



Beginner 101 Class #1 Exploring Core



Standing Side Stretch



Hero's Pose



Child's Pose



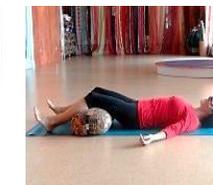
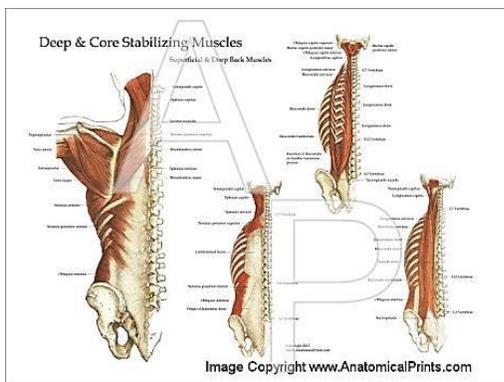
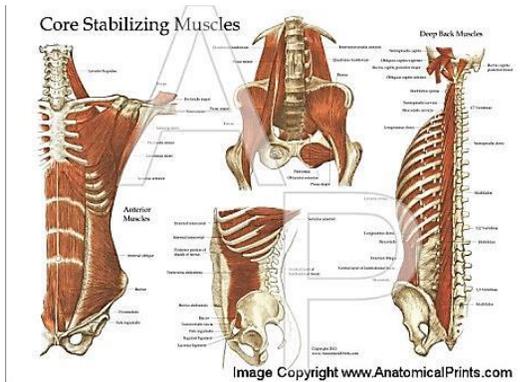
Easy Pose

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 and energizing the body and calming the nerves and lowering stress and tension
3. **Mental focus & awareness:** concentration, cultivating a calm and steady mind, and awareness of thoughts, feelings, & actions

Exploring the Spine: Back Core - Front Core; Strength, Flexibility, and 3 Bandhas

The Spine: the spine is made up of 33 bones, 4 curves, and moves in 3 different directions. Holding the Bandhas will increase core strength.



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 Class #2 Sun Salutations

Review of Class #1 Eight Limbs Graphic

PHILOSOPHY: Yamas– the 5 Don'ts of yoga...the ethical restraints of #1 Ahimsa, #2 Satya, #3 Asteya, #4 Brahmacharya, and #5 Aparigraha
Yama #1 Ahimsa = non-violence or non-harming to self, to others, to nature. In yoga be steady, comfortable, and kind.

Yama #2 – Satya = Not lying, Truthfulness – connecting to “what is” happening now. Truth in thought, word, and integrity of action.

*These two: **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.*

Review of Class #1 Poses:

Start In Mountain Pose to practice the 3 bandhas + these two bandhas (isometric actions that draw awareness inward):

Foot Bandha: shifting weight around the 4 corners of feet with eyes closed – spread the toes and lift the arches

Leg Bandhas – in Mountain Pose, isometrically drawing muscles into bones,

Front and Back Cores: Mula Bandha, Uddiyana bandha, and Jalandhara Bandha



Mountain pose



Cat/Cow



Pointing Dog



Sphinx Pose



Bridge pose



Legs Up Pose



Egg pose



Supine Twist

Class #2 Pranayama and Sun Salutation variation

Pranayama = Mindful Breathing. Practice 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. Explore the concept of the 3 part breath through diaphragmatic

breathing – filling the belly first, rib-cage and then upper chest, then emptying from chest to rib-cage and finally to belly. Repeat. This is ujjayi breath.

Keep it steady and rhythmic throughout your practice so you hear your own breath...and possibly your neighbor's breath,

ASANA: Sun Salutation variation – Standing sequence that opens the front and back body, works shoulders & hips, and brings awareness to moving with breath. Many variations.

1. Mountain Pose - inhale & exhale
2. Standing back bend, upward salute - arms overhead –
Inhale as arms are raised
3. Chair pose – exhale & inhale
4. Standing Forward fold - exhale
5. Pyramid pose –right leg back, level lower back - inhale
6. Warrior I – close hips, exhale & Inhale
7. Warrior 2 – open hips, arms at shoulder level - exhale
8. Triangle pose – press down, reach up – inhale & exhale
9. Walk to top of mat for Mountain Pose – inhale & exhale

Repeat on the other side with left leg back.



