

Nāḍi Śodhana – 2nd Series (Sheet 1)

DRṢṬĪ												
UJJĀYĪ	in 5x ex	ex 5x	in 5x ex	in 5x ex	in 5x ex	ex 5x	in 5x ex	ex 5x in	ex 5x	in	ex 5x	in 5x ex
VINYĀSA	7(8)	8(15)	5	6	5	6(8)	9	8	8	9	8	9
	Pāśāsana	Krouncāsana	Śalabhāsana A B	Bhekāsana	Dhanurāsana	Pārśva 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												
UJJĀYĪ	ex in	ex 5x * 5x in	in 5x	in ex 5x	ex 5x in	ex 5x in	in	ex 5x	in	in 5x	ex 5x	ex 5x
VINYĀSA	8	9	7	7	8(14)	8(14)	7(14)	8(15)	10(17)	7	8	8
	Supta Vajrāsana	Bakāsana A B	Bharadvājāsana	Ardha Matsyendrāsana	Ekapāda Śīrṣāsana	Dvi Pāda Śīrṣāsana A + B	Yoga-Nidrāsana					

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

DRṢṬĪ														
UJJĀYĪ	in 5x	ex 5x	5x	ex 5x	in 5x	in 5x	in	in	ex	in 5x ex	in	ex	in ex 5x	
VINYĀSA	7	8	9	8	8	9	10	3	4	5	6	7	4	
	Tīṭṭibhāsana A B C	Pinca Mayūrāsana	Karāṇḍāvāsana	Mayūrāsana	Nakrāsana									



Nāḍi Śodhana – 2nd Series (Sheet 2)

DRṢṬI 3rd eye	nose	3. eye	navel	up	up	nose	up	nose	up	side
UJJĀYI in	ex	in	ex	in 5x ex	ex 5x in	ex 5x	in 5x ex	in ex	in ex	in ex 5x ex
VINYĀSA 3	4(9)	5(10)	6(11)	7(12)	...	8(15)	9(16)	...	8(15)	9(16)
Vātāyānāsana				Parighāsana		Gomukhāsana A + B		Supta Ūrdhva Pāda Vajrāsana		

DRṢṬI nose	nose	nose	nose	nose	nose	nose	3. eye	nose	foot	
UJJĀYI in 5x	in 5x	in 5x	in 5x	in 5x	in 5x	in 5x	in 5x ex	in ex	ex 5-10x	
VINYĀSA 8	8	8	...	8	8	8	8	...	9	
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 & Chakrāsana

DRṢṬI nose	nose	nose	3. eye	navel	nose
UJJĀYI in ex	in	ex	in	ex	in ex in
VINYĀSA x	x	x	x	x	x
DRṢṬI nose	nose	nose	3. eye	navel	nose
UJJĀYI ex	in ex	in ex	in	ex	in ex in
VINYĀSA 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.

