ParaYoga Master Training

Vinyasa Krama: The Energetics of Sequencing

Copyright ©2015 by Rod Stryker, All Rights Reserved
No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

Table of Contents

MODULE 1: Welcome to Vinyasa Krama 1
What You'll Learn in This Course 1
How to Make the Best Use of the Course 1
The Three Rivers of ParaYoga—The Great Wisdom Traditions 3
Tantra: The Focus is Auspiciousness 3

MODULE 2: The Three Rivers of ParaYoga 3
The Light of Self-Knowledge 4
Ayurveda: The Grace of Balance 5

MODULE 3: Opening the Book on Vinyasa Krama 6
Elevate Your Life and Your Practice Through *Vinyasa Krama* 6
Vinyasa Krama Defined 6
Asana & Yoga: The Bigger Picture 7
Introduction to Meditation on the Breath 9

MODULE 4: Touching The Soul 9

MODULE 5: The Roots of Yoga 10
Samkhya & Yoga: The View from the Top of the Mountain 10
Breath is the Core of *Yoga* Practice 11

MODULE 6: Tapping into Your Innate Freedom and Joy 11
Foundations of *Vinyasa Krama* 13

MODULE 7: The Reach of Asana 13
The Energetics of *Asana* 15
Practice Guided by Nature—Wisdom 15
Introduction To Lateral Practice and *Pranayama* 17
Lateral Practice Notes 17

MODULE 8: The Dynamics of Laterals 17
The Five Essentials of a ParaYoga Practice 19

Copyright ©2016 by Rod Stryker. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

The Five Essentials Sequence Mind Map 20
Intro to *Gayatri Mantra* 21
MODULE 10: The *Gayatri Mantra*: Brightening the Light of Knowledge 21
MODULE 11: The Descent of Consciousness into Matter: The *Gunas* 22
Attributes That Pervade All 23
The Effects of the *Gunas* 24
Laws of the *Gunas* 25
MODULE 12: The Descent Of Consciousness Into Matter: 27
The Five Elements And The *Doshas* 27
The Five Elements 28
The *Ayurveda* of *Yoga* : The *Doshas* 30
The Descent Of Consciousness Into Matter: Conclusion 31
MODULE 13: The Dynamics of Forward Bends 32
Introduction to Forward Bend Practice and 3rd Eye *Kriya* Meditation 32
MODULE 14: Perspectives on Asana, Breath and the Nervous System 33
Different Approaches to *Asana*, Different Effects 33
The Aim of *Asana* Practice: It May Not Be What You Think 34
Introduction to the Nervous System 35
Introduction to 4-Part Supine Complete Breath 38
MODULE 15: Awareness and the Energetic Effects of Breath 40
Awareness and the Breath 40
Energetic Effects of the Breath 40
MODULE 16: The Dynamics of Twists 42
Introduction to Twist Practice and Alternate Nostril Breathing 42
MODULE 17: Biodynamic and Energetic Chart Review 43
Vayu Essentials 43
The Energetics of Laterals, Forward Bends and Twists 44

Copyright ©2016 by Rod Stryker, All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

MODULE 18: Principles of Sequencing 46
Wise Progression Part I 46
Wise Progression Part II 47
Urdhva Dhanurasana Focal Points 48
Shalabhasana Focal Points 49
Wise Progression Part III 50
Principles of Sequencing: Preparation, Pose, Counterpose 51

MODULE 19: The Doshas In-Depth 52
Healing the Three *Doshas* 55
Ayurvedic Clock 57
Yoga to Heal *Vata* 58
Yoga to Heal *Pitta* 58
Yoga to Heal *Kapha* 59

MODULE 20: Dynamics of Backbends 60
Introduction to Backbend Practice 60

MODULE 21: Three Touchstones of a ParaYoga Practice 61
Introduction to the Three Touchstones: Tapas 61
The Three Touchstones: Vinyasa Krama 62
The Three Touchstones: Smarana 63

MODULE 22: Dynamics of Extension Poses 64
Introduction to Extensions 64

MODULE 23: The Unexpected Grace and Power of Meditation 65
Asana, *Pranayama*, Meditation—Your Past, Present and Future 65
Meditate, Know Yourself and the Future is Yours 66
On *Mantra* & *Mantra* Meditation 68
Systematic Approach To Mantra Debrief 69

MODULE 24: Roots Of ParaYoga 71
Lineage of ParaYoga 71

Copyright ©2016 by Rod Stryker. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

MODULE 25: ParaYoga Class Template 72
Sequencing Guidelines—Ideal Class Template 72

MODULE 26: The Dynamics of Inversions 77
Introduction to Inversions Practice 77

MODULE 27: Biodynamic and Energetic Chart Conclusion 78
Backbends, Inversions and Extensions 78

