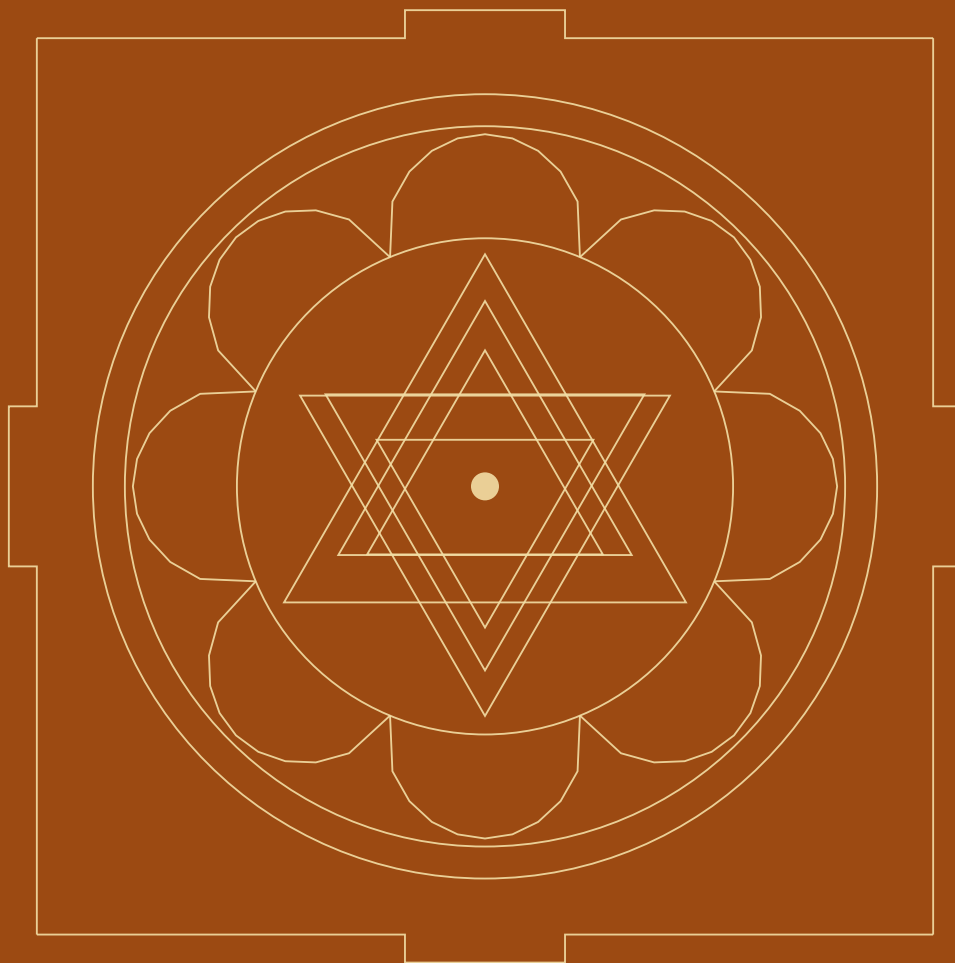


PRACTICE

Level 3 — Your Own Practice: Building a Lifelong Sadhana

Build your own sessions, adapt them to seasons, age and energy, add a short retention, japa and longer sitting, keep a journal for life, and know when to seek a teacher



योग

yoga

YOGIDE

Free sample

For the personal use of the buyer; sharing or reselling is not allowed. This book informs and does not replace a qualified

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

Before you begin

At Level 1 you learnt the shapes and the breath. At Level 2 you deepened them, following sessions written for you. Level 3 is a different kind of step. There is no new set of postures to collect. What changes is who decides. From now on, the sessions are yours: you build them, you adapt them to the day, the season and the decade of your life, and you keep them going for years.

