

Beginning Hatha Yoga and Meditation

Benefits of Yoga

Hatha yoga and meditation complement one another and lead to harmony of body, breath and mind. This harmony is achieved through systematic stretching, breath awareness, relaxation, and meditation practices. All these, and more, are part of the yoga instruction offered in this class.

Good physical health and relaxed self-awareness are not just techniques. Through yoga one learns to cultivate mindfulness in daily life, reducing distractions and painful attachments. Problems such as stiffness, physical illness, poor breathing habits, and inability to concentrate or manage stress become less obstructive to inner growth. Yoga leads to a spontaneous lightness of body and mind, natural joy and freedom from depression.

Course Goals

- Practice of yoga stretches and postures
- Practice of diaphragmatic breathing for relaxation
- Systematic yoga relaxation methods
- Introduction to yoga meditation
- Guidelines for a yoga practice at home
- Holistic living skills
- Strategies for making yoga part of your lifestyle
- Information about ongoing study of yoga

Recommended Books:

<i>Yoga: Mastering the Basics</i> , Sandra Anderson & Rolf Sovik	\$24.95
<i>Holistic Health</i> , Swami Rama	\$14.95

Relaxation, Meditation: CDs

CD: <i>Guided Yoga Relaxations</i> with Rolf Sovik	\$16.95
CD: <i>Three Guided Meditations</i> with Rolf Sovik	\$15.98

Hatha Yoga: DVD

<i>Yoga: Mastering the Basics Series</i> <i>Both Sequences Beginner and Intermediate</i>	\$24.95
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Hints and Cautions for Hatha Yoga Practice

To get the most benefit from this course and to establish good habits for future practice, please remember the following:

1. In yoga there is no competition. This is your opportunity to practice relaxed awareness of the body, breath and mind. Be gentle but firm with your body. Do not strain or go beyond your capacity.
2. Be regular in your practice. Do not expect overnight results or feel that you must master any practice quickly. Results will come in a surprisingly short time of their own accord.
3. Do not aggravate any current health problems. Use common sense. Refrain from any practice that might cause pain, suffering or mental anxiety. Common medical symptoms or conditions requiring caution include: high blood pressure, ulcer, hernia, lower back pain, spinal disc problems, pregnancy, etc.
4. Wait about one half hour after drinking liquids and two to four hours after solid foods (depending on how much you have eaten) before practicing yoga posture. Allow your body time to digest food and eliminate liquids.
5. Wear loose-fitting, comfortable, and modest clothing. Natural fibers will let your body breathe and often feel most comfortable.
6. If you are especially stiff, a warm shower before postures can be relaxing and will help you feel mentally refreshed.
7. Cautions for women: It is not recommended that you practice inverted yoga postures during your menstrual period.

Class Policies

1. Fees are to be paid at the start of class. No refund of fees will be made after the second class session. In case of emergencies or unplanned work reassignments, fees can be credited to other classes and programs. Credits must be used within six months of the date they are authorized.
2. In an effort to prevent reactions in those individuals who have severe allergies or sensitivities, we ask that you please refrain from smoking on the property or wearing perfumes, cologne, or oils.
3. The custom of removing shoes is symbolic of leaving the tensions and “dust” of the world at the door. Thank you for observing it with us.
4. The bookstore is open before classes.