MODULE 28: Yoga Nidra 80
Fundamentals of Sleeping on the Cloud of *Yoga* 80

MODULE 29: Extensions/Maha Mudra 82
Introduction of *Maha Mudra* 82

MODULE 30: Lighting the Heart 83
The Power of Deep Backbends 83

MODULE 31: Build Your Guiding Intelligence, Light and Vital Reserve: Prana, Tejas, Ojas 85
Fundamentals of the Subtle *Doshas* 85
Prana: The Subtle Essence of *Prana* 85
Tejas 87
Ojas 88
Cultivate Your Subtle *Doshas* 89

MODULE 32: Vinyasa Krama Technique Compendium 93
The *Pranayamas* 93
The Meditations 93

MODULE 32: Vinyasa Krama Applied 94
Complete Review of The *Pranayamas* and Meditations of *Vinyasa Krama* 94
The *Vinyasa Krama* Self-Assessment Assignment 97

Designing A Personal Practice: The Vinyasa Krama Self Assessment 98
Don't Postpone Your Happiness 101

Copyright ©2016 by Rod Stryker, All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

Vinyasa Krama: Appendix 102
ParaYoga Invocation 103
ParaYoga Biodynamic and Energetic Effects of *Asana* 105
Asanas to Know 106
Introduction to the *Gāyātri Mantra* 132
Prana Vayu Chart 134
Vayu Kriya Meditations 135
ParaYoga Lineage Chart 137
61 Points 138
Glossary

Copyright ©2016 by Rod Stryker. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

MODULE 1: Welcome to Vinyasa Krama

What You'll Learn in This Course

- Learn how to design the best practices to meet the needs of a wide variety and levels of students, while working towards specific outcomes.
- Understand the process for sequencing for maximum biomechanical safety and effectiveness in an *asana* practice.
- Discover the full range of *yoga* practice so that you can share its potential to transform lives.
- Experience the range of yogic techniques.
- Establish a foundation for practicing or teaching *yoga* therapy.

How to Make the Best Use of the Course

- Clear away all distractions when listening to lectures or doing practices.
- Be mindful, open and present to maximize the value of each video.
- Practice and repeating practices is vital to integrate the content of the course.
- Regular practice of guided meditations will allow you to start and deepen your personal practice.
- Engage all aspects of the program, including, lecture, practices and interactive elements to help you fully integrate these teachings.
- Quizzes will help you measure your progress and ensure that you assimilate key points of each module.

Copyright ©2016 by Rod Stryker, All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

- After each practice, complete the Sequencing Review and Mind Map Assignment to fully assimilate the theories related to *Vinyasa Krama* and to build your personal record of your experiences.
- Utilize the on-line platform forums and Q & A opportunities to share your experience and deepen your understanding.
- All of these teachings are the legacy of the sage's experiences and self-discovery; take this opportunity to connect to your own wellspring of wisdom and luminosity.

Copyright ©2016 by Rod Stryker. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

The Three Rivers of ParaYoga—The Great Wisdom Traditions

Refer to Appendix Page: page 103 "ParaYoga Invocation"

- The three wisdom traditions that are the source of ParaYoga are: *Tantra, Yoga and Ayurveda*
- Understanding the context and pool of knowledge that each of these three system contribute to will help you get the most out of your practice and expand the reach and depth of your teaching.
- *Ayurveda* is the study of establishing and maintaining mental and physical balance.
- *Yoga* is the methodology to awaken clear perception, knowledge of the Self and the world.
- The focus of *tantra* is on the cultivation of power and breaking down the apparent barriers between worldly and spiritual success. The scope of *tantra* is unique unto itself, yet incorporates both *ayurveda* and *yoga*.

Tantra : The Focus is Auspiciousness

- Definitions of *tantra*: to weave, technique, science, methodology, to have your heart touched.
- Those practices that empower you to create deeper meaning and purpose and to experience a luminous view of yourself and your world.
- *Tantra's* Goal: fulfillment (*bhoga*), accomplishment (*bhukti*), freedom (*moksha*).
- Power is necessary to be successful and achieve happiness—worldly and spiritual.

Copyright ©2016 by Rod Stryker, All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

- *Tantra's* world view:
  - Both dual and non-dual
  - The world is beautiful, everything is Divine
  - To see it, we must re-orient ourselves the way nature intended
- *Tantra* is the science of energy management:
  - there is no energy in the body that is not in the universe; there is no energy in the universe that is not in the body
- *Pranadharana*: collecting, stabilizing and directing *prana*—life-force is the essential strategy on which *Tantra* is based.
- Mastery of the life force or *prana* is the basis for the development of *asana* practice.
- Core intention of *Tantra*—embody Divinity
  - *Tantra* is a vast resource of methods and knowledge which helps you accelerate your growth and achieve your worldly and spiritual aims.