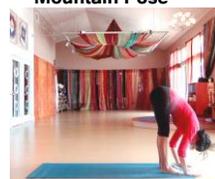
Mountain Pose



Standing Back Bend



Chair Pose



Forward Fold



Pyramid Pose



Warrior 1 Pose



Warrior 2 Pose



Triangle Pose



Mountain Pose



Beginner 101 Class #3 Seated Poses

Review of Class # 2

Pranayama Ujjayi Breath: victorious breath, a deep open throat exhalation felt at the back of the throat.

The Yamas, the 5 Universal Moral Restraints: #1 **Ahimsa:** non-violence. #2 **Satya:** not lying, truthfulness

Asana: Sun Salutation variation



Class #3 PHILOSOPHY: The Niyamas – the 5 Do's of yoga philosophy

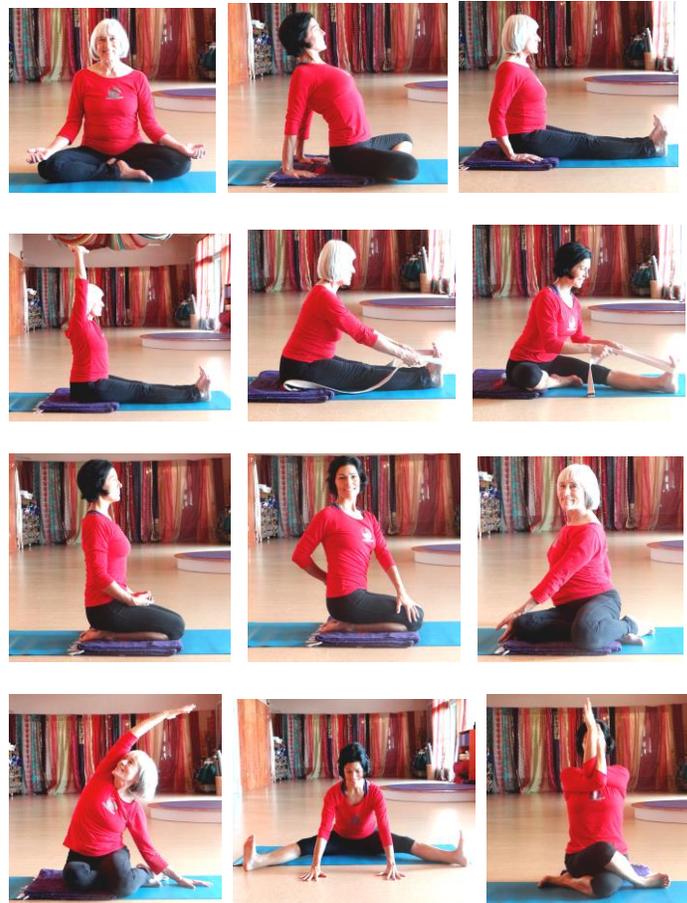
Niyamas, personal observances - taking right action to support good works and a healthy relationship to self and the world.

#1 **Sauca:** purity, cleanliness, being organized so there is not clutter in our external world or your internal world. All to support more peace of mind, beauty, balance and harmony in our surroundings and within our bodies.

#2 **Santosa:** contentment, gratitude. Contentment is variously described, but can be thought of as not requiring more than you have to achieve contentment. It may be seen as renunciation of the need to acquire, and thereby elimination of want as an obstacle to [moksa](#) (liberation, freedom). Santosa is a sense of acceptance and joy in what is.

Class #3 ASANA- Seated Poses – note open or closed hips and spinal flexion, extension or twist.

