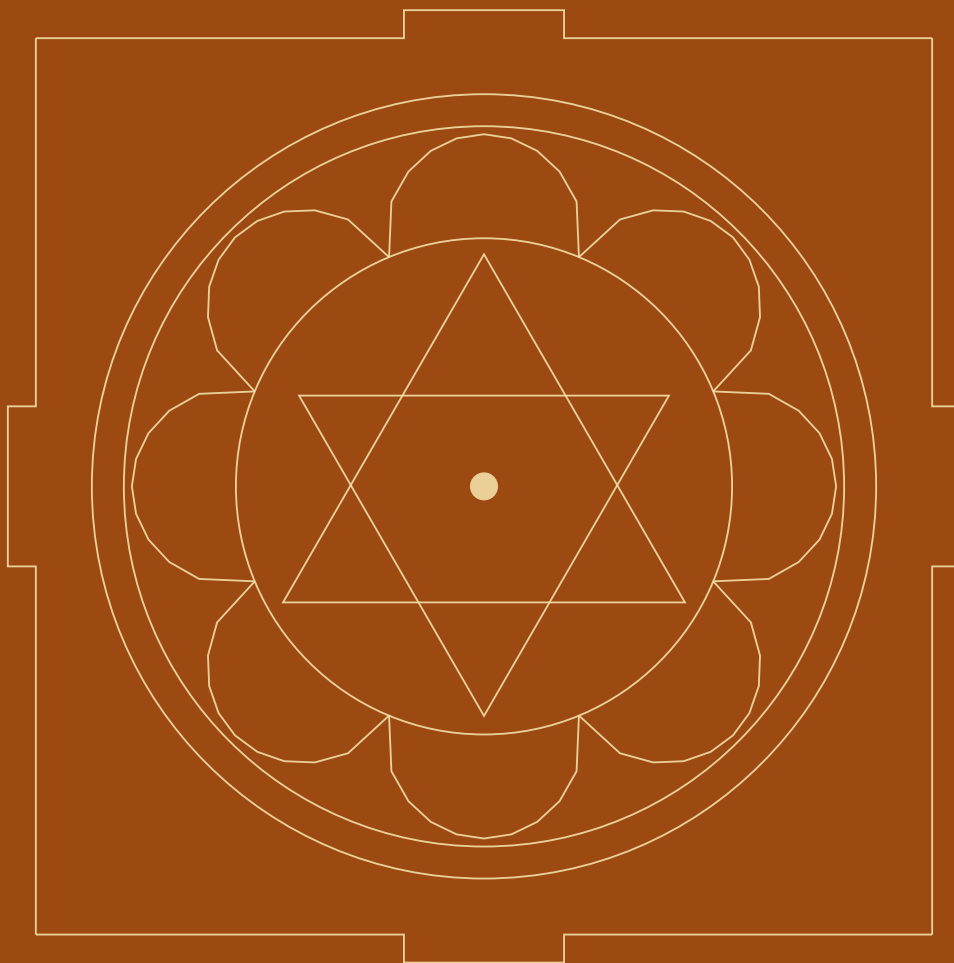


PRACTICE

Level 2 — Deepen Your Practice: 12 Weeks

Longer holds, sun salutations A and B, prepared inversions, the bandhas, nāḍī śodhana in 1:2, twenty minutes of meditation and twelve sūtras to live



योग

yoga

YOGIDE

Free sample

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teacher or medical advice. Questions: administration@lacangel.fr

Before you begin

You have a practice. You can follow a sun salutation without looking at a screen, you know a handful of postures by their Sanskrit names, you breathe through the nose, you rest at the end. Perhaps you finished *Begin Yoga at Home: 30 Days*, perhaps you learnt elsewhere. And now a question comes: what next?

The answer of the fitness world is "harder". The answer of the Indian tradition is different: **deeper**. Hold longer, breathe slower, sit longer, understand more. Add a few new shapes, yes, the first inversions and arm balances, but always prepared, always with their counter-poses, never at the cost of the breath. This book is that answer, written as a twelve-week programme you can follow at home, in sessions of 35 to 60 minutes.

Why "Level 2", and why these words

Patañjali does not grade students by flexibility. In the *Yoga Sūtra* he speaks of the intensity of their commitment:

Yoga Sūtra 1.21-22

· तीव्रसंवेगानामासन्नः ॥ मृदुमध्याधिमात्रत्वात्ततोऽपि विशेषः ॥ *tivrasaṁvegānām āsannaḥ / mṛdumadhyādhimātratvāt tato 'pi viśeṣaḥ* "For those whose ardour is intense, it is near. Even then there is a difference, according to whether it is mild, medium or intense." (Our translation.)

