

The goal of this manual is to inspire you to practice and play on the mat.

It is through practice that you become capable.

In a practice there are elements of self-responsibility, personal motivation, and self-realization.

Yoga works.

The power of practice belongs to the individual.

It is powerful to measure up, to control your breath, to be clear and well-directed.

It is joyful to be powerful, well-organized and well-oriented.

This manual is reflective of the yoga practiced within the Katonah Yoga community.

The maps and meditations included are specific to Katonah Yoga.

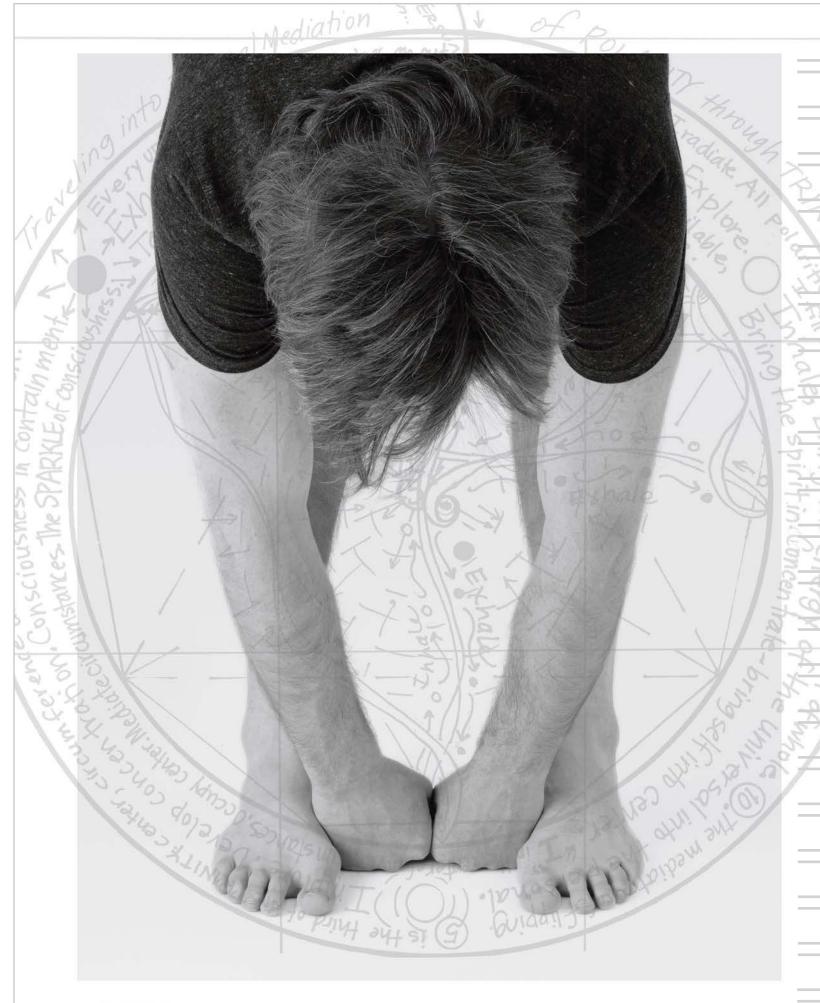
We encourage you to use different techniques and overlay them.
Use your practice to your advantage.

