



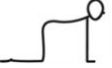



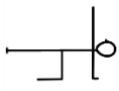

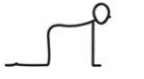

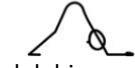













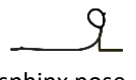
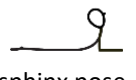
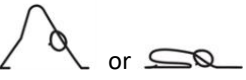
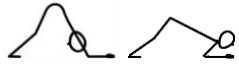





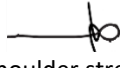

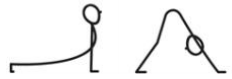
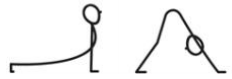
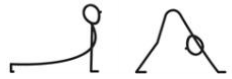




**Franziska's notes of the
200 h YTT with Rae Indigo
Part 2: The Anatomy of Consciousness**

**2016 Zürich
Morning Practice Day 2
Balanced Flow**

1	 staff pose circle your ankles both ways	 butt walk	 core cross ankles and hold both ways	 boat pose extend legs out		
2		 press up to down dog		 half moon on knees		
3	 cobra hood back tuck chin / round like the hood of the cobra / flip over toes	 wide armed push ups hold on different levels	 dolphin pose	 cobra hood forward tuck chin / round spine / let hips drop through	 cobra pose turn toes to left, look over left shoulder 2 x each side	 cobra hood forward tuck chin / round spine / let hips drop through
4	 dow dog	 pyramid activate core press hands into the floor	 foot outside hand	 extended side angle	 micro movements	 plank pose
 half splits	 sphinx pose	 frog pose	 sphinx pose	 sphinx pose	 sphinx pose	
5	 dow dog or child pose	 dolphin push ups elbows narrow moving for and back	 plank on forearms shifting for and back	 shoulder stretch start on stomach roll over, sacrum facing up	 shoulder stretch start on stomach roll over, sacrum facing up	 shoulder stretch start on stomach roll over, sacrum facing up
 finger stance fists face down	 shoulder stretch	 finger stance	 cobra hood to down dog	 cobra hood to down dog	 cobra hood to down dog	

6

down dog

long lunge

warrior i (heel up)

pyramid pose

warrior i (heel up)

slowly lower down
hold / mantas mudra
arms outstretched and turned

interlace fingers
exhale up (lung clensing)
inhale down

shift weight to hands
5 x by lifting heel
activate core

side plank

other side

7

dow dog or child pose

sit on heels
neck stretch

both knees up
activate core
1 x wrist turned upside down
1 x finger stance
1 x revers hands

extended puppy pose

cat pose

8

then Bow to other side

before turning, lift heart up
hand in the air, straighten up
then place elbow to knee

cow face pose
with different arm asanas
forward bend with garuda arms

core

upward plank

9

hero pose
sit between feet

lift one leg
with both hands crossed
connet rib cage with fibrebone

forward fold

back bend
interlace fingers
press palms up

10

shoulder stretch box (hide thumb)

shoulder stretch

flow 4 times through vinyasa

11

fire log pose (with arm asana)

shake it out

12

wide legged forward fold

lift middle up
6 x

bound angle forward fold
round back, let gravity pull down

13

shoulder stand
at least 20

shavasana

all throughout practise i asked you to make effort
 now I'm going to ask you to let it go
 resolving any identification with your practise
 whether you think you did good or bad, just let it go

consciously unsqueezing the brain
 and i mean that grey fatty tissue in the middle of your beautiful head
 as if it were a sponge
 just feeling, that you can unsqueeze your brain
 begin cultivating a sponge like quality as if you were releasing

we're going to add secondary condition, refilling like menthol eucalyptus
 and dripping down the crown of your head
 cooling down the brain as you unsqueeze it

and whenever you have a secondary thought, something arising in your mind field
 come back to your practise of unsqueezing your brain

beginning to allow the sensation of relaxation of letting go to move down the spinal cord
 moving down the spinal cord waves of relaxation through the brain and down the spinal cord

noticing any thoughts that are occurring
 and just coming back to your practise

allowing this quality of relaxation to move from the brain down the spine
 and now towards your fingertips and toe tips
 so, that you have the sensation of your entire body to just letting go
 become uninterested in sensations and signals

directing your attention towards the mind field
 noticing whatever thoughts are unfolding as if they were clouds in the sky
 the traffic passing you at a bus stop
 and see that you can speed up your thoughts
 they go faster and faster
 and also, see, that you can slow down your thoughts
 allowing them to become slow and slower, like bubbles moving through a viscous like fluid
 and just imagine that you can take your thoughts and let them be like clouds on a distant horizon
 as the sun sets and the they go from brilliant colours to nothing but the night sky
 and allowing your attention to move towards the back of your skull
 noting the sense, that you're no longer interested in your thoughts
 just allowing your awareness to resign in the pure presence of existence
 withdrawing your consciousness
 physical, mental and emotional wise
 begin to sense the pure presence, witnessing everything unfolding

slowly bringing your awareness
 come back into your body as if you were entering a most secret temple
 making little movements with your hands and your feet
 and then, as you wish, drawing your knees up towards the chest your arms over your head
 allowing yourself to move naturally and freely
 taking your time and make your way up to a comfortable seated position

feel free to sit on a block or a bolster
 then resting your hands on your knees with the palms facing down
 once you arrive in this position begin to lean back, letting the spine straighten up
 then become absolutely still in your physical body, no matter, what discomfort, do not move
 letting your breath barely move

with your next inhale lifting your arms over your head
 in invitation of the light in your life
 and then with the exhale drawing that light down in front of your heart
 just as if you wanted to share with others

at the top of the next inhale join me in a round of three

oms

namasté, thank you for your practise