The tradition has a word for this: *sādhana* (साधना), the daily practice that leads somewhere. It also has a word for the quality it asks of you: *svādhyāya* (स्वाध्याय), study of the texts and study of oneself. This book is a manual for both. It gives you the logic of a session, four master sessions to start from, the rules for adapting them, the next steps in breath, mantra and meditation, a journal designed to last a lifetime, and the honest signs that it is time to look for a teacher.

The third word: *adhimātra*

In the Yoga Sūtra, Patañjali distinguishes practitioners by the intensity of their commitment: mild, medium and intense, *mṛdu*, *madhya* and *adhimātra* (1.21-22). Yogide uses these words to name its three levels; this is our way of naming them, and Patañjali is speaking of ardour, not of a curriculum. *Adhimātra* does not mean harder postures. It means a practice that has become a steady, deliberate part of life, chosen every day.

Yoga Sūtra 1.21

· तीव्रसंवेगानामासन्नः ॥ *tīvrasaṃvegānām āsannaḥ* "For those whose ardour is intense, it is near." (Our translation.)

Who this book is for

- Practitioners who have followed a structured programme for at least a year (for example Begin Yoga at Home: 30 Days and Level 2 — Deepen Your Practice: 12 Weeks) and want to practise without a book open on the mat.
- Those who scored 17 or more on the twelve-question self-assessment of Level 2, or who recognise themselves in the description of Chapter 1.
- Students back from a teacher training who want to keep a personal practice alive.
- Anyone who has practised for years in classes and wants a practice of their own at home.

Read this before you start.

This book introduces a short inner breath retention (Chapter 6) and the throat lock with retention. Do not practise breath retention, forceful breathing (*kapālabhāti*, *bhastrikā*) or head-down postures if you are pregnant, have high blood pressure, heart disease, glaucoma or a detached retina, epilepsy, a

hernia, or have had recent surgery, without your doctor's agreement. Learn the headstand, the full shoulderstand and any long retention with a qualified teacher. Stop at once and seek help if you feel chest pain, sudden breathlessness, faintness or a sudden severe headache. 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.

Chapter 1. Svādhyāya on the mat: practising without a teacher beside you

The word

Svādhyāya is built from sva, one's own, and adhyāya, study, lesson, recitation. In its oldest sense it is the recitation of one's own Vedic text, learnt by heart. Patañjali places it among the observances (Yoga Sūtra 2.32) and in the yoga of action:

Yoga Sūtra 2.1

· तपःस्वाध्यायेश्वरप्रणिधानानि क्रियायोगः ॥ tapaḥsvādhyāyeśvarapraṇidhānāni kriyāyogaḥ "Discipline, study and devotion to the Lord are the yoga of action." (Our translation.)

Modern teachers often extend the word to the study of oneself. Both senses meet on the mat: you read a text, and you read your body, your breath and your mind as carefully as a text.

What changes when you practise alone

In a class, someone else chooses for you: the order, the pace, the length of the holds, when to rest. At home, every one of these choices becomes yours. This is the freedom of Level 3, and its danger. The common drifts are well known:

Drift	What it looks like	The remedy
Comfort	only the postures you like, always the same	one family you avoid, every week (Chapter 3)
Ambition	always a little further, until something hurts	the rule of the breath and the rule of the counter-pose
Dispersal	a new method every month	one master session for at least a month (Chapter 4)
Erosion	shorter and shorter, then nothing	a minimum fixed in advance
Isolation	no one sees your practice for years	a class or a teacher a few times a year (Chapter 11)

The three questions of the day

Before every session, sit for one minute and ask:

1. **How is my body today?** Stiff, rested, tired, in pain somewhere?
2. **How is my energy?** Heavy, scattered, calm, agitated?
3. **How much time do I really have?**

Then choose your session from Chapter 4 and adapt it with Chapter 5. After the session, write one line in

your journal (Chapter 9). This small loop, ask, choose, practise, note, is the whole method of the book.

A self-portrait to start

Write honestly. You will reread this page in a year.

How long I have practised, and how:

What my practice gives me today:

What it does not give me yet:

What I avoid on the mat:

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 38 pages.

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

One-time payment, instant PDF.