

What is Ketamine-State Yoga?

Ketamine-State Yoga is a collection of practices drawn from many forms of yoga. These practices are designed for the ketamine experience, in the context of therapeutic/spiritual work.

NOTE: “Yoga” is primarily associated in mainstream culture with physical postures. Ketamine-State Yoga draws much more on other “limbs” of yoga such as pranayama (breath practice), specific forms of meditation, and chakra yoga (the body’s energetic system). One does not need any background in postural yoga to extract the full benefits of KSY.

These ancient methods for working with body, breath and mind, are highly effective in the ketamine state. They synergize with ketamine’s capacity to simulate a [near-death experience](#). This profound synergy between pranayama (yogic breathing) and the dissociative psychedelic effects of ketamine may increase the likelihood of mystical experiences (that are in turn [correlated with therapeutic results](#)).

In addition, the practices of Ketamine-State Yoga work to build awareness of feelings in the body and of the breath, which prepare the ground for cognitive and somatic healing modalities. KSY will support any type of healing work – indeed, the practices of KSY will be beneficial even without ketamine.

There are practices associated with each stage of the ketamine trip, and for preparation and integration. While Ketamine-State Yoga is a tool for enabling mystical experience, it contains no esoteric elements nor appeal to any belief system. Every proposition in this yoga could in principle be subjected to scientific study – and many of the benefits of the forms of yoga included in KSY have already been [explained scientifically](#).

[I discovered Ketamine-State Yoga](#) by accident about five years ago. I have been refining the methods and learning both from psychedelic healers who specialize in other medicines and from people who have experimented with combining therapeutic ketamine use and energetic/spiritual practice. I have taught KSY to hundreds of folks online and a growing number of yogis and therapists.

Below is an outline of a Ketamine-State Yoga workshop for professionals.

KETAMINE-STATE YOGA

Background

- [The origin of KSY](#)
- My story (depression/anxiety, C-PTSD)
- Yoga and psychedelics
- [The First Trip](#)

Terms/Definitions

- [Yoga](#) – *Union* (body, breath, mind; with the Divine) – As technology to reduce suffering by returning the mind to its [“natural state.”](#)
- Chakras – Places where emotions are “stored” (“held,” “repressed”...)
- Definitions of phases of the trip: Come-up, Peak, Come-down (in terms of language, body ownership, subjective level of bizarreness, etc.)

What is Ketamine?

- NDE simulator – [Karl Jansen’s model](#) & [Erowid study](#)
- NDEs and durable, positive transformation

Hence the KSY goal of building energy to maintain bright-and-clear awareness while totally surrendering (at the bottom of the exhalation).

Building awareness of body and breath

- Yoga Nidra (cycling of consciousness)
- Chakra Yoga in [Viparita Karani](#)
- [Self-hug, self-massage](#), tapping, spontaneous movement, slow motion movement (as a series of stills), etc.

Building prospective and retrospective memory

- [Dream Yoga practices](#) with “touching in” (chakra, breath, “I am” – let go with love)
- [External things, internal states](#)
- Memories

Preparing Body and Breath (may be done during Come-up if dosing is oral)

- Seated or full *asanas* (opening the breathing space, preparing the hips and pelvis for sitting, reducing pinching in the lower back)
- Pranayama – *Nadi Shodhana*, 5 deep breaths...

The Come-up

- Mechanics of the breath

Pranayama

- [5 deep breaths with extended exhalation](#) – cycles
- 5 deep with retention at the bottom – intimacy with emotions – gateway to meditation

[Mudras](#)

[The Half-Smile](#) and [“Ahh...”](#)

The Peak

- [Surrender at the bottom](#)
- Resting, letting go, hovering... (images?)
*“Focus your breath so that it becomes soft
Can you be like a baby?”* Tao Te Ching

The Come-down

- The reemergence of the ego (language) – interaction between thoughts, emotions
 - Heightened capacity for [self massage](#)
 - [Heightened awareness of chakra system](#)
 - The time for conventional therapy
 - Introducing [cannabis](#) (the issue of memory)
-

Bookends (Integration)

- [Intention setting](#)
- The Non-personal intention
- Cultivating Joyful Effort
(fake it til you make it – demonstrate Mountain Pose – also applies to mudra practice)

How to Practice

- Creative engagement
- Refining and personalizing the practice
- KSY for any practitioner/patient

Progression of my trips

- Spontaneous KSY
- Intentional KSY – variations (retention of inhalation, timing, etc.)
- Incorporating [Psilocybin](#)
- Incorporating [cannabis](#)
- “[Do-nothing](#)” trips

<https://www.youtube.com/playlist?list=PLsTuwnqjlhD3JVfDsHN1CESHwaqafKx7A>

<https://docs.google.com/document/d/1ANmdTvCRyMJJoCQQ86DV2PLVXSgJsiZonjEwb8RrK0vc/edit?usp=sharing>