



Intro to Yoga Series

Day 1

- What is yoga?
 - Meaning: union
 - 8 Limbed Path from Yoga Sutras by Patanjali
 1. Yama: ethics, ex. Ahimsa (non-harming)
 2. Niyama: daily observances, ex. Tapas (self discipline)
 3. Asana: poses
 4. Pranayama: breathing
 5. Pratyahara: withdrawing of senses
 6. Dharana: concentration
 7. Dhyana: meditation
 8. Samadhi: bliss
 - Sanskrit: asana, vinyasa, prana (life force)
 - Hindu: Ganesha
 - Questions?
- Easy pose (Sukasana)
- Crocodile Breath
- Warm up
- Props: block, strap, bolster, blanket
- Sun Salutation A (Surya Namaskar A)
- Standing Poses
 - Principles of Asana: foundation, strengthen, expand
 - Mountain Pose (Tadasana)
 - Half Moon pose (Ardha Chandrasana)
 - Triangle Pose (Trikonasana)
 - Tree Pose (Vrksasana)
- Restorative Pose: supported twist
- Savasana with Ratio Breath
- Namaste
- Questions?



<https://commons.wikimedia.org/wiki/File%3AGensha.jpg>

Next Time: Chakras, 3-part breath, Lakshmi



Intro to Yoga Series

Day 2

- What are chakras
 - Meaning: energy centers in the body
 - 7 main body chakras located along the spine
 1. Muladhara
 2. Svadisthana
 3. Manipura
 4. Anahata
 5. Vissuddha
 6. Ajna
 7. Sahasrara
 - Hindu: Lakshmi
 - Questions?
- Easy pose (Sukasana)
- Warm up: Joint Freeing Series
- Props: the wall
- Balancing Poses
 - Principles of Asana: foundation, strengthen, expand
 - Tabletop with extensions
 - Chair (Utkatasana)
 - Downward Facing Dog (Adho Mukha Svasana)
 - Dolphin (Ardha Shirasana)
 - Standing Hand to Foot (Dandayamana Janushirshasana)
 - Dancer (Natarajasana)
 - Toe Balances
 - Bridge (Setu Bhandasana)
- Restorative Pose: legs up the wall
- Savasana
- Namaste
- Questions?



<https://commons.wikimedia.org/wiki/File:Lakshmi.jpg>

Next Time: what's up with all the chanting, alternate nostril breathing, Kali, bandhas



Intro to Yoga Series

Day 3

- Chanting and Mantras
 - Om
 - Om Namah Shivaya
 - Peace Begins with Me
- Hindu: Kali
- Questions?
- Alternate Nostril Breathing (Nadi Shodhana or Anuloma Viloma)
- Bandhas (Mula, Uddiyana, Jalandhara)
- Easy pose (Sukasana)
- Warm ups/Cool Downs
 - Seated Twist
 - Thread the Needle
 - Boat Pose
 - Pigeon Pose
- Warrior Poses
 - Warrior 1
 - Warrior 2
 - Warrior 3
 - Reverse Warrior
 - Extended Angle Warrior
 - Humble Warrior
 - Low Lunge Variations
- Props: Bolster
- Restorative Pose: Supported Twist
- Savasana
- Namaste
- Questions?



<https://en.wikipedia.org/wiki/Kali>

Next Time: A description of different types of yoga, A full tradition class



Intro to Yoga Series

Day 4: Full Class

Warm ups

1. 3 part breath
2. Butterfly with block
3. Hip Rock with Foot Cradle
4. Toe Stretch
5. Cat/Cow
6. Forward Fold

Sun Salutation A X 3

Warrior 1

Warrior 2

Reverse Warrior

Triangle

Extended Angle warrior

Wide Angle Forward Bend

Toe Squat

Cool Downs

1. Happy Baby
2. Knee Hug
3. Windshield Wiper Knees
4. Alligator Arm Stretch