The Light of Self-Knowledge

- *Yoga* is one of the six systems of Indian philosophy, called *darshana*. The word *darshana* means, "to see," "to reflect."
- *Yoga*, above all else, is a means to see, to clearly perceive your self and the world.
- *Samkhya* is the theoretical source of *Yoga* and is another of the six *darshanas*.
- *Yoga* is a vital thread in ParaYoga, providing the foundation for integration, steadiness and discernment.
- *Yoga* points the way to how we achieve life's highest aims through the power of self knowledge.

Copyright ©2016 by Rod Stryker. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

- Power without awareness is dangerous. Awareness without power is ineffectual.
- The distinct features of *Yoga: Stirham, Stithi, Viveka, Klesha, Karma*
    - *Stirham* = Stability, refers to both physical and psychological
    - *Stithi* = Unsurpassed calm
    - *Viveka* = Discernment
    - *Klesha* = Affliction, causes of suffering
    - *Karma* = Action, destiny, fate

Ayurveda: The Grace of Balance

- *Ayurveda* is the sister science of *Yoga*.
- If the focus of *yoga* is on the interplay between energy and consciousness, the focus of *ayurveda* is on the interplay between matter (food, body and the world) and mind.
- Health is more than the absence of disease:
    - *Svasti*—to be established in your "Self"
- *Ayurveda* creates balance so you can maximize the effectiveness of your practice.
- *Ayurveda* expands your understanding of what you (or your students) may need at any given moment to thrive and how to skillfully adjust your approach to life and/or practice.
- *Vinyasa Krama* is the body of knowledge that integrates these three systems into one cohesive, systematic approach.

Copyright ©2016 by Rod Stryker, All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

Elevate Your Life and Your Practice Through *Vinyasa Krama*

- The answers to these questions will help set the stage for your study of *Vinyasa Krama*:
  - Why do you feel good at the end of a *yoga* class?
  - Should your practice change as you or your life changes?
  - Why do you feel better after some classes and less so after others?
  - If a particular practice feels good, is it good for you?
  - Why does a practice that at one time helped you feel your best, become less effective overtime?

Vinyasa Krama Defined

- *Vinyasa Krama* is the basis for the methodical approach to *yoga* practice.
- *Vinyasa Krama* is an intentional, step-by-step process/progression by which we fulfill specific intentions and by which we take into account the full spectrum of needs of the practitioner.
  - It is based on ancient, time-tested knowledge that provides guidelines for practice and lifestyle that lead to an exalted life.
- *Vinyasa Krama* = wise progression.
  - "*nyasa*," to place, arrange
  - "*krama*," to proceed, progression, order, systematic or methodical sequence
- It consists of applying two fundamental ideas:

Copyright ©2016 by Rod Stryker. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

- The What: the specific parts or techniques that will be utilized
- The How: the ordering of those parts that allow you to best achieve a particular goal

- By definition *Vinyasa Krama* must target physical, mental and spiritual realms
  - Prepare the body.
  - Prepare the mind.
  - Prepare the energetic/pranic body.
  - Touch the soul and recondition all layers of body and mind.
- Two questions are fundametal to the application of *Vinyasa Krama*:
  - *Sva Tantra*: what will I practice?
  - *Sva Dharma*: where have I been, what are my needs, where do I want to go?
- Scope of practice includes: *asana, pranayama*, meditation, visualization, cultivation of intention/feeling (*bhav*) and chanting.
- In order for your practice and/or teaching to have optimum impact, and to continuously expand your knowledge of *yoga*, you have to first understand the scope of human potential.
- This is outlined in *samkhya*—the philosophical foundation of *yoga*.

Asana & _Yoga_: The Bigger Picture

- Going forward, it will be helpful to think of *tantra*, *yoga* and *ayurveda* as a single body of knowledge.
- *Yoga* is both: a means and a state.
- *Asana* is not necessarily *yoga*.

Copyright ©2016 by Rod Stryker, All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.

- *Yoga* without its philosophical roots is just exercise.
- *Yoga* as a means is what we practice to achieve the state of freedom and fulfillment—*bhoga* and *apavarga*.
- Thus, the goals of *yoga* practice are two-fold:
    - Freedom: we practice in order to achieve the spiritual state that is free of suffering. This is *apavarga* (emancipation), whereby you disconnect from pain and its causes.
    - Fulfillment: skillfully navigate through the world while thriving in every area of life—*bhoga*.

Copyright ©2016 by Rod Stryker. All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means (electronic, photocopy, recording, or otherwise) without the prior premission of the copyright owner.