

Invocation and Introduction to the day: 10 minutes

**Chale vāte chalaṃ chittaṃ niśchale niśchalaṃ bhavet**

*“When breath moves, the mind moves; when breath is still, the mind is still”*  
*Hatha Yoga Pradīpikā (Ch.II V2)*

Section 1. 30 minutes

Taught supine poses. EL Leader chooses a small selection of supine poses and teaches the whole group to introduce the theme of Prānāyāma

Section 2. 30 minutes.

Working in small groups. Divide the group into 3s or 4's EL leader chooses a category (Sthiti) of āsanās (standings, seated, twists, forward bends, backbends, inversions) for each group who then choose a pose from that category; considering how this and other āsanās from the chosen category can contribute to the practice of Prānāyāma.

Section 3. 50 minutes

Reconvene as a whole group to share ideas. Each small group can present to or instruct the whole group, showing how the chosen āsanās are relevant to Prānāyāma. This should be done in a practical way and where necessary, the EL Day leader elaborates or provides feedback on the themes covered.

Short Break: 15mins

## Section 4. 25 minutes

Working in new small groups.

The EL leader chooses one or more Patañjali Yoga Sūtra from the list provided for small groups to discuss.

(See appendix 1 page 5-7 in this document: for a selection of yoga sūtra and translations provided)

Alternatively, leaders may choose other sūtras, to inspire discussion on Prānāyāma, and the values and principles that underpin yoga. Such as the ethical principle of Ahimsā: non-violence.

## Section 5. 20 minutes

Come together as a whole group to share. Then consider the question:

**Q: How does Equality connect to yoga?**

Discussion facilitated by the EL Leader, to bring out contributions from the group.

## Lunch: 50 minutes

## Section 6. 10 minutes

Consider and discuss the cautions to observe when learning and practicing Prānāyāma. Ref, Light on Prānāyāma page 53

## Section 7. 30 minutes

Leader shows 3 or 4 options for Savasana 2. Ref; Light on Prānāyāma.

Leader teaches Ujjayi 1-4 with specific reference to Prashant's "Preliminaries of Prānāyāma"

## Section 8. 60 mins

Leader teaches Prānāyāma techniques of choice. Can include digital pranayama if appropriate, seated positions and Jālandhara Bandha.

## Savasana 10 mins

## Section 9. 20 minutes

Reflections in pairs or 3's on the day's work, share some impressions or insights to take home and integrate into our own practice.

EL facilitator circulates, collecting contributions from the small groups to feedback in the whole group

EL Day Ends....

## Appendix 1:

Patañjali Yoga Sūtra to support discussion on Prānāyāma, and the values and principles that underpin yoga:

### **1:33 maitrī-karuṇā-muditopekṣāṇām sukha-duḥkha-puṇyāpuṇya-viṣayāṇām bhāvanātaś citta-prasādanam**

*“Through cultivation of friendliness, compassion, joy and indifference to pleasure and pain, virtue or vice respectively, the consciousness becomes favorably disposed, serene and benevolent”*

(LOY Yoga Sutras of Patanjali BKS Iyengar)

*“By cultivating an attitude of friendship towards those who are happy, compassion towards those in distress, joy towards those who are virtuous. and equanimity toward those who are non-virtuous, lucidity arises in the mind”*

(The Yoga Sutras of Patanjali Edwin Bryant)

### **II:33. vitarka-bādhane pratipakṣa-bhāvanam**

*“Vitarka, negative thoughts; bādhane, on the harassing of: pratipakṣa, the opposite, bhāvanam, cultivation. Upon being harassed by negative thoughts, one should cultivate counteracting thoughts”*

(The Yoga Sutras of Patanjali Edwin Bryant)

*“Principles which run contrary to yama and niyama are to be countered with the knowledge of discrimination. The internal measuring and balancing process which we call pakṣa and pratipakṣa is in some respects the key to why yoga practice actually work, why it has mechanical power to revolutionize our whole being”*

(LOY Sutras of Patanjali BKS Iyengar)

**II:34 vitarkā hiṃsādayaḥ kṛta-kāritanumoditā lobha-krodha-moha-pūrvakā  
mr̥du-madhyādhī-mātrā duḥkhajñānata-phalā iti pratipakṣa-bhāvanam**

*“Uncertain knowledge giving rise to violence, whether done directly or indirectly, or condoned, is caused by greed, anger or delusion in mild, moderate or intense degree. It results in endless pain and ignorance. Through introspection comes the end of pain and ignorance”*

(LOY Sutras of Patanjali BKS Iyengar)

*“Negative thoughts are violence, etc. They may be (personally) performed, performed on one’s behalf by another, or authorized by oneself; they may be triggered by greed, anger, or delusion; and they may be slight, moderate or extreme in intensity. One should cultivate counteracting thoughts, namely, that the end results (of negative thoughts) are ongoing suffering and ignorance”*

(The Yoga Sutras of Patanjali Edwin Bryant)

**II:35 ahimsā-pratiṣṭhāyāṃ tat-sannidhau vaira-tyāgaḥ**

*“When non-violence in speech, thought and action is established, one’s aggressive nature is relinquished and others abandon hostility in one’s presence”*

(LOY Sutras of Patanjali BKS Iyengar)

*“In the presence of one who is established in nonviolence, enmity is abandoned  
(The Yoga Sutras of Patanjali Edwin Bryant)*

**II:49 tasmin sati śvāsa-prāśvasayor gati-vicchedah prānāyāmah**

*“Prānāyāma is the regulation of the incoming and the outgoing flow of breath with retention. It is to be practiced only after perfection in āsana has been attained ”*

(LOY Sutras of Patanjali BKS Iyengar)

*“When that (asāna) is accomplished, Prānāyāma, breath control (follows. This consists of the regulation of the incoming and outgoing breaths”*

(The Yoga Sutras of Patanjali Edwin Bryant)

## **II:50 bāhyābhyantara-stambha-vrttir deśa-kala-samkhyabhih paridrṣṭo dirgha-sūkṣmah**

*“Prānāyāma has three movements, prolonged and fine inhalation, exhalation and retention; all regulated with precision according to duration and place”*

(LOY Sutras of Patanjali BKS Iyengar)

*“Prānāyāma manifests as external, internal, and restrained movements(of breath). These are drawn out and subtle in accordance to place, time and number”*

(The Yoga Sutras of Patanjali Edwin Bryant)

## **III:24 maitry-ādiṣu balāni**

*He gains moral and emotional strength by perfecting friendliness and other virtues towards one and all*

(LOY Sutras of Patanjali BKS Iyengar)

## **III:23 maitry-ādiṣu balāni**

*By samyama on friendliness and such things, strengths are acquired.*

(The Yoga Sutras of Patanjali Edwin Bryant)

## Other References and Resources

RIMYI YouTube channel, Abhijata Iyengar's talk on annual day celebrations

Light on Prānāyāma BKS Iyengar

Light on The Yoga Sutras of Patanjali: BKS Iyengar

Yoga Sutras of Patanjali: Edwin Bryant

Preliminaries of Prānāyāma Prashant Iyengar

Astadala Yogamala Volume 1 – 8 (Index to all articles is in Volume 8)

Hatha Yoga Pradipika: Swami Muktibodhananda

Bhagavad Gita Winthrop Sargent Translation

PD programmes for 2006 and 2015

Yoga Rahasya volume 32, 2026 page 15

The Yoga Sutras on Pranayama by Gita Iyengar