

Tristhānam: Āṣṭāṅga Vinyāsa Yoga's Threefold Technique

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Sri K. Pattabhi Jois emphasized tristhānam as the foundational technique underpinning his method of Āṣṭāṅga Vinyasa Yoga. Tristhānam strengthens the nervous system, as it heals and stabilizes the body to realize Yoga's true aim of Samādhi.

Tristhānam is comprised of :

Ujjayi breath - which coordinates with uddyāna and mūla bandhas.

Dr̥ṣṭhi - gazing points assigned to and adhered to for each vinyāsa and āsana.

Āsana - postures imbued with the qualities of firmness and stability

To practice without tristhānam, Jois often said, is not yoga, it is only bending.

The continuous application and refinement of tristhānam draws our attention inward, where we awaken our inner sensibilities through the wisdom of practice.

Ujjayi Breath - same/same

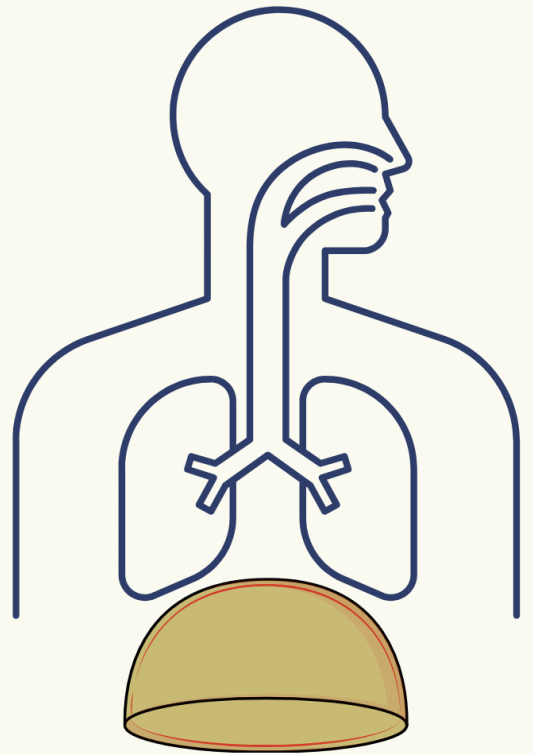
1. Capacity

2. Sound

3. Length

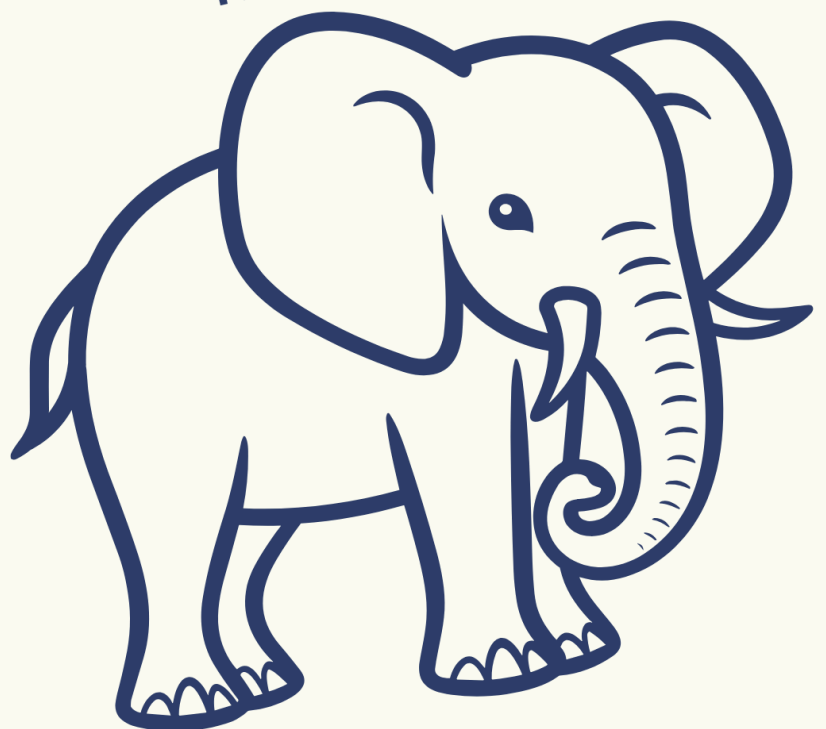


Breathing



Breath & Lifespan

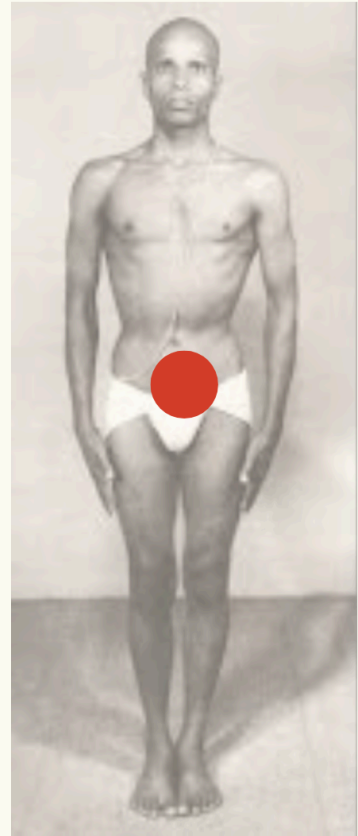
How many extra breaths?