Mṛdu, mild; madhya, medium; adhimātra, intense. Yogide names its three levels after these three words: Level 1 is mṛdu, the gentle foundations; Level 2 is madhya, the middle path of deepening; Level 3 is adhimātra, autonomous practice for life. This is our way of naming the levels, inspired by the sūtra; Patañjali himself is speaking of ardour, not of a curriculum. That is precisely the point: your level is measured by your regularity, your breath, your attention and your understanding, not by how far you bend.

What you will be able to do after twelve weeks

- Hold standing postures for eight to ten steady breaths, with ujjāyī.
- Practise the sun salutations A and B in their stepping form, at the pace of the breath.
- Come safely into legs-up-the-wall, a half shoulderstand at the wall, the dolphin and the first lift of the crane (crow), and know when not to.
- Practise nāḍī śodhana in a 1:2 ratio for ten minutes, without retention.
- Know the three bandhas as movements, and the precautions that go with them.
- Sit in meditation for twenty minutes.
- Read, recite and live twelve sūtras of Patañjali.
- Build and lead yourself through a complete sixty-minute session.

Read this before you start.

This programme is for healthy adults who already practise regularly. It is not medical advice. Ask your doctor before starting if you are pregnant, have high or low blood pressure, heart disease, glaucoma or another eye condition, osteoporosis, a neck or back injury, a hernia, epilepsy, or have had surgery in the past six months. The inversions of weeks 7 to 9 and the bandhas of Chapter 8 have their own contraindications, given where they appear: read them every time. Stop at once and seek help if you feel chest pain, sudden breathlessness, faintness, a sudden severe headache, or pain that is sharp, shooting or spreading. In an emergency, call 911 in the United States and Canada, 999 or 112 in the United Kingdom, 112 in the European Union and in India.

How this book is laid out

Chapters 1 and 2 take stock and set the rules. Chapters 3 to 6 are the twelve weeks, block by block, with every session written out. Chapters 7, 8 and 9 are the three "inner" strands that run through all twelve weeks: breath, bandhas, meditation. Chapter 10 gives twelve sūtras to live, one a week from week 2 (two in the last week). Chapter 11 is the self-assessment at the end. Keep a pencil nearby: the book is made to be written in.

Chapter 1. Where you are: the Level 1 review

The prerequisites

Level 2 builds on Level 1. Before starting, tick honestly what is already true for you. If four or more boxes stay empty, spend two to four more weeks on a Level 1 programme first: it is not a step back, it is the ground.

- ☐ I have practised at least three times a week for the past two months.
- ☐ I can follow a sun salutation (twelve positions) from memory, three rounds in a row, breathing through the nose.
- ☐ I can hold warrior II, triangle and tree for five breaths each side without losing my balance or my breath.
- ☐ I know the difference between effort and pain, and I stop at pain.
- ☐ I practise at least one breathing technique (full yogic breath, alternate nostril breathing or bhrāmārī) and know its precautions.
- ☐ I can sit still for five minutes.
- ☐ I end every session with śavāsana.
- ☐ I know which of my joints need care (knees, wrists, lower back, neck) and how to adapt.

The test session (30 minutes)

On the day before Week 1, practise this session and note what you observe. You will practise it again at the end of Week 12 (Chapter 11) and compare.

Minutes	Practice	What to note
0-3	Sit, observe the breath; count breaths per minute	breaths per minute
3-9	Sun salutation, 3 rounds, at the pace of the breath	was the breath even?
9-15	Warrior II, triangle, tree: 5 breaths each side	which side was harder?
15-19	Cobra 5 breaths; child's pose; seated forward bend 8 breaths	where did you stop?
19-21	Lying twist, 5 breaths each side	
21-25	Alternate nostril breathing, 1:1, 4 counts	how many rounds without strain?
25-30	Śavāsana	

My test session, day 0:

Breaths per minute at rest:

The posture where I felt most steady:

The posture where I felt least steady:

Rounds of nāḍī śodhana without strain:

What I hope to deepen in twelve weeks:

End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

The full book has 41 pages.

Get it here: <https://yogide.com/>

One-time payment, instant PDF.