



# Beginner 101 Yoga Series

## Class #1: Exploring Core

Yoga is a practice of mind and body; of yoking mind to body through attention, effort, and kind acceptance of ourselves. The benefits are to support a more joyful, healthy, compassionate, and effective life which we achieve through several simultaneous practices.



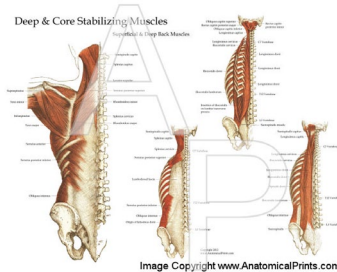
**1. Physical Movement:** strength, flexibility, balance, healing, feeling good for physical health

**2. Mindful Breathing:** Cleansing & energizing the body, calming the nerves, and lowering stress and tension

**3. Mental focus & awareness:** concentration; cultivating a calm and steady mind with awareness of thoughts, feelings, and actions

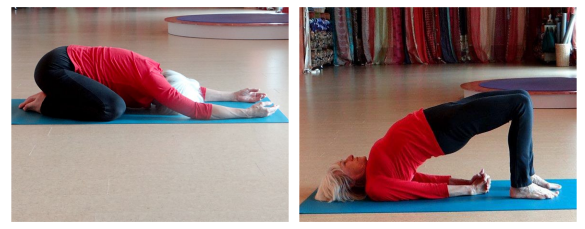
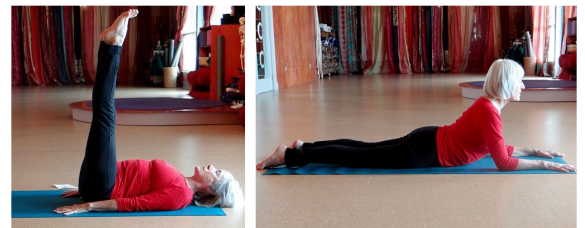
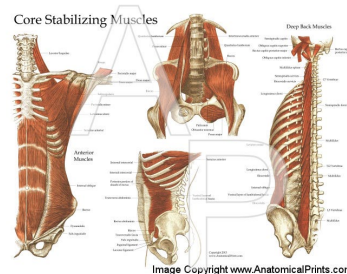
### Exploring the Core:

Back Core, Front Core, Strength, Flexibility, and 3 Bandhas - core locks. Holding the Bandhas will increase core strength.



### The Spinal Column:

with 33 bones and 4 curves, the spine moves in 5 different directions. Our spinal column houses our nervous system as it goes to all parts of the body. A healthy and happy spine allows our nervous system to be stronger and more efficient.



### Classical Yoga encompasses Eight Limbs – like spokes on the wheel of a life practice. (See Eight Limbs graphic.)

**Yamas:** the don'ts (restraints) of yoga and life – for example, not harming, not lying, not stealing, no extremes (moderation)

**Niyamas:** the do's of yoga and life – contentment, gratitude, cleanliness-orderliness, self-discipline, self-study.

**Asana:** the physical poses – thousands of them – prepare the body for a healthy life through strength, flexibility & balance.

**Pranayama:** restraint of the breath – awareness of inside and outside flow of prana – prana is life energy

**Pratyahara:** turning inward – the withdrawal of the senses in order to explore the body, breath, and mind

**Dharana:** physical attentiveness and mental concentration or focus that leads to

**Dhyana:** meditation – a state of calm awareness, and

**Samadi:** tranquility, fulfillment, presence and joy.



# Beginner 101 Yoga Series

## Class #2: Sun Salutation and Closed Pelvis Standing Poses



**Review of Class #1:** Eight Limbs of yoga, poses, bandhas  
The Yamas, the 5 Don'ts of yoga...the ethical restraints of:  
1. Ahimsa, 2. Satya, 3. Asteya 4. Brahmacharya 5. Aparigraha

**Ahimsa** and **Satya** are the great ethical and powerful principles of yoga. Living these two will bring inner peace and assist in creating peace around you and within you. When you live these principles, you feel good about yourself, thus experiencing inner peace.

**Foot Bandha:** spread the toes and lift the arches  
**Leg Bandha:** isometrically drawing muscles into bones  
**Front and Back Cores:** Mula Bandha, Uddiyana, & Jalandhara

### Sun Salutations:

In week 2 we will add on the poses of yogas Sun Salutation A. Standing sequences that open the front and back body, works shoulders & hips, and brings awareness to moving with breath, with many variations.

