



# ASANA 103: SEQUENCING

naadayoga

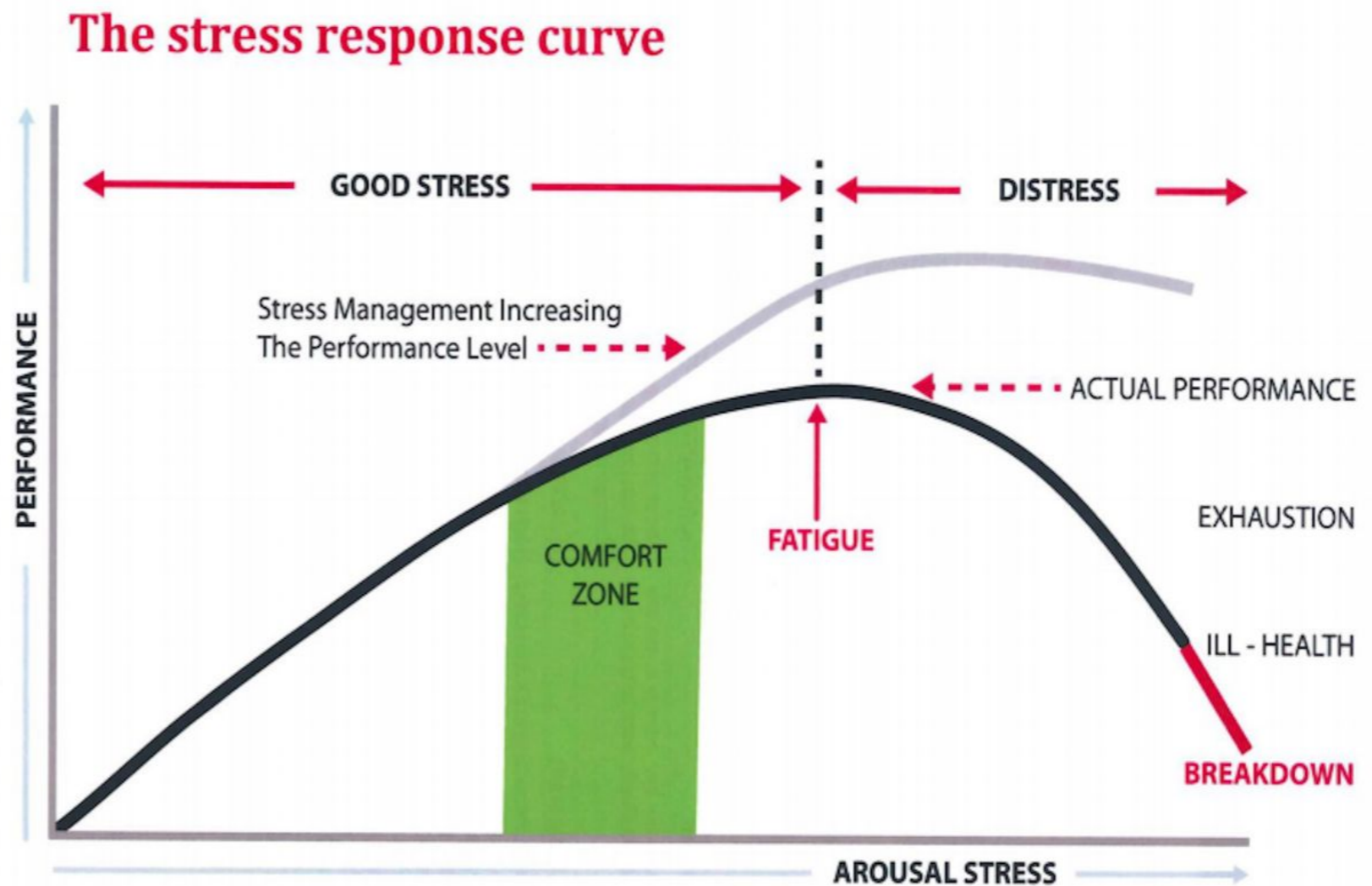
“Remember, it doesn’t matter how deep into a posture you go  
- what does matter is who you are when you get there.”

