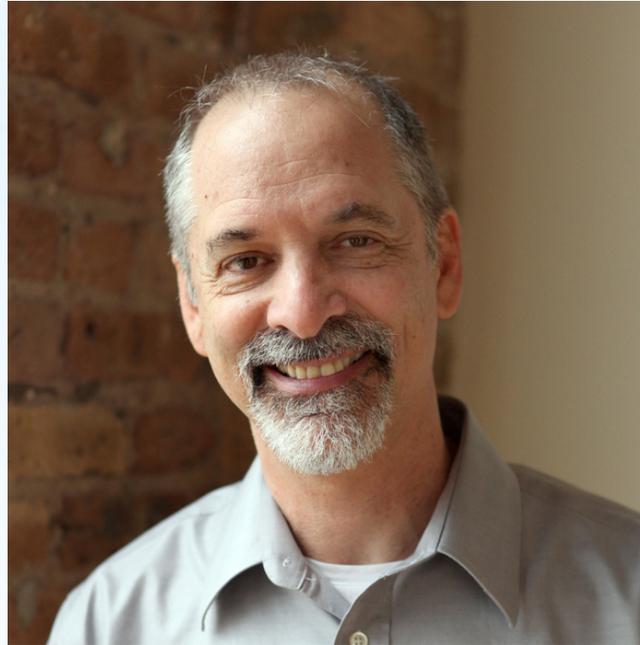




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A Short
Yoga Therapy
Sequence
for
Depression

A Master Class with Gary Kraftsova

Śavāsana

After familiarizing yourself with the steps below, Gary recommends keeping your eyes closed throughout this practice.

- ▶ Turn palms up.
- ▶ Take a moment to pay attention to your habits of thought.
- ▶ Try to come to a state of relaxed, alert, mindful present awareness.
- ▶ Link attention to sensation.
- ▶ Feel the vibratory quality of the peripheral nervous system tingling in the bottoms of your feet and toes, and in your hands and fingers.
- ▶ Notice your energy level. This practice is designed to influence it.
- ▶ Turn palms down.
- ▶ Bring attention to tip of nose.
- ▶ Intentionally and progressively deepen the inhalation and lengthen the exhalation.
- ▶ Movement occurs through the medium of the breath. If the breath is six seconds long, the movement happens through that six seconds for every posture.
- ▶ Inhale 4 counts as you flex both ankles simultaneously.
- ▶ Exhale 4 counts as you relax both ankles simultaneously.
- ▶ Repeat (4 count inhalation and exhalation).
- ▶ Increase inhalation to 5 counts, raise both arms as you flex both ankles.
- ▶ At the end of the inhalation, retain your breath (and the pose) for 2 seconds, stretching from your fingertips to your heels.
- ▶ Exhale (5 counts) as you lower your arms and relax your ankles.
- ▶ Repeat (5 count inhalation, 2 count pause, 5 count exhalation).
- ▶ Last round: Inhale 6 counts as you raise both arms and flex both ankles.
- ▶ At the end of the inhalation, retain your breath (and hold the pose) for 4 seconds.
- ▶ Exhale 6 counts as you lower your arms and relax your ankles.
- ▶ Repeat (6 count inhalation, 4 count pause, 6 count exhalation).
- ▶ Check in; feel shift in energy.

Dvipada pīṭham

- ▶ Bend knees, place feet close to your sit bones, sit-bone-width apart.
- ▶ Inhale, then exhale fully.
- ▶ Inhale 5 counts, press into feet and lift pelvis.
- ▶ Exhale 5 counts as you unwind your spine and lower your pelvis.
- ▶ Repeat twice more.
- ▶ Inhale 5 counts as you lift pelvis up, simultaneously stretching your arms overhead to the floor behind you.
- ▶ Pause one or two seconds.
- ▶ Exhale 5 counts as you lower arms and spine, sacrum and palms touching the floor simultaneously.
- ▶ Pause.
- ▶ Roll to side, stand on your knees.

Vajrāsana

- ▶ Inhale, exhale fully.
- ▶ Inhale and sweep arms wide, out to side, overhead.
- ▶ Exhale 4 counts, bend forward, tightening belly, rounding lower back, sweeping palms behind you, backs of the hands on the sacrum, forehead on floor.
- ▶ Inhale 4 counts, leading with chest, sweep arms out wide, rise up to standing on knees.
- ▶ Repeat one time.
- ▶ Inhale 4 counts, leading with chest, sweep arms out wide, rise up to standing on knees.
- ▶ As you exhale 4 counts, bend forward, bringing arms straight down in front, ending with palms, elbows and forehead on the floor, hips resting on heels.

Vajrāsana variation

- ▶ Stand on knees, bend forward, take arms out in front of you—palms and forehead on floor.
- ▶ Pause.
- ▶ Inhale, come forward onto hands for cakrāsvakāsana; shoulders down, scapula back.
- ▶ Exhale, tighten belly, round low back, bend elbows, forehead to floor.
- ▶ Inhale, lift chest and raise arms, back to standing on knees.
- ▶ Repeat Vajrāsana variation (5 count):
 - ▶ Exhale down 5 counts, lowering palms, elbows and forehead to the floor.
 - ▶ Inhale 5 counts, come forward into cakrāsvakāsana.
 - ▶ Exhale 5 counts, round back to child's pose.
 - ▶ Inhale 5 counts, come up to standing on knees.
- ▶ Last round, 6 counts:
 - ▶ Exhale down 6.
 - ▶ Inhale forward 6.
 - ▶ Exhale back 6.
- ▶ Rest in child's pose.