

Description of Weekends for Yoga Studies

At
Yoga Flex
Fall 2008

Present in every weekend will be some aspect of active teaching!

Weekend One, August 15th-17th

This is the introductory weekend in which students will be introduced to several sun salutation variations and variations of moon salutations. Students will also learn the ancient sun salutation practice that integrates the therapeutic and healing aspects of the chakras. The focus of lecture and discussion will be on the topics of yoga as a spiritual practice, karma and enlightenment. Students will be introduced to the use of a japa mala. We will embark on daily, semi-structured journaling and begin to learn chanting and mantra. The sutras will be studied. We will begin to integrate each student's personal intention into the yoga studies.

Weekend Two, August 29th-31st

Students will explore the various pathways of yoga that include hatha, tantra, karma, bhakti and kriya yoga. Students will review the gunas (qualities) of a yoga teacher. Students will understand the principles of the guru/preceptor relationship and the basic ethics of a yogi. Students will learn standing postures named for lifeless forms. Additional chants will be learned this weekend, as in every weekend.

Weekend Three, September 12th-14th

The focus of this weekend will center on the yamas and niyamas, without which there is no yoga. Students will understand the life of a yogi. Students will learn how the mayakoshas (sheaths) relate to the yamas and niyamas and how to integrate those philosophic principals into daily living. Students will be introduced to the sister science of yoga - Aryurveda. There will be light-hearted exploration of basic yoga kriyas associated with Aryurveda and students will have an opportunity to analyze their own dosha/constitution. Students will learn standing postures named for animals, rishis, and deities.

Weekend Four, September 26th-28th

This will be an Ashtanga immersion weekend! Ashtanga is the foundation of all power yoga and power vinyasa yoga. Students will be exposed to both primary and intermediate series. Students will learn both the Ashtanga Invocation and Closing Mantras. Special attention will be paid to the seated postures and arm balances in the primary series of Ashtanga. Students will begin to learn the fundamentals of assisting and adjusting others.

Weekend Five, October 10th-12th

This weekend will focus on pranayama techniques and meditation. We will explore the Shiva Namascar Vinyasa series as taught by Chandra Om, passed down from her Guru, Dharma Mittra. Students will learn the classic hatha yoga mantra for purification. Students will review the practice of Mritta Mudra and asana postures as mudras through the use of bandhas. Students will learn heart-opening asana postures and how to sequence for backbends of progressing difficulty.

Weekend Six, October 24th-26th

This is the energetic anatomy weekend in which students will learn the subtle anatomy of marmas, nadis, chakras, mayakoshas and how these subtle bodies are inter-connected. Students will understand prana and techniques for moving prana through the physical and subtle bodies to create healing and expansion. Students will learn basic arm balances and inversions of progressive difficulty.

Weekend Seven, November 7th-9th

This weekend will be devoted to the exploration of a wide variety of “styles” of yoga including Iyengar, Bikram, Hatha, Universal, Power Vinyasa, Kundalini, Kripalu and Anusara. Students will explore the physical and energetic emphasis of each “style”. Mantras associated with some “styles” will be taught. Students will continue to review assisting/adjusting of postures. Students will learn arm asanas and asana combinations for arms and legs.

Weekend Eight, November 21st-23rd

Our physical anatomy weekend in which students explore the major ranges of mobility for neck, shoulders, wrists, hips, knees and ankles. Students will be introduced to partner yoga techniques that build upon assisting/adjusting principles. Students will also learn restorative yoga techniques, and use of props such as blankets, straps, towels, blocks and the wall. Yoga Nidra will be explored. The asana practice will focus on use of passive versus active postures for maximum physical balance.

No formal meetings during December, though there will be approximately 10 hours of homework during this month.

Weekend Nine, January 9th-11th

The culmination of the yoga studies program will teach students how to sequence a yoga class for others and/or for a personal practice. Students will understand asana sequencing for physical balance and also how to add elements of energetic sequencing for a harmonious practice that addresses the subtle bodies as well as the physical body. A review will be followed by a final examination, both written and practical.