### Pranayama:

The 4th limb of yoga, mindful breathing. Explore the concept of the 3 part yoga breath through diaphragmatic breathing - filling the belly first, rib-cage and then upper chest, then emptying from belly to rib-cage and finally chest. Use the breath to calm the mind, relax the nervous system, and support your yoga practice.

### Niyamas:

The 2th limb of yoga, personal observances: saucha, santosha, tapa, svadhyaya, isvara pranidhana. With a practice of santosha, contentment and gratitude, we can develop a yoga practice that helps us find balance in our bodies and minds. A 'yes' place to be in our bodies helping us work at our edge, between effort and effortlessness.

### Closed Pelvis Standing Poses:

Standing poses develop strength and flexibility in the legs, hips, and feet. They teach us how to use our legs and core to support our body not only on the mat, but in all the moments of our daily lives.





## Beginner 101 Yoga Series

### Class #3: Sun Salutation and Open Pelvis Standing Poses



#### Review of Class #2:

3 part yoga breath.

Sutra 2.46: Stira Sukha Asanam - yoga is that which is stable and comfortable. Santosha helps us achieve this balance between effort and effortlessness.

Surya Namaskara A and Closed Pelvis Standing Poses.

#### Sun Salutations:

Practice the poses of Sun Salutation B. Sequences that bring movement and heat into the shoulders & hips, and links awareness of breath with movement, variations for all levels.

#### Ujjayi Breath:

In Sanskrit 'Ujjayi' means victorious or this is sometimes called the Ocean Breath. With the mouth closed inhale and exhale through the nose. We will use the bandhas and 3 part yoga breath to create the ujjayi breath. Keep it steady and rhythmic throughout your practice so you hear your own breath...and possibly your neighbor's breath. Ujjayi helps us regulate the flow of energy in the body.

#### Kriya Yoga:

The 3rd - 5th Niyamas together are Kriya yoga. Tapas; determined effort, Svadiyaya; self inquiry, and isvara pranidhana; surrender to a higher power, together help us steady our practice and get to know ourselves.

#### Open Pelvis Standing Poses:

Open pelvis standing poses loosen tight hips, improving range of motion and circulation. They help to develop a sense of stability, as well as strength and flexibility throughout the whole body.





# Beginner 101 Yoga Series

## Class #4: Forward Bends and Pelvis Stable Twists



### Review of Class #3:

Surya Namaskara B and Open Pelvis Standing Poses.

Ujjayi breath: constricted breath to improve concentration and regulate the flow of prana in the body and mind.

Kriya Yoga: Tapas, Svadiyaya, and isvara pranidhana.

### Pratyahara:

Withdrawal of the senses to the mind and body. Pratyahara encourages us to let go of the external world and turn inward, developing a deeper relationship to ourselves; breath, body, and mind. What's right here...

### Yamas Internal Focus:

Asteya: not stealing, non greediness. Not coveting that which does not belong to us.  
Brahmacharya: spiritual practice of moderation, living a purified life.

### Forward Folds:

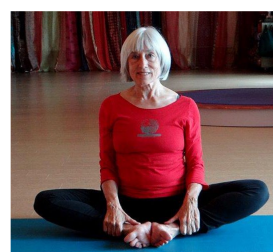
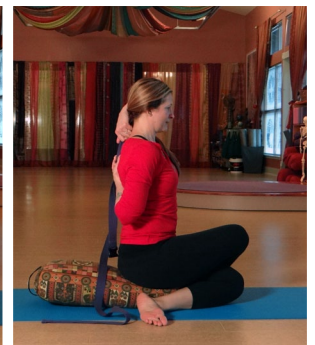
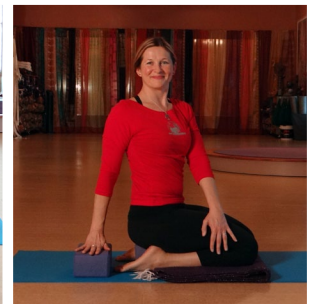
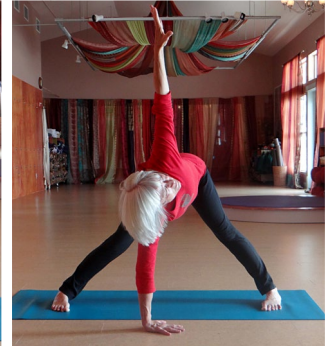
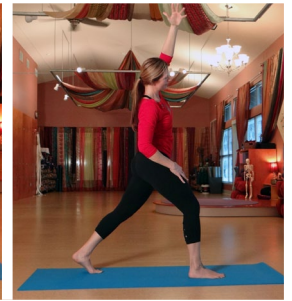
Forward folds create a sense of returning to the self. They enhance introspection and help us release the past in order to move forward. They stretch the spine and the whole west side of the body.