- **Easy Pose** = Sukhasana. Try Twisted easy pose: Parsva Sukhasana
- **Open hearted backbend** easy pose
- **Staff Pose** = Dandasana Seated pose, hands relaxed to side w/legs isometrically extended, draw up sternum to lift torso,
- **Extended Staff Pose** – fingers interlocked and palms to ceiling
- **Seated forward fold** = paschimottana – use strap
- **Nose toward knee Pose** – Janu Sirsasana
- **Hero Pose** = Virasana,. Can sit on a block or bolster.
- **Twisted Hero Pose** = Parsva virasana
- **Mermaid Pose** = Bharadvaja's Twist
- **Mermaid Pose** with side stretch – arm up – do each side
- **Wide-Angle Seated Forward Bend** = Upavistha Konasana
A good preparation for many of the wide-leg standing poses.
- **Seated Eagle Pose** = Garudasana



PRANAYAMA: Mindful Breathing. In Sanskrit, Prana is breath or life energy and yama is restraining....thus regulating or restraining the breath. There are thousands of practices to regulate breathing, but a simple one is to count each inhalation/exhalation. Count 5 on the inhalation, count 3 as you hold the breath in, count 7 on the exhalation, and 3 as you hold. Repeat for 12 rounds.



Beginner 101 Class #4 Forward & Back Bends

Review of Class # 3 Pranayama Breath count: 5 on the inhalation, 3 holding, 7 on the exhalation, 3 holding, and repeat 12 times.

The Niyamas: The 5 personal observances –(the Do’s of Yoga): #1 Sauca = purity, cleanliness and #2 Santosa = contentment

Asana: Seated Poses working the spine for a strong posture and suppleness including side stretches, twists, forward and back bends.



Class #4

PRANAYAMA: Alternate nostril breathing – closing one nostril while breathing through the other. Use the right thumb and ring-little fingers to block right and then left nostrils. Go slow; bring attention to the mental and physical effects. Practice for a minute or so to start.

PHILOSOPHY: The Yamas – the 5 Dont’s of yoga philosophy which are the Universal Moral Restraints of behavior. These support righteous living and ethical choices in our actions and thoughts.

#3 **Asteya:** not stealing non-greediness, Not coveting that which does not belong to us The opposite is abundance – having enough.

#4 **Brahmacarya** – spiritual practice of moderation; living a purified life, usually connoting sexual celibacy or moderation of sensual desires.

Class #4 ASANA- Forward and Back Bends stimulate both the vagus nerve, the energy centers of the torso (chakras), as well as the back energy lines of the body. Forward bends are more calming, and back bends are more energizing.

BACKBENDS

- **Sphinx Pose** Roll shoulders back and down to lift up from sternum, Isolate and soften lower body while shoulders are strong.
- **Cobra Pose = Bhujangasana** promotes flexibility in the spine and an open chest.
- **Half Bow Pose = Ardha Dhanurasana.** Reach back with arm on same side as leg. Lift up while pressing opposite down.
- **Bow Pose = Dhanurasana** The torso and legs represent the body of the bow, and the arms the string.
- **Half Camel Pose with a twist** – Backbend with side stretch.
Full Camel Pose = Ustrasana . Use a blanket to pad your knees

FORWARD BENDS

- **Child’s Pose = Balasana**, a restful pose, use between more challenging postures,
- **Kneeling Pyramid pose** – do both sides
- **Downward-Facing Dog = Adho Mukha Svanasana**
A key yoga pose for stretching the back body and opening and strengthening shoulders. Both energizing and restoring.
- **Standing Forward Bend = Uttanasana**
activate legs and abs to encourage stability of pelvis, hamstring stretch – knees can be bent to be gentle or to make resting pose. Variation – hands interlocked behind back.
- **Head-to-Knee Forward Bend = Janu Sirsasana** Roll upper thigh back of bent leg to encourage bend at hip. Engage Bandhas in pelvis and outstretched leg and foot
- **Seated Forward Bend = Paschimottanasana**
Bend at the hip by lengthening between pubis and naval to reach forward. Pull back with shoulders; keep heart open. Engage Bandhas in pelvis and both legs and feet. Release the low back, and work on a hamstring stretch.



