



# Sivananda/Satyananda Lesson Plan

1 hour 15 minutes

## Theme:

Dynamic Satyananda exercises within Sivananda format lesson.

## Outcome:

Lesson features Satyananda eye exercises, pawanmuktasana series as warm up (1: anti-rheumatic, & 3: shakti bandha asana) plus other dynamic satyananada postures corresponding to Sivanananda ones, with emphasis on backbends

## Sources:

Satyananda, *APMB Bihar School of Yoga* 1996

## Introduction

opening chants

pranayama: kaphabhati (2 rounds); nadi shodana 4:16:8 (3 rounds)

## Warm-up

eye exercises (APMB 77-84): sideways viewing, rotational viewing, nosetip gazing, palming

Pawanmuktasana 1: (23-34) toe bending, ankle bending, ankle rotation, ankle crank, knee bending, knee crank

Pawanmuktasana 3: (60-65) dynamic spinal twist, churning the mill, rowing the boat

## Sun salutations & supine postures

sun salutations (surya namaskar) x4

Satyananda supine leg exercises (47-58) leg raises, leg rotation, cycling, leg to head, lying spinal twist

## Inversions

headstand or dynamic bridge (sirsasana/setu bandha sarvangasana)

shoulder stand (sarvangasana); plough (halasana)

## Backbends

half camel (ardha ushtrasna) (129) - given as a counterpose to shoulderstand  
striking cobra (shashank bhujangasana) (126)

## Twist

half spinal twist (ardha matysendrasana)

## Balance

salutation pose (67); abdominal stretch pose (72); crow (kakasana)

## Standing poses (if time)

standing forward bend (pada hasthasana)

triangle (trikonasana)

## Ending

savasana; final prayers