

Ashtanga Fundamentals

The Ashtanga Fundamentals began with breathing exercises. She quotes the focus of this practice will be the breath. The video is twenty minutes long, the first pose was sitting with legs crossed preparation for the next pose. The second exercise was five rounds of breath, but the primary focus was the tip on the nose. The third exercise was similar to the second but focus on the abdominal alignment was represented. The fourth pose advanced to standing up and focusing on the gaze and nose. Laruga practices sun salutation throughout the whole practice. Each inhale and exhale she took offered a new movement of the sun salutation.

The main function of this practice was to keep breathing and to control your breathing. Laruga's tone was very mellowing allowing the mind and body to relax. While practicing you notice that dhāranā is represented throughout this process. Dhāranā can be defined as fixation, suggestions from the instructor consent of breathing and focusing on the nose. This will help gaze and focus on that. The class ends the same way it began with breathing techniques, before ending she does her final pose. The instructor places her hands on her mat and lifts her bottom off the floor for about ten seconds and then goes into the vinyasa flow.