Sphinx Pose



Cobra Pose



Half Bow Pose



Bow Pose



Half Camel twist



Full Camel



Child's Pose



Kneeling Pyramid



Downward Facing Dog



Standing Forward Bend



Head toward Knee



Seated Forward Bend



Beginner 101 Class #5 Balancing Poses

Review of Class # 4

Asana: Forward bends and back bends....kneeling, sitting, standing, lying down.



Child's Pose Kneeling Pyramid Down Dog Forward Fold Head to Knee Cobra Pose Bow Pose Half Camel-Twist Camel Pose

Pranayama: Alternate Nostril Breath

The Yamas: Universal Moral Restraints –(the 5 Dont's of Yoga) #3 Asteya = not stealing and #4 Brachmacarya = moderation, purity

Class # 5 ASANA - Balancing Poses

Arm Balance:

- **Side Plank Pose** = Vasisthasana
A powerful shoulder, arm and wrist strengthener.

Closed Hip Balances:

- **Pointing Dog Pose** (Kneeling Warrior III)
- **Warrior III** = Virabhadrasana III
Customarily entered from Warrior I.
- **Lord of the Dance Pose** = Natarajasana
- **Eagle Pose** = Garudasana
The deeper the bend in the balancing leg the better for the top leg to wrap. Start with wings up then wrap arms.
- **Boat Pose** = Paripurna Navasana
Abdominal and deep hip flexor strengthener, requires you to balance on the tripod of your sitting bones and tailbone while you lift in the sternum.

Open Hip Balances: do these against the wall.

- **Standing open arms leg balance**
- **Tree Pose** = Vrksasana
Requires hip to rotate out, place foot where ever comfortable, even with toes to floor.
- **Half Moon Pose** = Ardha Chandrasana
Highly effective strengthener for the feet, ankles, legs and core, can use block under hand



Side Plank, elbow variation

Pointing Dog Pose

Warrior III pose



Dancer Pose

Eagle Pose

Boat Pose



open arms leg balance

Tree Pose

Half Moon Pose

PRANAYAMA Seated, alone or against wall. Spend 5 min of watching and listening to the breath. Develops mental and physical focus = Pratyahara

PHILOSOPHY: The Yamas – the 5 Dont's of yoga philosophy which are the Universal Moral Restraints of behavior. These support righteous living and ethical choices in our actions and thoughts.

#5 Aparagraha: Non-Possessiveness, non-hoarding, non-attachment. This act can be towards physical material items and/or even to experiences, memories and thoughts. When we remain attached to the past or hoping for the future we neglect the here and now and the truth of what is right now. Hoarding, just like remaining attached to ideas, clutters our minds and our lives. We have to be constantly releasing those things and thoughts that are no longer of use to us so we can welcome new gifts or experiences. This creates more self-reliance and generosity.



Beginner 101 Class #6 Twists

Review of Class # 5 Balancing Poses

Asana: Seated Poses working the spine for a strong posture and suppleness including side stretches, twists, forward and back bends.



Side Plank



Pointing Dog



Warrior III



Dancer Pose



Eagle Pose



Boat Pose



Standing open arms



Tree Pose



Half Moon Pose

Pranayama: Watch/listen to the breath to bring more mental focus to the moment. Bring thoughts back to breath again and again.

The Yamas: the 5 Universal Moral Restraints – (the Don'ts of Yoga) #5 Aparigraha : non-hoarding, non-attachment, not possessive; the opposite is self reliance, generosity

Class # 6 ASANA – Twisting to both sides while sitting, kneeling, standing, or lying down

Seated Twists:

- Hero's pose with a twist = Parivrtta Virasana
- Half Lord of the Fishes = Ardha Matsyendrasana -- twist two ways - open torso and closed torso
- Mermaid's Twist = Bjaradvajasana I . Switch legs to other side and repeat.

Kneeling Twists

- Kneeling twist & shoulder stretch – do both sides

Standing Twists

- Twisted Chair pose = Utkatasana - also do both sides
- Wide Leg Forward Bend twist = Prasarita Padottanasana

Lying Down Twists

- King Pigeon Pose twist = Eka Pada Rajakapotasana
This is a big hip opener and can be modified for comfort
- Supine bent knee twist - lie on back and rotate bent legs side to side. Move with breath.
- Reclined supported child's pose twist with bolster.

