

Dasha Chalana (Eight Churnings)

There is a group of preparatory practices in the hatha yoga texts known as the Dasha Chalana or "eight churnings." These foundational practices, integrated at the beginning of a session, or at the beginning of the day, free the flow of life force in the joints, reduce tension in the internal organs, and cultivate a mind-set conducive to one's yoga practice.

Specific benefits of incorporating Dasha Chalana into your day include:

1. Improved circulation of synovial fluid between the joints. Synovial fluid reduces friction during movement. Proper flow can ease joint pain from repetitive actions and reduce stress on those areas.
2. Removal of excess fascia in the body. Fascia, or FUZZ, is connective tissue that helps us move. It grows while we sleep and a lack of proper movement will cause it to become thick, strong, and hard to break apart. A reduced range of motion and impaired skeletal integrity can result.

The following series of "warm up" movements should only take 3 minutes, will bring vitality to your day, and will allow you to Finish Well.

Dasha Chalana (8 Churnings) – Standing Joint Series

- Ankle rotations (8 in each direction)
- Knee/ankle circles (8 in each direction)
 - Feet together, knees bent, hands to thighs
- Hip circles (8 in each direction)
 - Legs straight, spine loose
- Shoulder rolls (8 in each direction)
- Spinal twist (8 in each direction)
 - Legs stationary, front hand taps opposite shoulder lightly, head and neck follow twist
- Spinal wave (8 waves up the spine from tailbone through neck)
 - Knees slightly bent, arms relaxing at sides, just working the spine
- Neck circles (8 in each direction)
 - Slow and gentle!
- Wrist circles (8 in each direction) - May reduce impact of carpal tunnel syndrome if performed on a regular basis