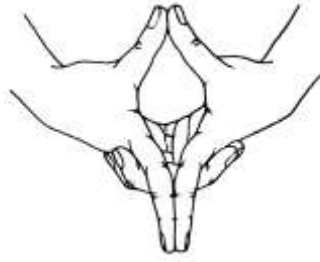


ITY
Introduction to Yoga Course



ITY
An Introduction to Yoga

A complete course of yoga for beginners and new students



CONTENTS

- | | |
|--------------------|------|
| 1. Overview | Pg 3 |
| 2. Course Content | Pg 4 |
| 3. Course material | Pg 5 |

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The ITY course is a comprehensive introduction to yoga for beginners and students from other schools of yoga that may have only been exposed to the physical aspect of asana. During the course you will learn how to prepare the joints and body for practicing the traditional asanas (stretches) of hatha yoga. You will also learn 5 essential techniques of pranayama (breathing) and 5 techniques of meditation. Each student will receive individual attention and learn how to properly practice the techniques common to yoga. Students who complete the course will gain a deep insight into the practice and application of yoga.

Aim: We highly recommend that you begin with the ITY course even if you have had previous experience with other yoga schools. This course lays the foundation for advanced practice and will ensure that you are able to practice the various techniques of controlling the breath and holding the postures safely. The course is still an essential part of your interest in yoga for the following reasons.

1. This school teaches an integral yoga system that includes many aspects of yoga not practiced at many of the other schools.
2. Our approach is to work slowly with a strong emphasis on internalizing the awareness and integrating the breath with all movements and static postures.
3. We also introduce deep relaxation and meditation techniques into the class.
4. If in the future you decide to train as a teacher this course is the basic and first course in yoga you will learn to teach.

Method: The course begins each year with a 4 hour workshop at the end of January or beginning of February to introduce the techniques and basic principles of practice that will be explored in the weekly classes. The workshops will continue each month to introduce the next progressive level of technique that you will practice in the classes.

- **Classes:** There are two classes dedicated for the ITY students on Tuesday and Thursdays of each week at 18:00. You will also be able to attend any of the other classes at the school and can attend the Dharma Study talk which is hosted at the beginning of each month.
- **Program:** A new series of practices are introduced each month and a detailed study of all the variations will be explored in the classes that follow. The lessons are repeated for one consecutive month which means that any student can complete the course and gain the full benefits even if they miss a class. We recommend that students should try to attend a minimum of one class a week or at least 2 weeks of classes in each given month.

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Content: The course provides a step by step guide to a wide range of techniques that begin with the most elementary practices for beginners. The lessons are designed so that students can gradually develop their own personal practice until they are comfortable with all of the classical yoga postures and techniques of breathing and meditation.

Asana: These are the exercises and postures of hatha yoga that most people identify with as a traditional yoga class. Our system of yoga will provide you with the following techniques of hatha yoga.

- Joint exercises to loosen the joints and improve the circulation.
- Gentle exercise to strengthen the muscles that enable movement of the limbs
- Basic stretches and postures to gain control over the spine and movement of the body.
- Intermediate yoga postures that will deepen your awareness of alignment and the relationship between the breath and the body. These asana improve the secretion of hormones and other chemicals produced by the brain and organs of the body.
- Classical yoga postures to facilitate a meditative awareness and prepare the body for sitting comfortably to practice the breathing techniques and traditional meditation.

Pranayama: These are the breathing techniques that regulate and harmonize the natural health and balance of the emotional and mental energies. They include the following techniques.

- **Ujjai:** controlled breathing in the throat for deep relaxation of the thyroid.
- **FYB:** Deep Yogic breathing where you learn to control the diaphragm and expand the lungs fully.
- **Nadi Shodhan:** Alternate nostril breathing to regulate the autonomic nervous system.
- Rapid abdominal breathing to increase the digestive fire and increase the oxygenation of the red blood cells.
- **Kapalbhati:** A cleansing breath to clear the mind and induce a state of mental relaxation.
- **Bhastrika:** A rapid breathing technique to increase the digestive fire.
- **Kumbhaka:** Retention of the breath to gain control over the mind and emotions.
- **Bhramari:** Internalised sound vibration to create an instant meditative experience.
- **Bandhas:** Physical contractions of the body to intensify the effects of oxygen and prana (the vital life force).

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Meditation: The mind is the origin of all health and wellbeing. Yoga considers the management and effective discipline of the mind to be essential for anyone who desires long lasting happiness and good health. The techniques of Dharana are the mental exercises of concentration that enable you to meditate and experience a quiet mind.

- **Yoga Nidra:** A deep relaxation technique to improve the awareness and relax the mind so the deep seated tensions and mental anxieties can be released.
- **Basic:** A sitting meditation that develops awareness of maintaining stillness in the body combined with awareness of relaxation in the breath.
- **Kriya:** A meditation that utilizes awareness of the breath with a visualization of the mind moving inside the physic pathways of the astral and etheric bodies.
- **Chakra Shuddhi:** is a meditation that introduces the locations and sensations associated with the charka system of Kundalini yoga.
- **Mantra TM:** a meditation that involves the chanting of a sound that creates a vibration to change the frequency of the mind and cells of the body.

Course Material: The following activities and support is included with the course.

- Printed handouts are issued each month so that each student will have a complete manual by the end of the course.
- There is an option for you to study the handouts and complete some basic homework should you be interested in doing so.
- At the beginning of each class Swami Yogasagar will discuss the current topic of study in the form of a short talk.
- An optional weekend retreat is planned at the completion of the course

Who Should Attend: This unique course is the perfect choice for all new students to yoga. If you have previously attended yoga classes with a different school and have an interest in learning some of the basic theory and yoga philosophy then definitely this course is for you.

Registration: Space is limited and there always a high demand. We do recommend that you book your place in advance with a R550 deposit. All bookings can be made by completing the enrolment form attached to this email and mailing it to satyam@yoga.co.za with a receipt of your bank deposit.