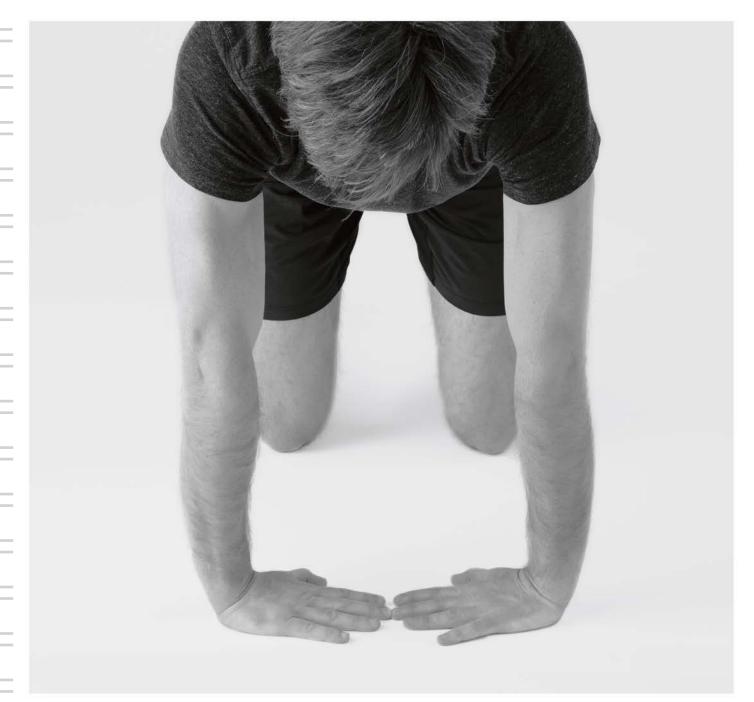


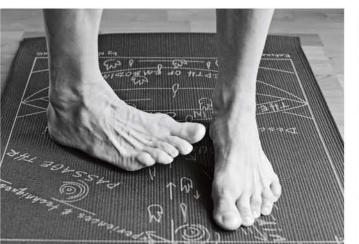






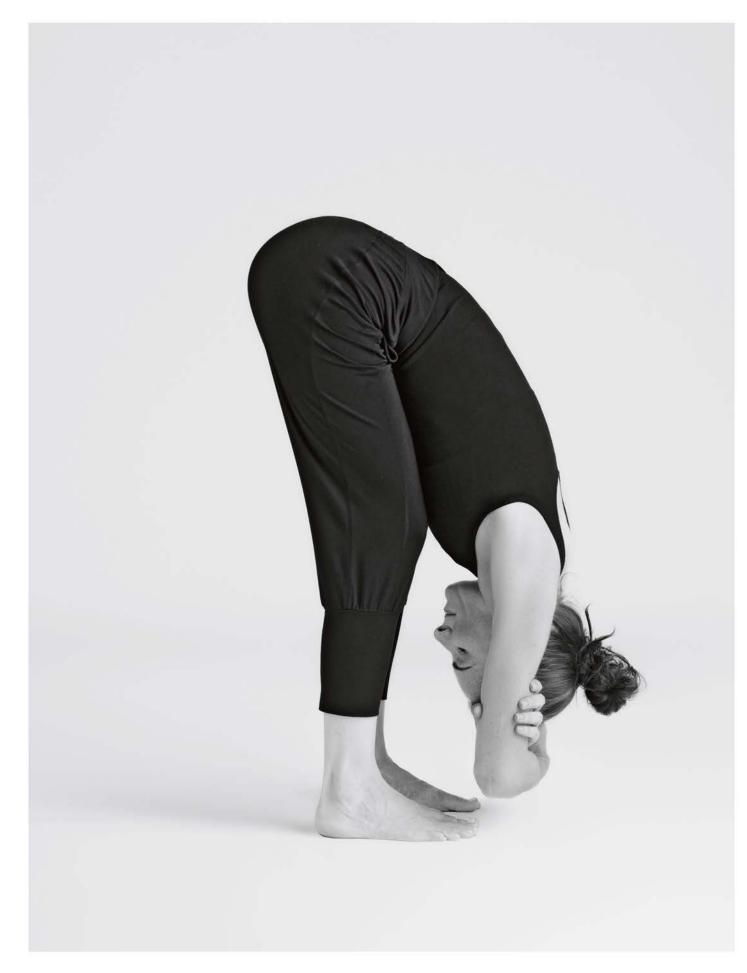








MEASURING UP









A hang is a standing forward fold.

It is superfunctional for strengthening legs, stretching the spine and taking pressure off your lower back, neck and head.

The foundation is organized through the feet.

As you hang over, folding yourself in half, keep swaying subtly back and forth on the feet.

Weight balanced in the balls of the feet pitches you forward into the potential.

Weight in the heels makes the pose more static.

The goal is to sway across the arch of the foot, developing a dynamic yet stationary posture.

Hangs are part of longevity practices—
the longer you stay with the pose, the easier it becomes
to rest and adjust your mind and breath.
Bend knees if you are tight, hang your torso
over your hips, and drop your head.

## TRAVELING KAPALABHATI THROUGH THE MAGIC SQUARE

From a Katonah Yoga Teacher Training Class, 2019 with Nevine Michaan

Kapalabhati breath belongs to a series of fire breaths. The emphasis is on quick, forceful short breaths. The muscles of the stomach and diaphragm are pumped to push the breath out the nostrils. This breath helps regulate your internal temperature, enlivening your body and mind. Traveling through the circuitry of the staircase, strengthens personal neurology. Position yourself, be formal but comfortable. Orient yourself; mouth closed, tongue on palette, hearing connecting to breathing. Guide yourself in an oceanic breath, pulled and filtered through your throat. Bring your arms up, turn your palms up.