### Pelvis and Spine:

The pelvis connects the lower body to the upper body, and the spinal column. Awareness of the pelvis during twists and forward folds supports healthy alignment.

### Pelvis Stable Twists:

Twists help keep the spine supple and healthy, they increase blood flow to the internal organs, and help flush our lymph system.





## Beginner 101 Yoga Series

### Class #5: Back Bends



#### Review of Class #4:

Forward Folds and Pelvis Stable Twists. Stretching the spine and posterior body.

Asteya and Brahmacharya internal focus, how to bring kindness to ourselves.

Pratyahara, turning senses inward, looking within.

#### Pranayama:

Practice pranayama in relationship to the different lobes of the lungs. Finding a full 3 part breath, in different postures with a mindful, conscious breath. Decades worth of research has shown that regular and mindful breathing can reduce stress and cortisol levels in your body (stress hormone), help one focus and concentrate throughout the day.

#### Yamas External Focus:

Asteya: not stealing, non greediness. Not coveting that which does not belong to us. The opposite is abundance.

Brahmacharya: spiritual practice of moderation. Living a purified life, usually connoting sexual celibacy or moderation of sensual desires.

#### Back Bends:

Back bends work to open the entire front line of the body. They decompress the chest, heart and front of the spine making the spine supple, the nervous system strong and the mind and body more alive and alert.

#### Mindfulness:

In mindfulness we practice showing up now, in the present moment with acceptance of what is right here. This allows kindness and compassion for ourselves, helping yolk the mind, body, and breath together here, now. No end goal or need to be anything, appreciating where we are today.





# Beginner 101 Yoga Series

## Class #6: Seated Poses, Inversions, and Shoulder Stable Twists



### Review of Class #5:

The external benefits of Asteya and Brahmcharya.

Backbends, opening the front body and awareness for a safe spine.

Mindfulness, a particular way of purposefully paying attention to the present moment experience, in a non-judgmental, accepting way.

### Inversions:

Inversion are poses where the hips are higher than the heart. They energize the body with increased circulation, flush the brain with blood improving concentration. Inversions change our perspective and help us discover things are not always as they appear.

### Shoulder Stable Twists:

Twists help keep the spine supple and healthy, they increase blood flow to the internal organs, and help flush our lymph system.

### Concentration:

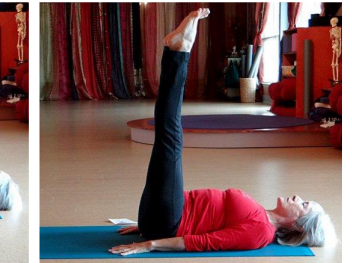
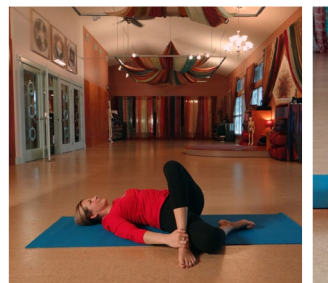
**Dharana:** Focusing, concentration, attention

**Dhyana:** Meditation, reflection, observation, inner peace

**Samadhi:** Union of the self with object of meditation, tranquility, fulfillment, spiritual illumination, the Seeker becomes the Seer.

The two aspects of the practice, abhyasa and vairagya train us in concentration.

Practice with a 1 Breath meditation.





# Beginner 101 Yoga Series

## Class #7: Balance and Restorative Poses



### Review of Class #6:

Concentration: Dharana, Dhyana, and Samadi with the aspects of Abhyasa and Vairagya.

Inversion, poses with the hips higher than the heart, shaking up and rejuvenating the body and mind.

### Pranayama:

Alternate nostril breathing, nadi sodhana, cleanses the energy channels (nadis) and brings balance to the body and mind.

### Balancing Poses:

These poses reaffirm our center to gravity and enforce focus of mind to stay balanced and poised. They strengthen the foot and ankle on the standing leg and bring energy up into the spine.

### Restorative Poses:

Utilizing props and prolonged holding to achieve a deep level of relaxation, restorative poses sooth the nervous system, help you feel safe and nurtured, and promote acceptance, self kindness, and compassion for ourselves leaving one feeling more balanced and at peace.

### Bramacharya:

How can we walk through life feeling more balanced and healthy not only in our physical body, but also in our mental body? Moderation, allowing ourselves to find the middle path, balance between effort and effortlessness. The very definition of yoga practice. How do we get there? Practice, practice, practice...

Namaste