Twists can also be applied to a variety of other poses for example, Triangle, Extended side angle, & Mountain pose.



PRANAYAMA: Viloma Breath = against the flow. This breath is broken by pause(s), controlling the breath by stopping and then starting at the same point where you left off. The breath is stopped usually at the half-way point of either inhalation or exhalation or both. Count the natural inhalation, then next time, stop it halfway. Pause for a few moments then continue. Try on your inhalation several times first and then see if you can apply the some pausing as you exhale. Let the pause be brief. If the control of the breath causes aggravation or tension in the face/head or throat, return to a regular breath and either resume or stop. Practice without any stress to the mind or body, do not force.

PHILOSOPHY REVIEW:

The 5 Yamas - The Universal Moral Restraints: Non-violence (kindness), truthfulness (not lying), non-stealing, moderation (not extreme behavior), non-hoarding (self-reliance & generosity)

The 5 Niyamas - The Personal Observances: cleanliness, contentment (gratitude), zeal or self-discipline, self-study, devotion to a higher power & self-surrender



Beginner 101 Class #7 More Basic Poses

Review of Class # 6 Twisting Poses

Asana: Twisting to both sides while standing, sitting, kneeling or lying down.



Twisted Hero Half Lord of Fishes Mermaid Shoulder twist Chair twist Wide leg bend twist Pigeon Twist Supine twist supported child's pose

PRANAYAMA REVIEW: Rest with hand on belly and on heart and follow the movement and sound of breath.

PHILOSOPHY REVIEW:

The 5 Yamas - The Universal Moral Restraints: Non-violence (kindness), truthfulness, non-stealing, moderation, non-hoarding (self-reliance & generosity)

The 5 Niyamas - The Personal Observances: cleanliness, contentment (gratitude), zeal or self-discipline, self-study, devotion to a higher power & self-surrender.

Class # 7 ASANA – Doing a few more basic poses, then Restorative poses.

A few more essential poses to learn before coming to the final resting and renewing poses.

- Seated Leg Lift - Heron Pose modification
- Plank Pose: strengthens abdominal, front body, and arms
- Locust pose variation - strengthens back, opens heart
- Gate Pose = Parighasana strong side and hip stretch
- Cobbler's Pose = Bound Angle Pose = Baddha Konasana
- Cow Face Pose = Gomukhasana

Restorative and Renewing Poses:

- Thread the Needle - sciatic nerve stretch
- Joyful Baby Pose (Dead Bug Pose)
- Supported Nose to knee pose - relax completely
- Supported hips Corpse Pose + Svasana: lowers heart rate, releases groin tension, improves sleep & lessens pain.
- Supported knee Corpse Pose + Svasana: flattens back, softens shoulders, lengthens and releases spine.
- Final Namaste - Hands at the heart for an Angeli Mudra to connect to heart's wisdom; honoring of self and of each other in gratitude.



THE LAST FOUR LIMBS OF THE EIGHT LIMB PATH:

PRATYAHARA: from the universe around us, draw the breath in as you draw awareness within; releasing the breath to share with all living beings.

On the exhalation let go of what you no longer need. Continue to draw your senses inward to allow you to focus on the inner reality.

DHARANA: Mentally focus your mind solely on the breath; note the tendency of the mind to drift away. Come back to breath and hold the mind there with a soft attention as if you were alone. Attention can also focus on the body and the feelings in the body, including weight, lightness.

DHYANA: Meditation, reflection, observation, deep listening, inner calm.....paying attention without gripping or forcing. An expansive sense of seeing and hearing without attaching or following thoughts. Witnessing thoughts as they come and go.

SAMADHI: The observer's consciousness becomes one with observed in a state of tranquility. A state of integration of mind/body/spirit, Experiencing wholeness, tranquility, non-attachment and fulfillment, Often called "Spiritual Illumination": the Seeker becomes the Seer. A sense of freedom from usual concerns and a sense of universal connectedness. Samadhi may last for only for short times, but with practice one can attain a sustained awareness and freedom from suffering .