

Introduction to Yoga

Brief History

- Ancient philosophy that originated in India. Men of Learning (Rishis) went up into the Himalayan mountains to discover the secret to healthy wholesome living. They did this through the practice of meditation and observance of nature. They devised the Yoga system.
- Yoga aims to bring a harmonious balance into your lives.
- It promotes fitness of the body and the mind through gentle exercise, and calming the mind and thought processes with meditation and relaxation.
- The word Yoga simply means Union; “yogis” refers to people that practice yoga

Types of Yoga

- **Hatha Yoga** is a element of Raja yoga and deals mainly with physical postures and breathing. Most teachers are Hatha Yoga practitioners.
- **Karma Yoga** emphasizes spiritual practice to help the individual unify body, mind, and heart through certain practices in one’s daily life and work.
- **Bhakti Yoga** a devotional form, generally encompasses chanting, reading of spiritual writings.
- Other types include; BodyFlow, Jbnana, Manthra, Bekhram, and Kundalini Yogas.
- Some types of yoga are slow and sustained while others move from one pose to the other at a much quicker pace. There are benefits of both- it is more of a preference factor which suits you best.(i.e. P90X/Insanity yoga/Jillian Michaels vs. A.M/P.M. gentleYoga)
- We will do a variety of types of yoga including: teacher led, partner yoga, group yoga, individualized yoga, outdoor yoga, and yoga using manipulatives such as blocks and stability balls.

Parts of Yoga

- **Asanas** or postures - These are ‘states of being’ in which you remain steady, calm, quiet and comfortable with your physical body and mind.
- **Pranayama** or breath control - This technique can be defined as a series of breathing exercises aimed at stimulating and increasing the vital energy in the body and directing it to a particular area for various purposes.
- **Dhyana** or meditation - calms the mind, relieves stress and leads to peace and harmony. It is not sleeping.
- **Yoga Nidra** or deep relaxation - the whole body, the mind, and respiration are brought into a state of complete relaxation. One session of Yoga Nidra is equivalent to four hours sleep.
- A full yoga session should exercise every part of the body and should include all 4 parts of Yoga.

Benefits of Yoga

- Helps relieve depression and anxiety
- Increase energy levels
- Aids weight control
- Helps relieve arthritis
- Boosts flexibility and energy
- Provides natural stimulation
- Improves osteoporosis, circulation and digestion and lowers blood pressure

LIFE SKILLS
YOGA POSES

We will do most of these poses in addition so some others. Depending on type of yoga and instructor, different names exist for the same pose.

Yoga asanas	Don't recognize/ never tried it	Recognize name but not sure how to execute / may have tried but not mastered	Familiar with pose and have mastered execution/ can demonstrate on own
Staff Pose			
Meditation pose/simple cross-legged			
Cobbler pose			
Corpse pose/ savasanas			
Bridge pose			
Lying spinal twist			
Cat pose			
Table pose			
Spinal balance			
Thread the needle			
Cobra			
Child's pose			
Pigeon			
Downward dog			
Shoulder stand			
3 legged dog			
Plow			
Standing Forward Bend			
Camel pose			
Crocodile			
plank			
Frog pose			
Chair pose			
Tree pose			
Airplane pose			
Warrior 1			
Warrior 2			
Legs to Sky			
Triangle			
Half-Moon			
Twisted triangle			
Reverse twisted triangle			
Standing toe lock			
Mountain pose			
Sun Salutation Flow			