~ Max Strom



# What are we doing in asanas?

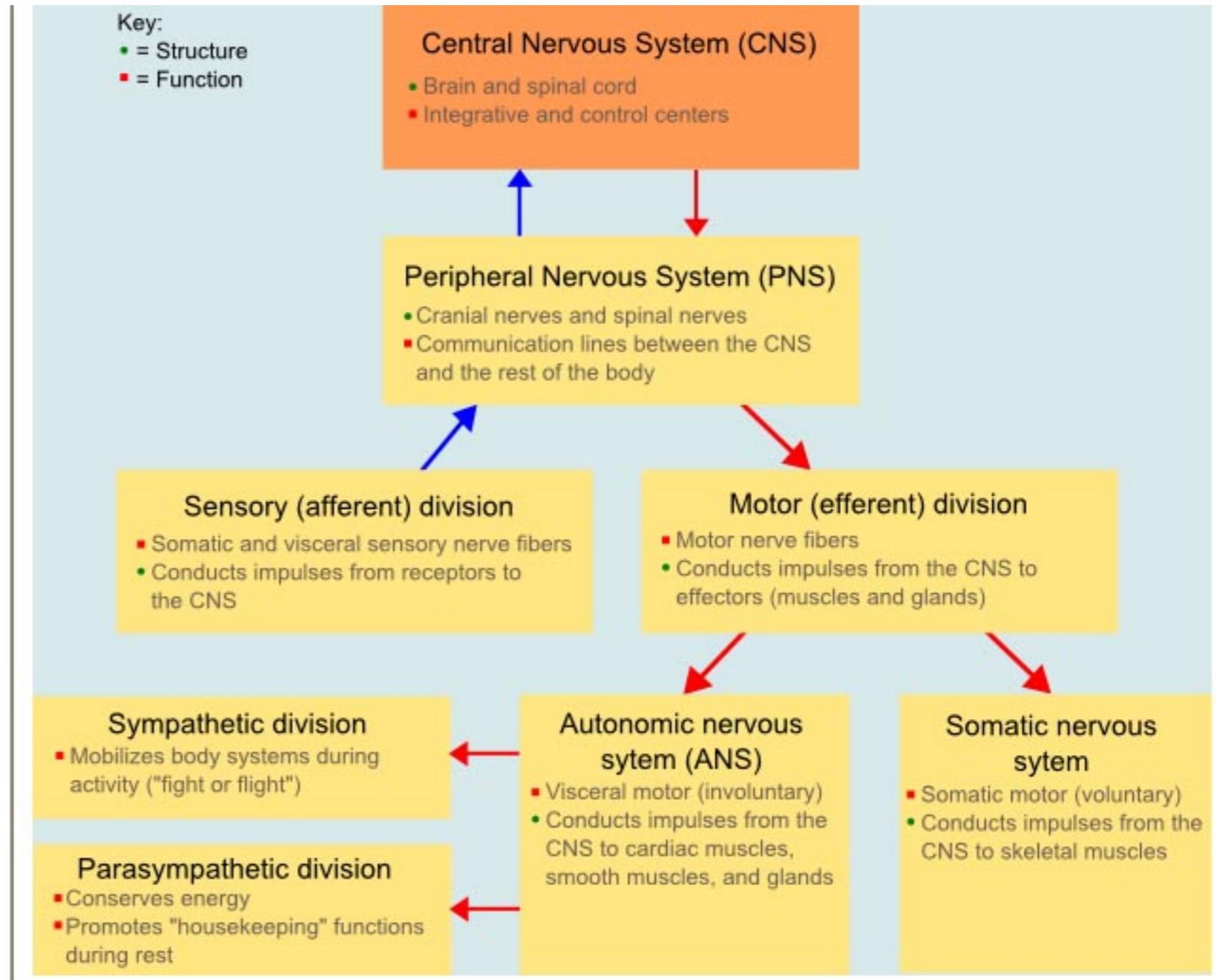
- Engaging and challenging positive stress and awakening those thresholds
- Enhancing stretch tolerance and modifying stress response
- Observing ahimsa (non-harm) and satya (truth)