Uddyāna Bandha

Where?

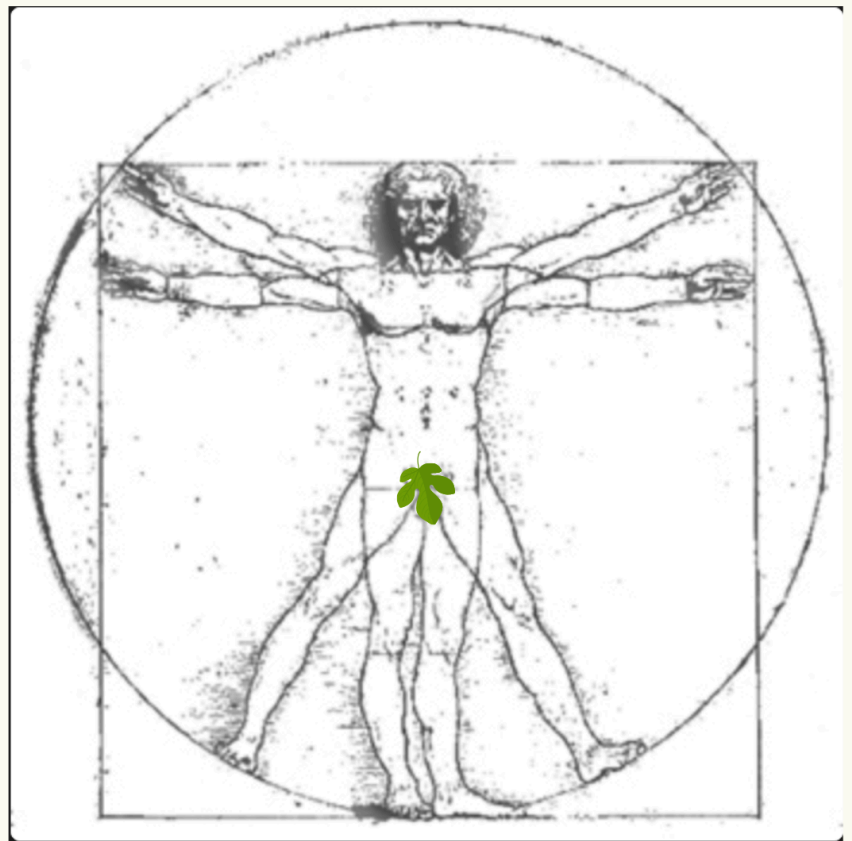
When?



Mūla Bandha

Where?

When?



Dr̥ṣṭhi

- 1 point
- Internal focus
- Soft quality
- From dr̥ṣṭhi to dr̥ṣṭhi
- Which are the extra dr̥ṣṭhi?

Āsana

II.46

स्थिरसुखमासनम्॥४६॥

sthirasukhamāsanam

II.47

प्रयत्नशैथिल्यानन्त्यसमापत्तिभ्याम्॥४७॥

prayatnaśaithilyānantasamāpattibhyām

II.48

ततो द्वन्द्वानभिघातः॥४८॥

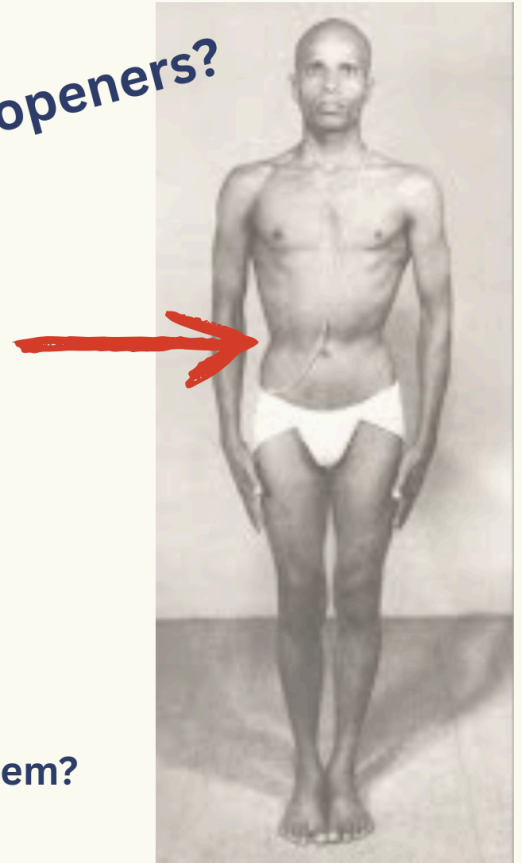
tato dvaṇdvānabhighātaḥ



Āsana

- Strong waist
- Firmness
- Bone Setting
- Muscles tight, active
- Great effort
- Pressing the nervous system
- Healing the nervous system
- What is the nervous system?
- How do we interact with the nervous system?
- Full body activation
- Stithi

What about hip-openers?



Vinyāsa System

- Vinyāsa System
- Every breath is counted
- Every breath counts
- Which are the extra breaths?
- Where is the counted vinyāsa?
- Sthānam
- Sthiti

When do we rest?



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Om School llc