If you know your kapalabhati breathing, if you know your Magic Square, the art of this technique is you're going to count to 100, directing the breath through a you're going to travel to room 2, which is the right hand up in the air. The third 10, which will get you to 30, will bring you around the heart. The fourth will bring you to the left hand held above you. Fifth will bring you to the middle. Sixth will bring you to the right leg. Seventh will bring you to the right armpit. Eighth will bring you to the left leg. Ninth will bring you to the third eye. And tenth will put it together.

We're going to do kapalabhati to 100 counts and your job is to follow the steps and descend the ladders, ascend the ladders, and do it all skipping through kapalabhati. If you can do 100 and you're fine then I'm 51, 50, 49, 48, 47, 46, 45, 44, 43, 42, 41, 40, 39, 38, 37, 36, going to take you backwards and do it 99, 98, 97... so that you can unravel the knot. So when you do it 1, 2, 3, 4, 5, 6, 7, 8, 9, you're going to build a Celtic knot. When you do it 9, 8, 7, 6, 5, 4, 3, 2, 1, you're going to unravel the knot. In life, you have you know how to put it together and you have to know how to take it apart.

Connect your hearing to your breathing. Remember that hearing always puts you in the dialogue of kidneys: hearing the alarms, making sure that you're safe in the center of your circumference. Breathing brings you in the dialogue of competency, the lungs. When you connect your hearing to your breathing, you connect your competency to your stability, your ability to your stability.

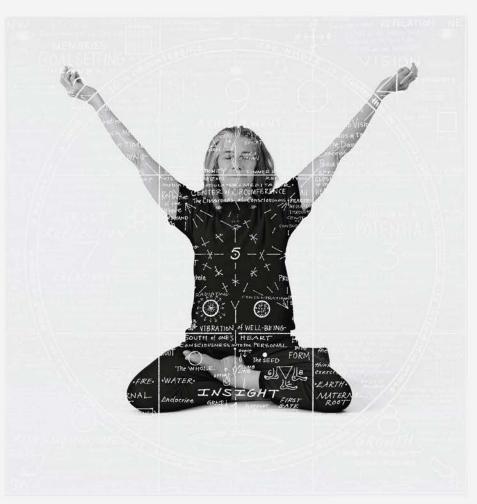
When you're ready, take a nice deep breath in. Exhale completely and then start to count. So it's out, out, out, out, out, out, out, out. 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, neurological circuit. The first 10 kapalabhatis, you want 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 1, 2, 3, 4, 5, 6, 7, 8, to travel down to room 1. The second 10 kapalabhatis, 9, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 1, 2, 3, 4, 5, 6, 7, 8, 9, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 2, 3, 4, 5, 6, 7, 8, 9, 80, 81, 2, 3, 4, 5, 6, 7, 8, 9, 90. Pop it through, 91, 2, 3, 4, 5, 6, 7, 8, 9, 100.

> Take a nice a deep breath. Hold your breath then exhale nice and easy. Keep your arms up if you can and now, again, nice deep breath. You're starting from above. Exhale. Inhale again. And then, when you're ready, we're going to go from 100 down. 99, 98, 97, 96, 95, 94, 93, 92, 91, 90, 89, 88, 87, 86, 85, 84, 83, 82, 81, 80, 79, 78, 77, 76, 75, 74, 73, 72, 71, 70, 69, 68, 67, 66, 65, 64, 63, 62, 61, 60, 59, 58, 57, 56, 55, 54, 53, 52, 35, 34, 33, 32, 31, 30, 29, 28, 27, 26, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

## TRAVELING THE MASTER STAIRCASE

Take a deep breath. Hold it with a pregnant pause. If comfortable, take three more quick inhalations. Hold your breath, building heat and attention. When you are ready to exhale, use your imagination and direct your breath out through the top of your head; popping the cork, letting the genie out of the bottle. Descend your arms, allow the grace to descend.

As you inhale, let your fires rise. As you exhale, let your waters descend. As you inhale, make your efforts. As you exhale, be graceful.

































FITTING THE THIRD HAND