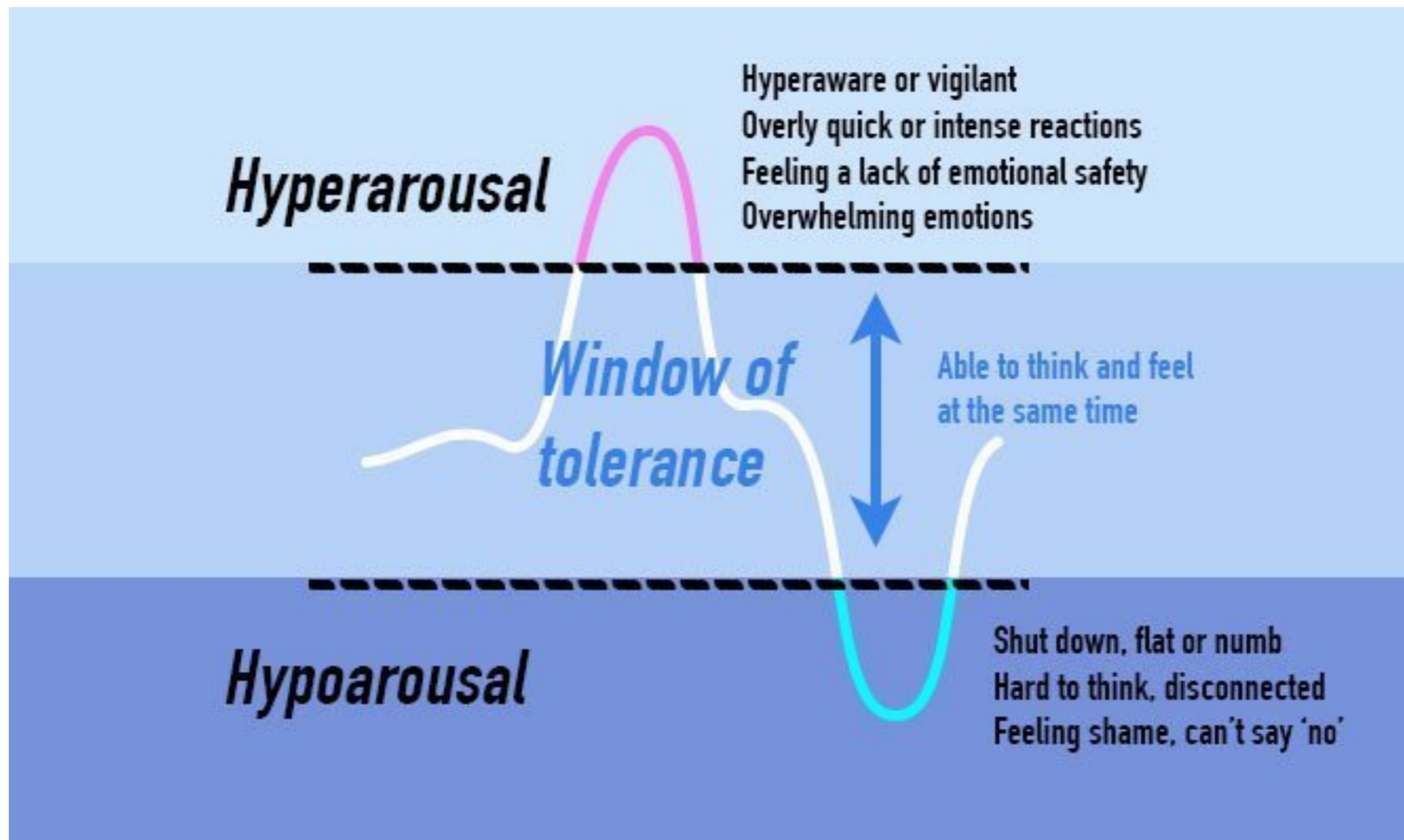


Adapted from Nixon P, Practitioner, 1979

# What are we doing in asanas?

- Hatha Yoga is a delivery system of applying (ideally) positive stress.
- Takes advantage of tapping into our parasympathetic pathway (discharge) while also engaging the physical body ('controlled stimulation' / charge).





