ex 5x | in    | in 5x  | ex   | in 5x   |   |
| VINYĀSA | 8               | 9             | 9              | 7                    | 7                  | 8(14)                    | 8(14)          | 7(14) | 8(15) | 10(17) | 7    | 8       | 8 |
|         | Supta Vajrāsana | Bakāsana A B  | Bharadvājāsana | Ardha Matsyendrāsana | Eka Pāda Śīrṣāsana | Dvi Pāda Śīrṣāsana A + B | Yoga-Nidrāsana |       |       |        |      |         |   |

Upon further learning, the 2nd Series is practiced separately, without the 1st Series beforehand

|         |                    |                  |               |            |           |      |       |      |         |      |          |         |       |          |
|---------|--------------------|------------------|---------------|------------|-----------|------|-------|------|---------|------|----------|---------|-------|----------|
| DRṢṬĪ   | Nose               | Nose             | Nose          | Nose       | Nose      | Nose | Nose  | Nose | 3rd eye | Nose | Nose     | 3rd eye | Navel | Nose     |
|         |                    |                  |               |            |           |      |       |      |         |      |          |         |       |          |
| UJJĀYĪ  | in 5x              | ex               | 5x            | ex 5x      | in 5x ex  | in   | ex 5x | in   | in      | ex   | in 5x ex | in      | ex    | in ex 5x |
| VINYĀSA | 7                  | 8                | 9             | 8          | 9         | 10   | 3     | 4    | 5       | 6    | 7        | 4       |       |          |
|         | Tīṭṭibhāsana A B C | Pinca Mayūrāsana | Karāṇḍāvāsana | Mayūrāsana | Nakrāsana |      |       |      |         |      |          |         |       |          |



# Nāḍi Śodhana – 2<sup>nd</sup> Series (2<sup>nd</sup> Sheet)

|         |      |      |         |      |         |       |              |       |             |      |       |                   |       |    |       |    |       |    |       |
|---------|------|------|---------|------|---------|-------|--------------|-------|-------------|------|-------|-------------------|-------|----|-------|----|-------|----|-------|
| DRṢṬI   |      |      |         |      |         |       |              |       |             |      |       |                   |       |    |       |    |       |    |       |
|         | Nose | Nose | 3rd eye | Nose | 3rd eye | Navel | up           | up    | up          | Nose | up    |                   |       |    |       |    |       |    |       |
| UJJĀYI  | in   | ex   | in      | ex   | in      | ex    | in           | 5x in | 5x ex       | ex   | 5x in | ex                | 5x in | ex | 5x in | ex | 5x in | ex | 5x in |
| VINYĀSA | 1    | 2    | 3       | 4(9) | 5(10)   | 6(11) | 7(12)        | ...   | 8(15)       | ...  | 8(15) | 9(16)             | ...   |    |       |    |       |    |       |
|         |      |      |         |      |         |       | Vātāyanāsana |       | Parighāsana |      |       | Gomukhāsana A + B |       |    |       |    |       |    |       |

|         |       |       |                             |      |                                |       |                                    |       |       |      |                    |       |     |                  |     |       |    |       |    |
|---------|-------|-------|-----------------------------|------|--------------------------------|-------|------------------------------------|-------|-------|------|--------------------|-------|-----|------------------|-----|-------|----|-------|----|
| DRṢṬI   |       |       |                             |      |                                |       |                                    |       |       |      |                    |       |     |                  |     |       |    |       |    |
|         | Nose  | up    | Side                        | Nose | Nose                           | Nose  | Nose                               | Nose  | Nose  | Nose | 3rd eye            | Nose  | 5x  | Foot             |     |       |    |       |    |
| UJJĀYI  | ex    | in    | in                          | ex   | 5x in                          | 5x ex | in                                 | 5x in | 5x ex | in   | 5x in              | 5x ex | in  | 5x in            | ex  | 5-10x | ex | 5-10x | ex |
| VINYĀSA | 8(15) | 9(16) | 9(16)                       | ...  | 8                              | 8     | 8                                  | 8     | 8     | 8    | 9                  | 9     | ... | 9                | ... |       |    |       |    |
|         |       |       | Supta Ūrdhva Pāda Vajrāsana |      | Mukta Hasta Śīrṣāsana A, B + C |       | Baddha Hasta Śīrṣāsana A, B, C + D |       |       |      | Ūrdhva Dhanurāsana |       |     | Paścimottānāsana |     |       |    |       |    |

Replaces Ūrdhva Dhanurāsana as practiced in 1st Series

## Vinyāsa & Cakrāsana

|         |      |      |      |         |       |      |      |      |         |       |      |      |      |      |      |      |      |      |      |      |
|---------|------|------|------|---------|-------|------|------|------|---------|-------|------|------|------|------|------|------|------|------|------|------|
| DRṢṬI   |      |      |      |         |       |      |      |      |         |       |      |      |      |      |      |      |      |      |      |      |
|         | Nose | Nose | Nose | 3rd eye | Navel | Nose | Nose | Nose | 3rd eye | Navel | Nose | Nose | Nose | Nose | Nose | Nose | Nose | Nose | Nose | Nose |
| UJJĀYI  | in   | ex   | in   | ex      | in    | ex   | in   | ex   | in      | ex    | in   | ex   | in   | ex   | in   | ex   | in   | ex   | in   | ex   |
| VINYĀSA | x    | x    | x    | x       | x     | x    | x    | x    | x       | x     | x    | x    | x    | x    | x    | x    | x    | x    | x    | x    |

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 in ex), energy control (Bandha) and focus (Ḍṛṣṭi) 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 2nd series are added (Sunday to Thursday, except on moon days) to the 1st Series just before Ūrdhva Dhanurāsana. Following the outlined steps, you can build up your practice, together with an experienced teacher. In this manner 2nd series will slowly replace 1st series on five days per week.