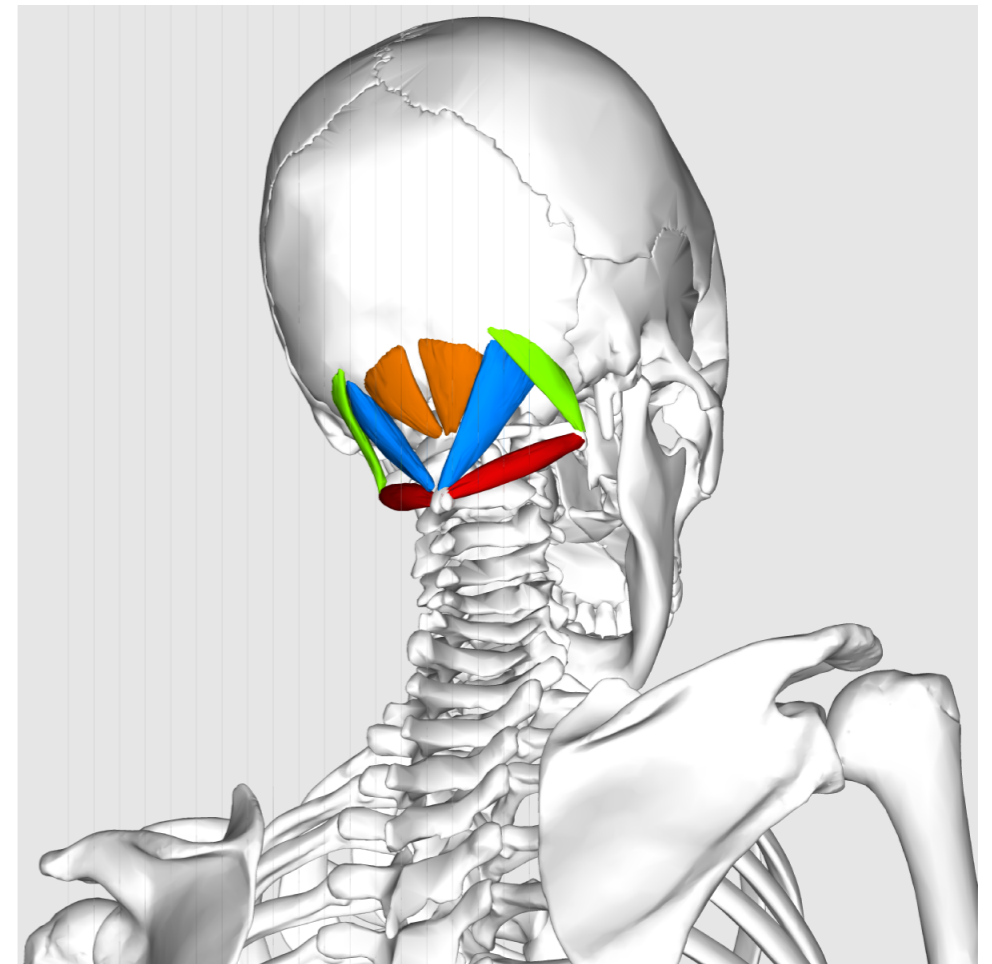
\*\*conditioning our window of tolerance to stress and freeze states through up regulation and down regulation tools

# C1/C2 and Vagus Nerve

- C1/C2 connected to health of ANS
- Eye movements connected to sub occipital muscles and create subtle shifts in C1/C2 alignment (affecting blood flow to vertebral artery and vagus nerve)
- “resets” ventral vagus nerve

## **Eye Movement Exercise**

- Hands to head / open elbows / eyes look right and left with holds and breath
- Yawning or sighing impulses are good signs



# What are we doing in asanas?

- Playing with elements of **tension and compression**
  - Learning sensations
- Enhancing kinaesthetic skills, awareness, and overall biomechanics (including neuroplasticity)
- Flexibility versus mobility?
- Know the **WHY?!?**
- Risk to benefit ratio
- Functional movement integration
  - Dissociation versus globalization
  - Segmentation (vertebral column)
- “Organic play, exploration, and energy movement”